

Clean



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True or False?

Q: You can you tell if food is contaminated just by looking at it.

A: False. You can't see, smell, or taste the harmful organisms that may make you sick.

When in doubt – throw it out!

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Multiple-choice

Q: When should you wash your hands?

- A. Before and after touching raw food?
- B. After using the washroom?
- C. After playing with your pets?
- D. All of the above?

A: The correct answer is D. To prevent cross contamination (bacteria spreading from one place to another) it's important to wash your hands all the time!

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True or False?

Q: It's important to use soap, hot water and rubbing action when washing your hands.

A: True. The soap and the rubbing action remove the harmful organisms that may be on your hands.

Wash your hands for at least 20 seconds (the length of time it takes to sing the Happy Birthday song twice).

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Question and Answer

Q: You grab an apple from the fridge, do you need to wash it before eating it?

A: Yes. It's important to wash fresh fruits and vegetables with clean running water to remove any dirt, sand and harmful organisms that might be on them.

Using soap in this case is not a good idea because some of the soap may stay on the fruit or vegetable that you eat. Soap is for hands, not for food.

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Multiple-choice

Q: To wash your hands properly, you must wash them for at least how long?

- A. 5 seconds?
- B. 20 seconds?
- C. 1 minute?

A: The correct answer is B. Always wash your hands for at least 20 seconds using soap and hot water and by rubbing your hands together.

A good way to make sure that you wash your hands for at least 20 seconds is to sing the Happy Birthday song twice while washing your hands.