



He's

BAC!

A Children's Guide To Keeping Food Safe

he's

BAC!



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Written by:

Judy A. Harrison, Ph.D.
The University of Georgia
Cooperative Extension Service

Bobby A. Molleur, Jr.
The University of Georgia
Cooperative Extension Service

Illustrations by Jeff Fastener
Suspended Animation Studios
additional illustration by Jay B. Bauer

Project Associates:

Angela Fraser, Ph.D.
North Carolina State University
Cooperative Extension Service

Melissa Mixon, Ph.D, R.D., L.D.
Mississippi State University
Cooperative Extension Service

Advisors:

Susan Conley
U.S. Department of Agriculture,
Food Safety and Inspection Service

JoAnn Pittman
U.S. Food and Drug Administration

Collaborator:

Jan Singleton, Ph.D.
National Program Leader - Food Science and Food Safety
U.S. Department of Agriculture,
Cooperative State Research, Education and Extension Service

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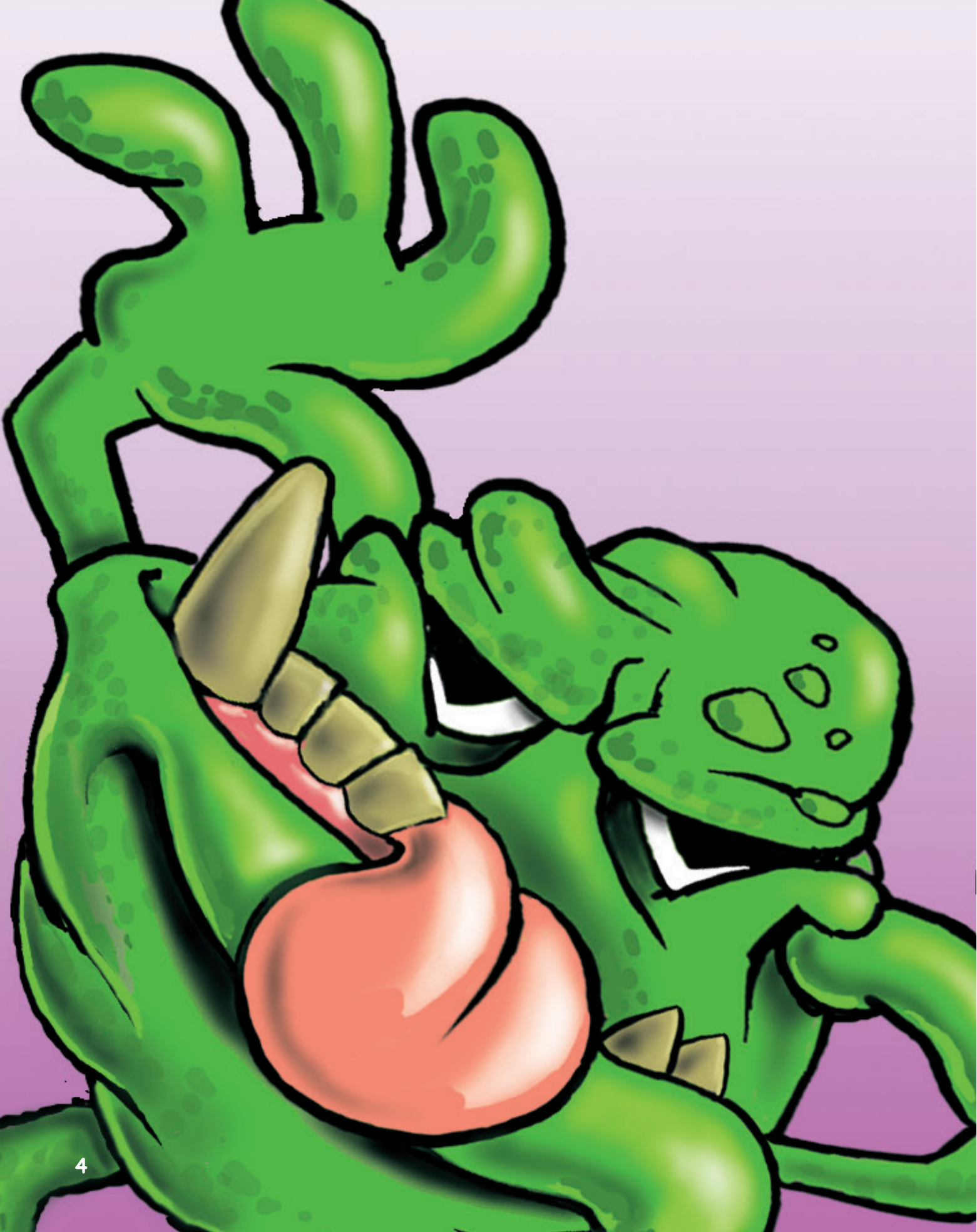


