Name: _____ Date: _____

The Two Cutting Boards Rule

Circle group

Many cooks keep two cutting boards in the kitchen. One is for raw chicken, fish and meat. The other is for foods that will not be cooked, like salad, bread and fruit. Why two?

Raw meat, chicken and eggs can carry germs that make people sick. Cooking all the way kills the germs. So cooked food is safe. But salad is eaten raw. Say a cook cuts chicken, then slices tomatoes on the same board with the same knife. Germs from the chicken can get on the tomatoes. Nothing will cook them away. This problem is called cross-contamination.

The fix is simple. Keep the boards apart. Some families use one color for each board, like red for raw meat and green for vegetables. If there is only one board, wash it and the knife in hot, soapy water before you use them for anything else. Wash your hands after you touch raw meat.

The fridge needs a rule too. Raw meat goes on the bottom shelf in a covered dish. Then nothing can drip onto the food below.

With a few easy habits, everyone can enjoy a safe meal.

Questions

1. What is the first board used for?

_____

_____

2. What is the second board used for?

_____

_____

3. What does cooking all the way do to germs?

_____

_____

4. What is it called when germs move from one food to another?

_____

_____

5. Where does raw meat go in the fridge?

_____

_____

6. Why is it risky to slice tomatoes on a board that held raw chicken?

_____

_____

Words to know

raw: not cooked yet
germs: tiny living things that can make people sick
cross-contamination: the spread of germs from one food to another
habits: things you do again and again

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Two Cutting Boards Rule

Triangle group

Many cooks keep two cutting boards in the kitchen. One board is for raw chicken, fish and meat. The other is for foods that will not be cooked, like salad, bread and fruit. Why would anyone need two?

Raw meat, chicken and eggs can carry germs that make people sick. Cooking all the way kills those germs, so cooked food is safe. But a salad is eaten raw. Suppose a cook chops chicken and then slices tomatoes on the same board with the same knife. Germs from the chicken can move onto the tomatoes. Nothing will cook them away. This problem has a name, cross-contamination.

The solution is simple. Keep the boards apart. Some families use a different color for each board, like red for raw meat and green for vegetables. If there is only one board, wash it and the knife in hot, soapy water before using them for anything else. Always wash your hands after touching raw meat.

The fridge needs a rule too. Raw meat goes on the bottom shelf in a covered dish. That way, nothing can drip down onto the food below it.

With a few easy habits, everyone at the table can enjoy a safe meal.

Questions

1. What is the first cutting board used for?

_____

_____

2. What is the second cutting board used for?

_____

_____

3. What does cooking all the way do to germs?

_____

_____

4. What is the name of the problem when germs move from one food to another?

_____

_____

5. Where should raw meat go in the fridge?

_____

_____

6. Why is it risky to slice tomatoes on a board that held raw chicken?

_____

_____

Words to know

raw: not cooked yet
germs: tiny living things that can make people sick
cross-contamination: the spread of germs from one food to another
solution: an answer to a problem
habits: things you do again and again

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Two Cutting Boards Rule

Square group

Many experienced cooks keep two separate cutting boards in the kitchen. One board is reserved for raw chicken, fish and meat. The other is for foods that will not be cooked, such as salad, bread and fruit. Why would anyone need two?

Raw meat, chicken and eggs can carry germs that make people sick. Cooking food all the way through kills those germs, so cooked food is safe. A salad, however, is eaten raw. Suppose a cook chops chicken and then slices tomatoes on the same board with the same knife. Germs from the chicken can move onto the tomatoes, and nothing will cook them away. This problem has a name, cross-contamination.

The solution is simple. Keep the boards apart. Some families assign a different color to each board, such as red for raw meat and green for vegetables. If there is only one board, wash it and the knife in hot, soapy water before using them for anything else. Always wash your hands after touching raw meat.

The fridge needs a rule as well. Raw meat belongs on the bottom shelf in a covered dish, so that nothing can drip down onto the food beneath it.

With a few easy habits, everyone at the table can enjoy a safe meal.

Questions

1. What is the first cutting board reserved for?

_____

_____

2. What is the second cutting board used for?

_____

_____

3. What does cooking food all the way through do to germs?

_____

_____

4. What is the problem called when germs move from one food to another?

_____

_____

5. Where does raw meat belong in the fridge?

_____

_____

6. Why is it risky to slice tomatoes on a board that held raw chicken?

_____

_____

Words to know

raw: not cooked yet
germs: tiny living things that can make people sick
cross-contamination: the spread of germs from one food to another
solution: an answer to a problem
habits: things you do again and again

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: The Two Cutting Boards Rule

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: The Two Cutting Boards Rule

Easier · 190 words · Flesch-Kincaid grade 3

1. Raw chicken, fish and meat.
2. Foods that will not be cooked, like salad, bread and fruit.
3. It kills them.
4. Cross-contamination.
5. On the bottom shelf, in a covered dish.
6. Germs from the chicken can get on the tomatoes, and they will not be cooked.

Triangle: The Two Cutting Boards Rule

This passage · 203 words · Flesch-Kincaid grade 3.9

1. Raw chicken, fish and meat.
2. Foods that will not be cooked, like salad, bread and fruit.
3. It kills them.
4. Cross-contamination.
5. On the bottom shelf, in a covered dish.
6. Germs from the chicken can move onto the tomatoes, and tomatoes are not cooked afterward.

Square: The Two Cutting Boards Rule

Harder · 212 words · Flesch-Kincaid grade 4.9

1. Raw chicken, fish and meat.
2. Foods that will not be cooked, such as salad, bread and fruit.
3. It kills them.
4. Cross-contamination.
5. On the bottom shelf, in a covered dish.
6. Germs from the chicken can move onto the tomatoes, and nothing will cook them away.