

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Food Safety and Housekeeping - 2**

**ENGLISH**

Mr. Ba knows that he and his wife could become very sick if they do not handle food properly. Even if you do not use utensils like spoons and forks to *eat* your food, it is very important that you use utensils to *serve* the food. This avoids spreading any germs on your hands to others, which can cause illness.

The Ba family eats their food from the table instead of eating on the floor. This reduces the chance of food having germs from the floor that can make you and your family sick.

When the Ba family brings food home, they make sure they store it properly. Bags of beans and rice should be put into cupboards and never kept on the floor. Eggs, milk, butter, cheese and meat must be kept in the refrigerator.

When using a knife and cutting board to cut meat, you must use a different clean knife and a different clean cutting board for cutting vegetables or dairy foods. Raw meat can make you very sick. Be sure to *wash your hands* after you touch any uncooked meat.

Mrs. Ba cooks all their food completely, so it does not make them sick. When they are finished, the leftover food is covered and kept in the refrigerator.

The Ba family pays attention to how *old* the food in their refrigerator is. Food that is too old can spoil and make you sick. Leftover *cooked* food should be eaten within three or four days.

Packaged food from the store will have an *expiration date* on it and needs to be eaten before that date. The expiration date will show the month, day and year, like this:

When food is old or reaches the expiration date, it should be thrown in the garbage.