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"I'm **GERMY**. I'm **GREEN**. I'm very **RUDE**.

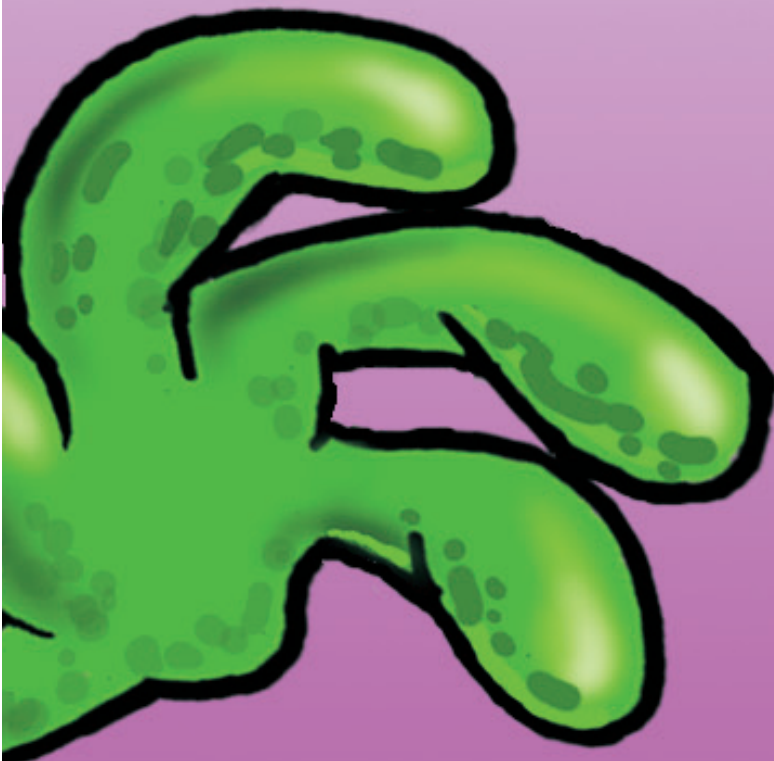
I hide on your hands, and I hide in your food.

I can't be seen, but I'm often there.

I can make you **SICK** and I really don't care.

I'm **BAC!** **BACTERIA!**

I'm **BAC!**"





"Look at these girls. Do you see what I mean?
They forgot the rules about how to be CLEAN.
Their hands aren't washed and the table is dirty.
It's the perfect place for my next little party.

I can hide in the food. I can make people ill.

I can make 'em throw up. I can make 'em have chills.



I'm BAC![®] BACTERIA! I'm BAC![®]"



"Oh no, it's CLEAN!

She's always got plans.

Like running water and soap to clean hands.

She'll even scrub tables with water and soap!

When things are this clean, I don't have much hope.



WASH YOUR HANDS PROPERLY!

Dirty hands can spread bacteria to food. Wash hands for at least 20 seconds using warm, running water and soap. BAC will try to hold on, so rub hands together to send him down the drain.



CLEAN TABLES!

Use hot, soapy water and paper towels or clean cloths to wipe up tables and counter tops.

CLEAN FRUITS AND VEGGIES!

Rinse fruits and veggies with clean running water before you eat them.





"When things are clean I can't move around.
With CLEAN on the scene, I had better leave town!
I'll pack my bags. I'll move away.
I've got to find some place to stay.
I won't give up, I never will,
'cause what I do best is make people ill.



