



Keeping Our Food Safe

Keeping our food safe is important. Here are some things to remember:

- Wash your hands before eating.
- Use clean dishes, pots, and cooking items.
- Foods like milk should be kept cold. Others should not be eaten unless they are cooked, like most meat.
- Fruits and vegetables from the garden or the store can be eaten after they are washed. They do not need to be cooked.

1. Look at each picture. Discuss how the actions keep food safe to eat.

2. Describe what is happening in each picture. Use the lines in each box.



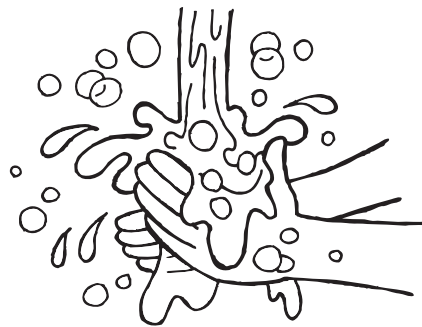
1. _____



2. _____



3. _____



4. _____



Things We Do to Stay Healthy

Directions: Unscramble the words below to find healthy habits. Use the picture clues.

1. u b h r s e h t e t



2. r s e i x e c e



3. n d k i r r e a w t



4. t a e s a f r t a b k e



5. e p l e s



6. s a w h s h a d n





Wash Your Hands

Washing your hands is an important healthy habit. Think about all the things you touch in a day that other people also touch. You can't **see** the germs on those things, but they are there. Sometimes germs can make you sick. You can keep the germs **AWAY** by washing your hands.

It is good to wash your hands:

- before meals
- after using the bathroom
- after playing outside
- after playing with a pet
- after you sneeze or cough



1. Cut out the pictures below. Put them in order to show the correct way to wash your hands. Glue the pictures to a piece of paper.
2. Write a sentence or two on the new page telling about when you wash your hands.

