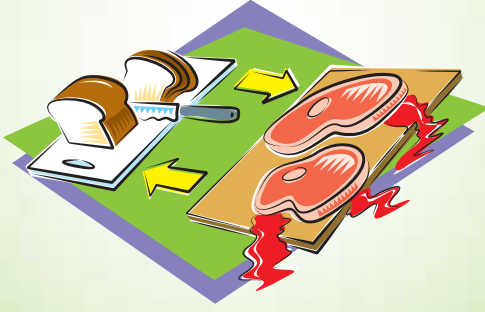
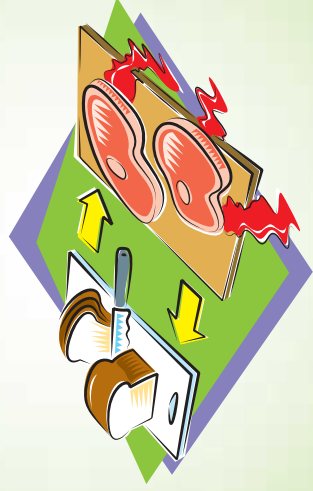


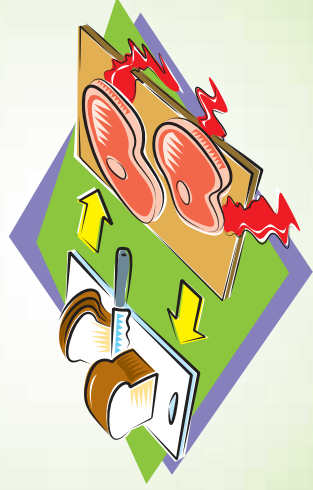
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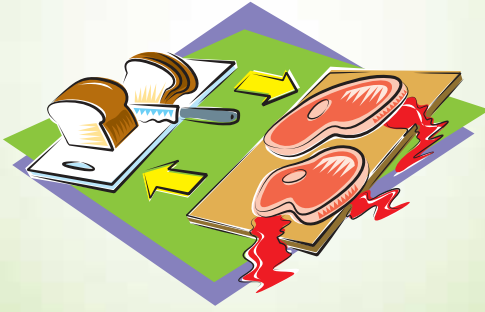
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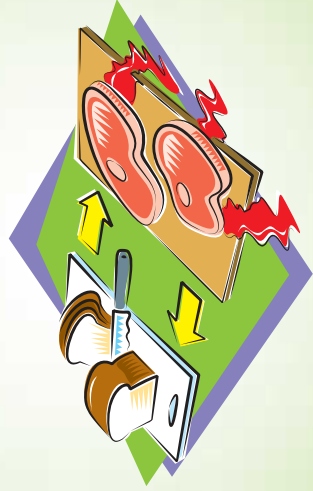
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# Separate

## Multiple-choice

**Q:** Cross contamination is when:

- A. Someone gets mad at you?
- B. You get cross-checked playing hockey?
- C. Harmful organisms are spread from one place to another?

**A:** The correct answer is C. Cross contamination is when harmful organisms are spread from one place to another.

One way to avoid cross contamination is to always wash your hands. Wash hands after using the washroom, after playing with your pets, after touching raw meat, after throwing out the garbage, etc.

Just remember to wash your hands all the time to help reduce the risk of foodborne illness!

# Separate

## True or False?

**Q:** You can always avoid cross contamination by only having one person in the kitchen.

**A:** False. Even if you're the only person in the kitchen you can still cross contaminate and make yourself or other people sick.

Make sure to keep raw food separate from cooked and ready-to-eat food (e.g. bread, washed vegetables).

Wash hands after using the washroom, after playing with your pets, after touching raw meat, after throwing out the garbage, etc.

# Separate

## Question and Answer

**Q:** Can cross contamination happen at the grocery store?

**A:** Yes. When shopping, put raw meat and seafood in separate plastic bags and place them away from other items in your grocery cart.

By doing this, raw foods won't drip onto or touch other foods and this prevents cross contamination and helps reduce the risk of foodborne illness.

# Separate

## Multiple-choice

**Q:** To avoid cross contamination, where should raw meat and seafood be thawed in the refrigerator?

- A. On the bottom shelf?
- B. On the top shelf?
- C. On the middle shelf?

**A:** The correct answer is A. Defrost these raw foods in covered containers on the bottom shelf of the refrigerator so they can't touch or drip onto other food.

