

# Food Safety Bingo

**Directions:** Listed below are food safety statements. Cut food safety statements into strips. Place the strips of paper into a container. Draw these strips from the container one at a time. Read the strip and ask participants to look for that food safety fact on their bingo cards. Dried beans, buttons, etc. can be used for the bingo card game pieces.

1. Bacteria can be everywhere so always wash hands in warm, soapy water for at least 20 seconds before preparing food and after handling raw meat, poultry and fish/seafood products.
2. When unsure if the food is safe to eat, never taste it. Be on the safe side and dispose of it properly.
3. Never leave perishable food out of the refrigerator or cooler over 2 hours or longer than 1 hour in hot weather (90 degrees F or hotter). Bacteria can grow quickly at room temperature.
4. Never place the cooler in the trunk of the car or in the sun on warm or hot summer days. Food within the cooler should be kept cold (40 degree F or less).
5. Never partially cook food and then wait to finish cooking it. This practice encourages the growth of bacteria by keeping the food at the temperature where bacteria multiply fastest. If you do precook meats, immediately finish cooking it.
6. Do not thaw food on the counter top at room temperature. Bacteria can multiply very quickly. The safest way to thaw foods is in the refrigerator.
7. Do not allow time for bacteria to grow. Food should remain no longer than 2 hours at room temperature and no more than 1 hour in hot weather (90 degrees F or above). Put leftovers in the refrigerator or cooler immediately after eating.
8. A good sanitizing solution is 1 tablespoon unscented, liquid chlorine bleach to 1 gallon of water. Allow sanitizing solution to sit for a few minutes on the surface of the item being sanitized before washing it off.

9. To help control the growth of bacteria that may be in food, keep cold foods cold, below 40 degrees F and keep hot foods hot, above 140 degrees F.
10. Any beef can be contaminated with *E. coli*. A temperature of 160 degrees F held for 15 seconds will kill these bacteria. Use a thermometer inserted in the middle of the meat to make sure it has been cooked enough to reach the recommended internal temperature.
11. Use clean utensils to remove cooked food from the stove or grill and place cooked food on a clean plate. Never put the cooked food back on the plate that held the raw product.
12. Do not use cutting boards that have become pitted, chipped or cracked. Bacteria can hide in these areas and be very difficult to clean. When possible have two separate cutting boards...one for use with meat only.
13. Research shows that most of foodborne illness originates in people's homes.
14. Divide large amounts of leftovers into small shallow (2-inch or less deep) containers for quick cooling in the refrigerator.
15. Marinades are a good way to tenderize tougher cuts of meat. Be sure to marinate food in the refrigerator.
16. Although you can't see, taste or often smell harmful bacteria, they can be anywhere---in the air, in the soil, and on/in humans and animals.
17. Bacteria like to grow in warm temperatures. Warm weather is also the time people like to cook outdoors...providing ideal opportunities for foodborne illness to occur.
18. Use a separate cooler for drinks so the one containing perishable food won't be constantly opened and closed.
19. Perishable foods refrigerated at 40 degrees F or below will slow down the growth of most bacteria.
20. Make sure all food preparation areas and utensils that will touch food are clean.

21. Ground beef cooked rare or medium rare is not recommended because *E. coli* bacteria present may not be destroyed. Use a food thermometer to check and make sure ground beef reaches an internal temperature of 160 degrees F for 15 seconds.
22. To limit flare-ups and charred meat, remove visible fat prior to grilling.
23. Fully cooked foods like hot dogs/frankfurters and leftovers should be cooked to 165 degrees F or until steaming hot.
24. Do not re-use marinade that has been used for basting on raw meat, poultry or fish/seafood.
25. The safest way to thaw food is in the refrigerator.
26. Studies show that most cases of foodborne illness could have been avoided with proper food handling.
27. After thoroughly cooking foods, they should be held above 140 degrees F until serving time.
28. Using a food thermometer takes the guesswork out of determining when food is done. It can also help prevent foodborne illness, overcooking of food, and help hold foods at a safe temperature.
29. Foods thawed in the microwave can reach a temperature that encourages bacteria growth therefore it is important to finish cooking those foods immediately after thawing.
30. Leftover foods should be reheated to 165 degrees F or brought to a rolling boil.
31. Poultry products can contain *Salmonella* bacteria. By cooking poultry to 165 degrees F, these bacteria can be destroyed.
32. To minimize the presence of bacteria, be sure the grill is clean and hot (charcoals should be grayish-white) before beginning to grill food.

## Food Safety Bingo - Bingo Card Answers

- (1) Wash hands before handling food
- (2) When in doubt throw it out
- (3) Refrigerate leftovers promptly
- (4) Keep coolers in the shade
- (5) Never partially cook food
- (6) Never thaw food at room temperature
- (7) Serve hot grilled food immediately
- (8) Chlorine bleach is a good sanitizer
- (9) Keep foods out of the "Danger Zone"
- (10) Cook ground beef to 160 degrees F
- (11) Use clean utensils and plates with cooked food
- (12) Throw away worn cutting boards
- (13) Most foodborne illness begins at home
- (14) Put leftovers in small containers
- (15) Marinate food in the refrigerator
- (16) Bacteria can be anywhere
- (17) During warm summer months the risk of foodborne illness rises
- (18) Use separate coolers for beverages and food
- (19) Keep cold foods cold
- (20) Keep everything clean when preparing food
- (21) Do not eat raw or undercooked ground beef
- (22) Before grilling, remove visible fat to limit flare-ups
- (23) Fully cooked foods and leftovers should be reheated to 165 degrees F
- (24) Reserve unused marinades for basting cooked food
- (25) Use the refrigerator to thaw foods safely
- (26) Most foodborne illness can be prevented
- (27) Keep hot foods hot
- (28) Use a meat thermometer
- (29) Immediately cook foods thawed in the microwave
- (30) Reheat foods properly
- (31) Cook poultry to 165 degrees F
- (32) Before grilling food have the grill/coals hot

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