



2024 NATIONAL NUTRITION MONTH®

FILL IN THE BLANK

Fill in the following blanks for tips on ways to help in the kitchen!

Let's get ready to _____! (Hint: rhymes with "book")	
1	Before you start, _____ your hands for at least 20 seconds with soap and water. This step is important before preparing or eating food.
2	A _____ includes a list of ingredients and directions on how to prepare a food. A few examples of where it may be found include on a card from a friend or family member, in a cookbook, or online.
3	_____ cups and spoons are used to help you get the amounts just right. These utensils usually come in different sizes, such as ¼ or ½ cup and 1 teaspoon or tablespoon.
4	Wooden spoons can be a helpful tool for _____ dough or stirring soup.
5	Ingredients like flour and eggs and raw dough need to be cooked before _____.
6	A _____ is used after washing produce to remove the skin or peel from fruits and vegetables.
7	Separate _____ boards and utensils are needed when preparing foods like fruits and vegetables and raw meats. This helps prevent spreading germs from raw foods to foods that are ready-to-eat.
8	Metal _____ are needed to cook soup, pasta, or beans on the stove. Their size usually depends on the amount being cooked.
9	Always use an _____ (2 words) or potholder when reaching for a hot pot or pan to avoid getting burned.
10	When it's time to clean up, make sure leftover foods are stored in the refrigerator or _____ right away.
Bonus: Using a _____ (2 words) is the only way to make sure foods have been safely cooked to the appropriate internal temperature.	

Following these tips can help keep you and your food safe!

Visit eatright.org for more tips on Food Preparation and Home Food Safety.



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ANSWERS

1. Wash 2. Recipe 3. Measuring 4. Mixing 5. Eating 6. Peeler 7. Cutting 8. Pots 9. Oven mitt
10. Freezer **Bonus:** Food thermometer