# Separate

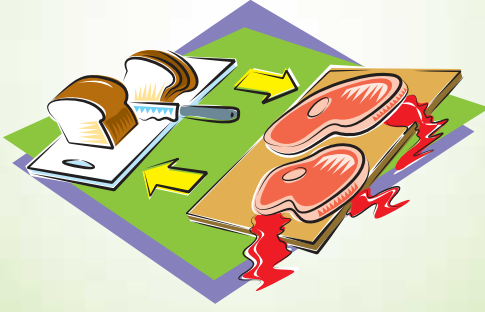
## Question and Answer

**Q:** Is it safe to use this raw meat marinade on the cooked food?

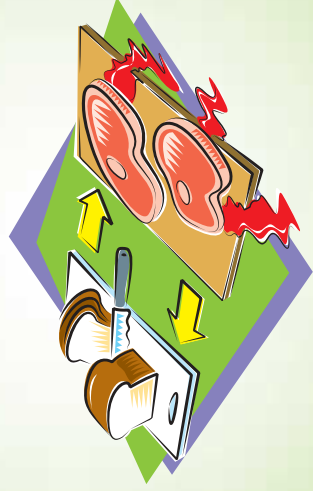
**A:** No. It's best to save some fresh marinade that hasn't been in contact with raw meat. Eating raw meat marinade can cause foodborne illness.

Do not use raw meat marinade on your cooked food unless it's boiled for 1 minute while stirring.

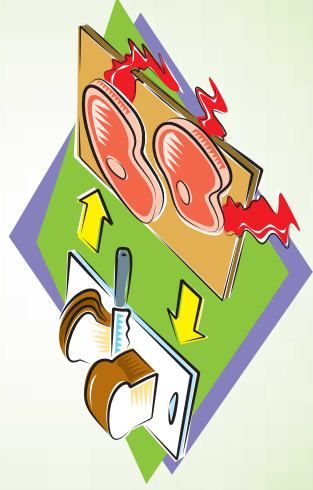
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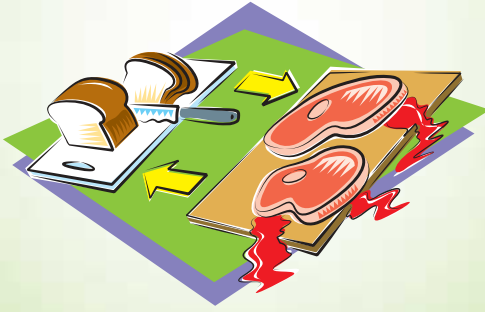
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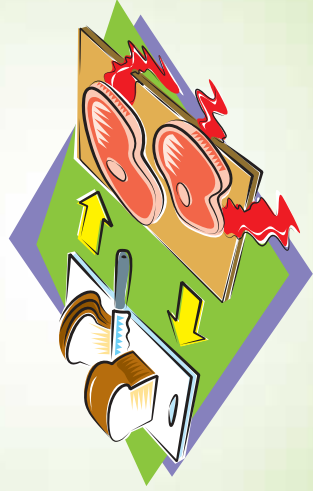
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# Separate

## Question and Answer

**Q:** Should you use the same plate that was used for raw meat for cooked meat?

**A:** No. To prevent foodborne illness, don't use the same plate (or utensils) for raw and cooked meat.

Harmful organisms that may be in raw meat can contaminate safely cooked food.

Always use a clean plate (and utensils) for the cooked meat to avoid cross contamination.

# Separate

## Multiple-choice

**Q:** To prevent harmful organisms from cross contaminating hands, countertop, and kitchen equipment, what should you do?

- A. Wipe with a dishcloth until they look clean?
- B. Rinse quickly with cold water?
- C. Always wash thoroughly with soap and warm water?

**A:** The correct answer is C. Wash your hands, countertop and kitchen equipment with soap and warm water after they come into contact with raw meat and seafood and unwashed produce.

Ideally, you should also sanitize the countertop and kitchen equipment with a bleach mixture (5 mL/1 tsp bleach to 750 mL/3 cups water) or a store-bought kitchen cleaner. Plastic cutting boards and utensils can be placed in the dishwasher on a full wash cycle.

# Separate

## Question and Answer

**Q:** Cross contamination is when harmful organisms are spread from one place to another. If you use a cutting board and knife to cut up raw chicken and then use them right away for chopping lettuce for a salad, is this cross contamination?

**A:** Yes. The best thing to do is to use another clean cutting board and knife for the lettuce. If you have to use the same cutting board and knife that was used for the raw chicken, be sure to wash them properly with soap and warm water. Ideally, you should also sanitize the cutting board and knife with a bleach mixture (5 mL/1 tsp bleach to 750 mL/3 cups water) or a store-bought kitchen cleaner or in the dishwasher.

# Separate

## Multiple-choice

**Q:** How can you avoid cross contamination at the grocery store?

- A. By placing raw meat and seafood in plastic bags before you put them into the shopping cart?
- B. By not placing raw meat and seafood in the same bag with each other or with other foods?
- C. By telling the store manager if you find raw meat or seafood juices dripping in the display cases?
- D. All of the above?

**A:** The correct answer is D. In this case, the goal of cross contamination is to avoid raw meat or seafood juices from coming into contact with other foods. Preventing cross contamination helps reduce the risk of foodborne illness.

# Separate

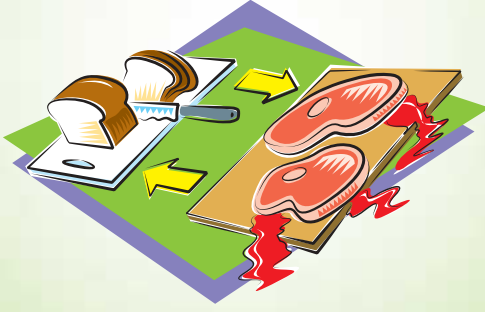
## Multiple-choice

**Q:** A good tip to help avoid cross contamination is to use separate cutting boards, but what should these boards be used for?

