



Chef Solus Food Safety Word Challenge



meat thermometer	temperature	2 hours	refrigerator	defrost	separate	20 seconds	Wash
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1. Keep raw meat separate from cooked meat.
2. Leftovers should be stored in the refrigerator.
3. Wash your hands before and after touching food.
4. The best way to make sure meat is cooked is by checking the temperature.
5. Wash your hands for 20 seconds to remove all germs.
6. Always use a meat thermometer when cooking meat.
7. Defrost foods in the refrigerator not on the counter.
8. Food should be stored in the refrigerator within 2 hours or else it will begin to spoil.

