

Adventures in Food and Nutrition! © 2012
Chapter 9: Keep It Clean!—Writing Activity

Fight Bac!

Handling food safely helps prevent many foodborne illnesses. Some of these illnesses have mild symptoms. Others are deadly. Consumers play an important role in keeping their food supply safe.

Eating plenty of fruits and vegetables is important for good health. Lately, however, fresh fruits and vegetables have caused several foodborne illness outbreaks. To learn how to handle these foods safely, visit this website and answer the questions that follow in complete sentences.

<http://www.fightbac.org/storage/documents/flyers/producebrochure.pdf>

Activity Questions

1. The first step to choosing safe produce is to check them. What should you check?
2. What should be washed before and after handling fresh fruits and vegetables?
3. How should fresh fruits and vegetables be washed and dried?

Name _____ Date _____

4. When you are shopping, what precautions should you take to keep fresh produce safe to eat?

5. In the refrigerator, what types of foods should be kept separated from fresh fruits and vegetables?

6. Under what conditions should you throw away fresh fruits or vegetables?