



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")	
<b>1</b>	Before you start, _____ your hands for at least 20 seconds with soap and water. This step is important before preparing or eating food.
<b>2</b>	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.
<b>3</b>	_____ 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.
<b>4</b>	Wooden spoons can be a helpful tool for _____ dough or stirring soup.
<b>5</b>	Ingredients like flour and eggs and raw dough need to be cooked before _____.
<b>6</b>	A _____ is used after washing produce to remove the skin or peel from fruits and vegetables.
<b>7</b>	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.
<b>8</b>	Metal _____ are needed to cook soup, pasta, or beans on the stove. Their size usually depends on the amount being cooked.
<b>9</b>	Always use an _____ (2 words) or potholder when reaching for a hot pot or pan to avoid getting burned.
<b>10</b>	When it's time to clean up, make sure leftover foods are stored in the refrigerator or _____ right away.
<b>Bonus:</b> 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](https://eatright.org) for more tips on Food Preparation and Home Food Safety.



## ANSWERS

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