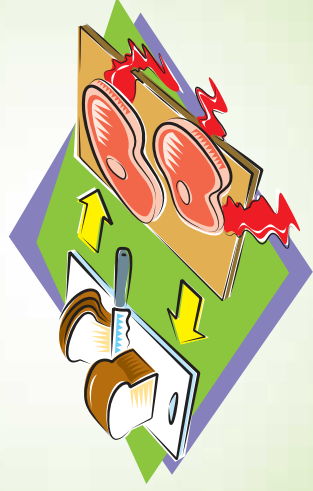
- A. Use one for preparing lunch items and another for preparing dinner items?
- B. Use one for raw meat and seafood and another one for cooked and ready-to-eat food, like bread and washed produce?
- C. Use one for foods that are high fat and another for foods that are low fat?

**A:** The correct answer is B. Use separate cutting boards for raw meat and seafood and another for cooked and ready-to-eat foods. A good way to remember which board is for which, is to have different coloured cutting boards. Preventing cross contamination helps reduce the risk of foodborne illness.

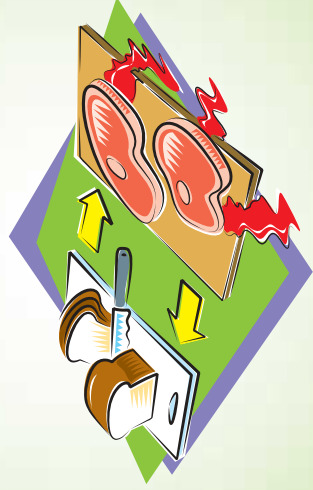
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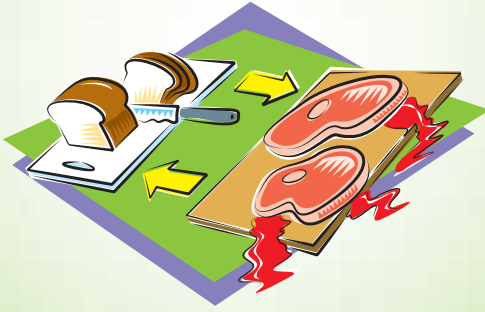
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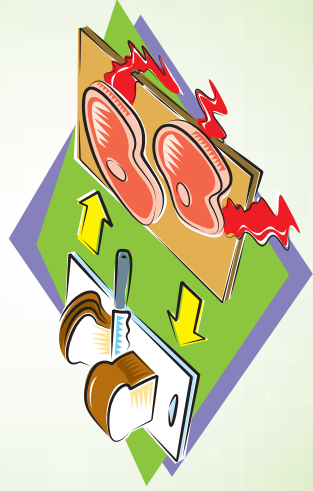
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# separate

## True or False?

**Q:** Once you wash your lettuce, you can place it back into the original bag.

**A:** False. Place washed lettuce in clean containers. Do not put clean lettuce back into the original bag because the original bag may contain sand, dirt and harmful organisms which will re-contaminate your clean lettuce.

# separate

## Multiple-choice

**Q:** You've used a pair of scissors to open a package of bacon for breakfast. What should you do with the scissors now?

- A. Wash them properly before putting them away?
- B. Wipe them with a kitchen towel and put them back in the drawer?
- C. Rinse them quickly under the tap and put them back in the drawer?

**A:** The correct answer is A. Carefully wash scissors with soap and warm water or place them in the dishwasher to be cleaned.

# separate

## Multiple-choice

**Q:** Which type of cutting board should be used in the kitchen?

- A. Plastic
- B. Wood
- C. Either

**A:** The correct answer is C. You can use either a plastic or wooden cutting board. Just make sure that you thoroughly clean the board by hand, or place it in the dishwasher and wash on a full wash cycle.

Proper cleaning and sanitizing is important to prevent cross contamination and reduce the risk of foodborne illness. Some people prefer plastic boards because they can put them in the dishwasher. Replace boards when they become grooved and worn.

# separate

## Question and Answer

**Q:** Is it safe to "double dip" with a spoon when you're checking the seasoning of food?

**A:** No. You should not double dip because this spreads harmful organisms from your mouth to the food. Instead, use a clean spoon each time you check the seasoning of the food.

# separate

## Multiple-choice

**Q:** Who are most susceptible to severe bouts of foodborne illness?

- A. Older adults and people with weakened immune systems?
- B. Pregnant women?
- C. Young children?
- D. All of the above?

**A:** The correct answer is D. Although anyone can get foodborne illness, these groups are the most at risk. Foodborne illness symptoms can range from flu-like (which are usually temporary) to kidney disease (which can be permanent). The most common symptoms include stomach cramps, nausea, vomiting, diarrhea, headache and fever.