

Chill



Chill



Chill



Chill



Chill



# Chill

## Question and Answer

Q: Should you eat pizza that has been left out on the counter overnight?

A: No! Bacteria multiply rapidly at room temperature and can make you sick. You can't tell if a food is contaminated with harmful organisms by looking at it, smelling it or tasting it.

You should throw out the pizza this time, but next time there are leftovers, refrigerate them within 2 hours or less, so they're safe to eat the next day. Keeping food cold (at or below 4°C/40°F) prevents bacterial growth which helps reduce the risk of illness caused by contaminated food.

# Chill

## True or False?

Q: A good way to keep the refrigerator cold is to fill it up with a lot of food.

A: False. A good way to keep food in the refrigerator cold is **not** to fill it up. By leaving some room, the cold air can circulate around the food and keep it cold.

# Chill

## True or False?

Q: Let's say you want to eat a frozen meal like lasagna. Is it safe to put the lasagna on the kitchen counter to defrost?

A: False. It's not safe to defrost at room temperature. An easy way to defrost food is to thaw it in a covered container on the bottom shelf of the refrigerator.

Keeping food cold in the refrigerator (at or below 4°C/40°F) slows down bacterial growth which helps reduce the risk of illness caused by contaminated food.

# Chill

## Multiple-Choice

Q: You've made a big pot of mac & cheese and you can't eat it all. What's the best way to cool the leftovers?

- A. Divide the leftovers into shallow containers for quicker cooling?
- B. Place the whole pot in the refrigerator?
- C. Leave the pot on the stove overnight to let it cool down?

A: The correct answer is A. Food cools faster when you divide it into shallow containers.

Cooling food quickly slows down bacterial growth which helps to reduce the risk of illness caused by contaminated food

# Chill

## Multiple-Choice

Q: You're packing your lunch for school and it's a really hot day. What is a good way to keep your lunch chilled safely?

- A. Use frozen gel packs in your lunch?
- B. Use frozen juice packs in your lunch?
- C. Use frozen berries in your lunch?

A: The correct answers are A and B. Both of these are good ways to help keep the food cold.

Keeping food cold slows down bacterial growth which helps reduce the risk of illness caused by contaminated food.