




LABELS ENABLE !

The food you eat helps you to grow bigger and stronger each day. But did you know that some harmful germs also use the food to multiply? Those harmful germs can make you ill. Fortunately, most of the germs that can make you ill do not survive well at cold temperatures. That is why it is important to keep foods such as meat, eggs and dairy products in the refrigerator. Also, these harmful germs cannot survive the high temperatures reached during cooking. So, to keep our own good health, we need to make sure that we cook our foods for the right amount of time to the right temperature. Most of the foods that you eat come with information to remind you how to keep food safe and healthy. The labels on most fresh and frozen foods give "sell by" dates. Most fresh dairy products give "use by" dates. Fresh meat and poultry products carry labels that tell you how to store and cook these food safely.

This is the Food Safety label from a package of meat. What special symbols are shown on the label? Write the name of each symbol in the first column below. Use the second column to tell what safety steps that symbol reminds you to take.



		Name	Reminds me to:
1.			
2.			
3.			
4.	