"Hey, look at this! It's really great!
He forgot the rules about SEPARATE.
When these juices drip, I can really move.
I can make my way from food to food.
I can drip where I will. Oh, what a thrill!
I simply can't wait to make people ill!



I'm BAC!® BACTERIA! I'm BAC!®"



Oh, no! Oh, no! It's that red-headed guy!
When he shows up, I'll just say good-bye!
He shows kids how to SEPARATE
So foods I can't contaminate.





SEPARATE!

- Raw juices can contain harmful bacteria.
- Always put cooked food on clean plates.
- Store raw foods separate from cooked foods.
- Keep foods that must be cooked, like meats, away from foods that can be eaten raw, like apples.



"When kids learn how to SEPARATE their food,
It puts me in a very bad mood.
I'll be on my way. I'm out of here!
But I'll be back, let me make that clear.
We'll meet again...oh yes, we will.
I'll find some way to make you ill."



"Oh, joy! Oh, yes! Just take a look!

A yummy burger that is under-cooked!

A grown-up took it off the heat

before it was fully cooked to eat.

The temperature inside was much too low

To run me off and make me go.

I'm BAC![®] BACTERIA! I'm BAC![®]"



"It's getting hot!

I can't stand to look!

Oh no! It's her! That nosey COOK!

She'll tell them how I hate the heat,
that it will drive me from the meat.

When the temperature rises,
I have to leave.

When it hits 160°,
I'm history!"



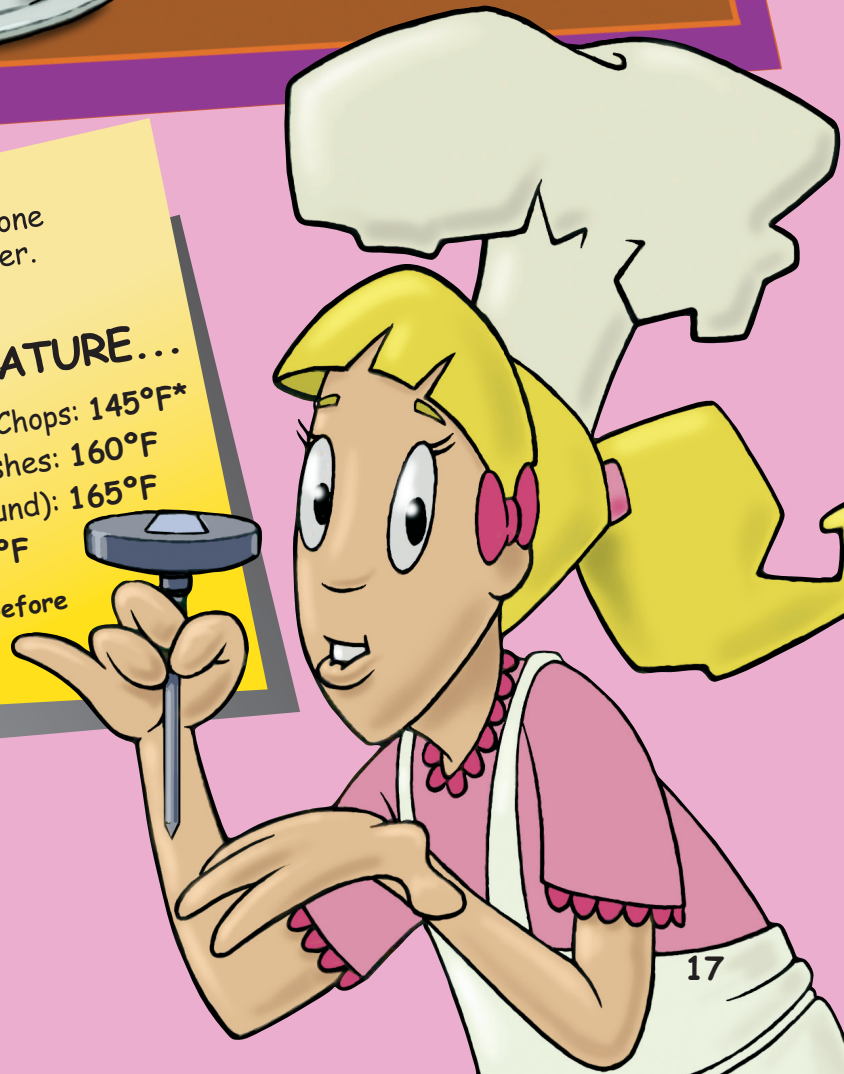


The only way to tell when a burger is done
is to check it with a food thermometer.

