Conduct a food safety check of your house to determine if you and your family are following the

recommended guidelines by the Center of Disease control.

# Directions:

Determine if you and your family pass or need to fix your actions by writing “P” for pass or “F” for fix on each food safety guideline below. Write an explanation next to each guideline explaining either why it is important that you passed or need to fix your food safety practice. You can find information at: <https://www.fightbac.org/>; <https://www.fightbac.org/food-safety-education/home-food-safety-mythbusters/top-10-myths/>; <https://www.fightbac.org/food-safety-basics/the-core-four-practices/>

## Part 1: Investigate your kitchen

Go around your kitchen and check to see if the food safety guidelines are being followed.

## Part 2: Prep and Cooking

Observe a member of your family cooking a meal (without telling them what you are doing) to determine if they know are following food safety practices. If you are not having a meat-based diet that night put “N/A” for those guidelines under the pass/fix (you still need to complete the explanation).

## Part 3: Leftovers

Set a timer to determine how long it takes from the conclusion of cooking the meal to the time it takes to put the leftovers up. Use this to answer the statements in section. If you have no leftovers put “N/A” but still fill out the explanation.

## Part 4: Family Summary

Have a discussion with your family about your findings and educate them about food safety guidelines and their importance. Come up with a plan to fix anything you find. Write a short summary about your discussion.

### Part 1: The kitchen

| Pass or Fix | Food Safety Practice | Explanation |
| --- | --- | --- |
| \_\_\_\_\_\_\_ | Cutting boards do not have scratches or deep grooves |  |
| \_\_\_\_\_\_\_ | The fridge is set to below 40 degrees |  |
| \_\_\_\_\_\_\_ | The freezer is set below 0 degrees |  |
| \_\_\_\_\_\_\_ | In the fridge fruits/vegetables are kept separate from meat, poultry, seafood and eggs. |  |
| \_\_\_\_\_\_\_ | Food is defrosted in the refrigerator and not at room temperature |  |
| \_\_\_\_\_\_\_ | The fridge has been cleared of leftover food within the past week |  |

### Part 2: Cooking

| Pass or Fix | Food Safety Practice | Explanation |
| --- | --- | --- |
| \_\_\_\_\_\_\_ | Hands were washed for at least 20 seconds before beginning prepping and cooking |  |
| \_\_\_\_\_\_\_ | Fruits/Veggies and Meat were prepared on the separate cutting boards |  |
| \_\_\_\_\_\_\_ | Cutting boards, dishes, utensils, and counter tops were washed with hot soapy water after preparing each food item. |  |
| \_\_\_\_\_\_\_ | A food thermometer was used to check the internal temperate of meat. |  |
| \_\_\_\_\_\_\_ | Meat was cooked to an appropriate internal temperature (list the temperature) |  |

### Part 3: Leftovers

| Pass or Fix | Food Safety Practice | Explanation |
| --- | --- | --- |
| \_\_\_\_\_\_\_ | Food was put away promptly after cooking; there was no wait time for the dish to cool down. |  |
| \_\_\_\_\_\_\_ | Large amounts of leftovers were put into shallow containers for quicker cooling in the refrigerator. |  |
| \_\_\_\_\_\_\_ | Food was not thawed and then re-frozen (ex. Did not use all the meat so it was refrozen). |  |

## Part 4: Summary of Family Discussion

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_