thaw your food **9 9 9 1**

Fight BAC! - CHILL

Lesson In a Box

Activity 1: Activity Sign

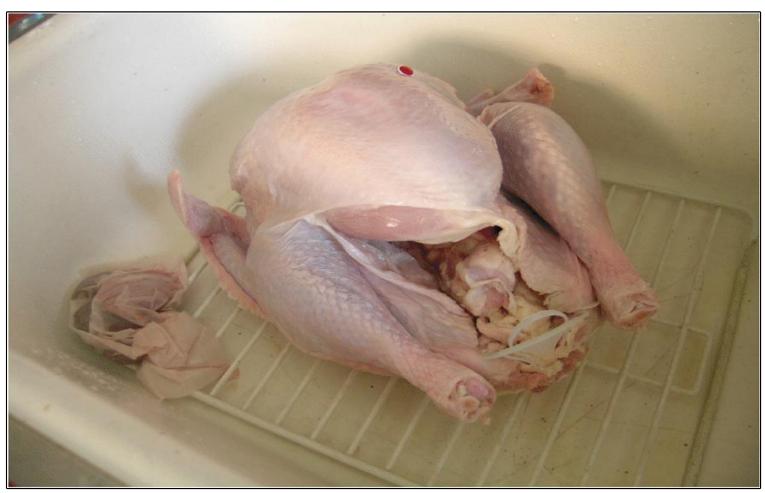
S congela O 7 es Es 7

Fight BAC! - CHILL

Lesson In a Box

Activity 1: Activity Sign Spanish





Turkey thawing on the counter in original package

UNSAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2010 – may be reproduced provided source is cited

Activity 1

Turkey thawing out of original package in sink

UNSAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member

Advancing New York City Through Research

Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2010 – may be reproduced provided source is cited





Turkey thawing in the refrigerator in original package in pan on bottom shelve

SAFE

Turkey Thawing in the Refrigerator [Online Image]. (n.d.). Retrieved November 23, 2009, from media.photobucket.com,

http://media.photobucket.com/image/thawing%20a%20frozen%20turkey/bfeiner/turkeythaw.jpg

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2010 – may be reproduced provided source is cited

Activity 1

Turkey thawing out of original package not in pan on top shelve of frig

UNSAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member





Turkey thawing in sink without running water

UNSAFE

Defrosting Turkey [Online Image]. (n.d.). Retrieved November 23, 2009, from flickr.com, http://www.flickr.com/photos/lobraumeister/3208590176/

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2010 – may be reproduced provided source is cited

Activity 1

Turkey thawing in container in sink under running water **SAFE**

Defrosting Turkey [Online Image]. (n.d.) Retrieved November 23, 2009, from foodbuzz.com, http://www.foodbuzz.com/photos/0003/7751/quick-defrost-turkey.jpg





Turkey in original package thawing in microwave

SAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2010 – may be reproduced provided source is cited

Activity 1

Turkey out of original package thawing in microwave UNSAFE

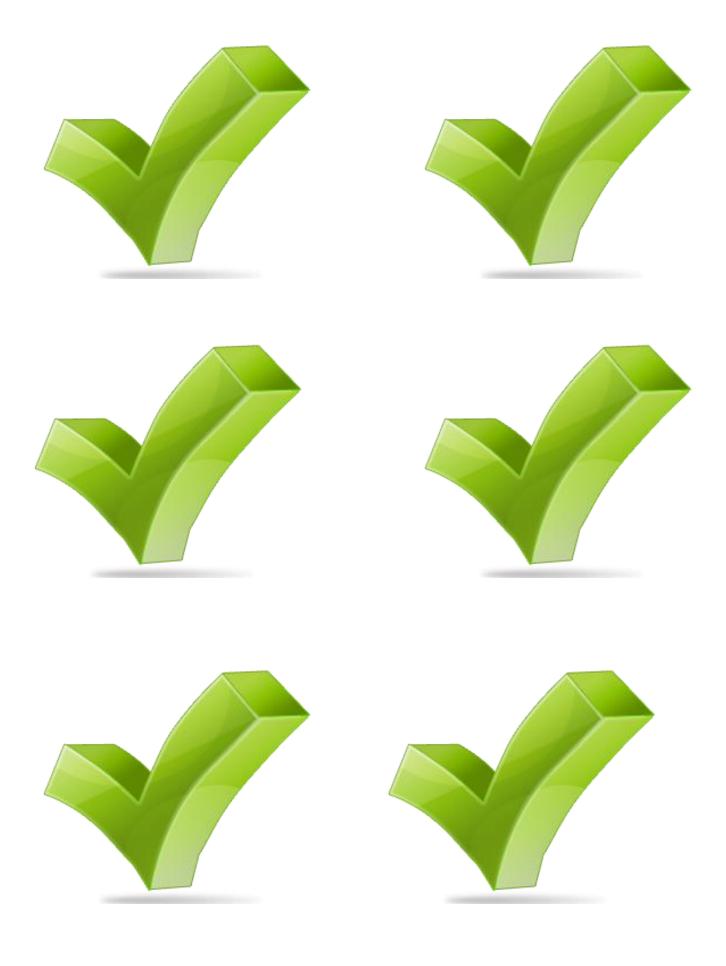
Picture taken by Linda Ameroso, CUCE-NYC Staff member



Fish defrosting in sink under running water

SAFE

Defrosting Fish [Online Image]. (n.d.) Retrieved November 23, 2009, from photobucket.com, http://media.photobucket.com/image/defrost%20turkey/lulamae/Blogging/Poached%20Mahi/CIMG0334.jpg



Leftovers packaged in smaller containers for storage

SAFE

Holiday Leftovers [Online Image]. (n.d.). Retrieved November 23, 2009, from apartmenttherapy.com, http://www.apartmenttherapy.com/uimages/kitchen/2008 12 4-Leftovers2.jpg