COOK FOODS TO A SAFE INTERNAL TEMPERATURE...

Beef, Lamb, Veal and Pork Steaks, Roasts and Chops: 145°F*
Ground Beef, Pork, Veal and Lamb; Egg Dishes: 160°F
Chicken and Turkey (Whole, Pieces, Ground): 165°F
Leftovers and Casseroles: 165°F

*allow meat to rest for 3 minutes before
carving or serving





"I may have lost this round to COOK,
but for other places I can look.
I've got to go. I'll be on my way.
I'll find some place where I can play.
I'll find some place to play a trick...
some place where I can make you sick."



"Hooray! Hooray! At last you'll see.
There's no one quite as bad as me!
Cold foods left out can lose their chill.
Left out too long, they can make you ill.
As this cold food begins to warm.
I really can begin to swarm.



I'm BAC![®] BACTERIA! I'm BAC![®]"



" Oh brrrr, BRRRRRRR!

It's all so still.

I feel the cold and her name is CHILL.

She'll tell them cold can keep food safe.

She'll teach them to refrigerate.

With temperatures at 40° or below.

It's too cold for me -

I'll have to go!"

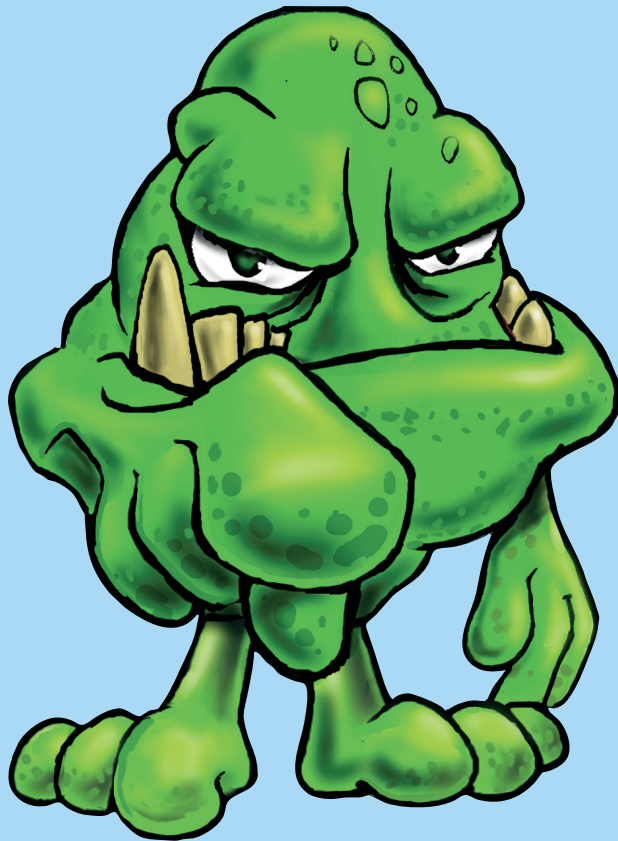




To keep foods safe...CHILL!

- Refrigerate at 40° F or below
- Put cold foods back in the refrigerator immediately
- Pack lunches with a freezer pack or ice to keep cold foods safe





"Drat that pesky, meddling CHILL,
I'll have no chance to make you ill.
I'll keep on trying- I'm not through,
but my success depends on you.
I'll look for ways to get to you,
I'll never rest until I do.
Make one mistake! It's all so easy!
Make one mistake so I can make you queasy!"

What I fear most is that you'll take
these rules you've learned and make me quake.
You've learned that I **can't** make you ill
if you CLEAN, SEPARATE, COOK and CHILL!

Oh, nooooo!







CLEAN



SEPARATE



COOK



CHILL