

Be Food Safe: Protect Yourself from Food Poisoning



Use the provided resources to complete the following:

1. True or False: Anybody can get sick from contaminated food or food poisoning; it does not discriminate.
2. What is another name for food poisoning? _____
3. True or False: Food Poisoning is preventable.
4. According to public health statistics, the number of people that...
 - Get sick annually is # _____
 - Are hospitalized annually is # _____
 - Die annually is # _____
5. There are several common foodborne illnesses that affect individuals throughout the world. Name two of them.
6. There are four groups of people who are more susceptible to food poisoning or FBI than other groups of people. Circle or highlight the 4 groups from the list below.

Young Children

Teenagers

Pregnant Woman

Middle Aged Adults (30-50)

Adults over 65

People with Strong Immune Systems

People with Weak Immune Systems

7. Write at least 5 common symptoms associated with food poisoning or FBI around the image.



Four Simple Steps to Food Safety: Use the web-article and the provided video clips to complete the chart below.

- [Video for Step #1](#)
- [Video for Step #2](#)
- [Video for Step #3](#)
- [Video for Step #4](#)

Safety Step	Brief Summary—in your OWN words!	Illustration

3...2...1... REFLECTION...

- 3 things you learned or relearned about food safety...

- 2 areas of food safety you could improve upon...

- 1 important reason to always practice food safety...



