



Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein.

How much protein do you need?

Age:	Young Children:
2-3	2 oz equivalents
4-8	4 oz equivalents

Age:	Girls:
9-13	5 oz equivalents
14-18	15 oz equivalents

Age:	Boys:
9-13	5 oz equivalents
14-18	6.5 oz equivalents

Age:	Women:
19-30	5.5 oz equivalents
31-50	5 oz equivalents
50+ yrs	5 oz equivalents

Age:	Men:
19-30	6.5 oz equivalents
31-50	6 oz equivalents
50+ yrs	5.5 oz equivalents

Food safety is very important for keeping you and your family safe from food poisoning. Follow the steps below for a fun easy way to stay safe!



1 Clean

Bacteria is something that can be anywhere! On your food, hands and all over your kitchen. This enemy can make you sick if left behind! **To get rid of bacteria:**



Wash hands with soap and warm water for 20 seconds before and after touching food.

Cooked foods should not be placed on the same plate as raw meat.



Wash fruits and vegetables with cold water before eating or cooking.

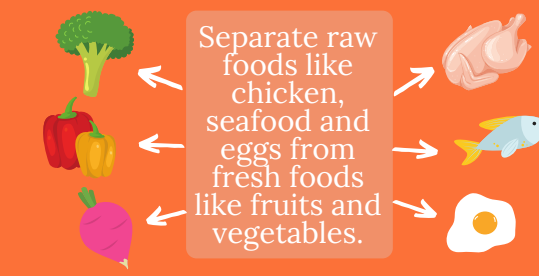
Always use clean knives, forks, spoons and plates.



2 SEPARATE

Did you know bacteria can spread from one food to another? This is called cross-contamination.

Here is what you can do to keep your foods safe and separate:



Always wash cutting boards, dishes and utensils in soapy water after they touch raw meat, eggs or seafood.



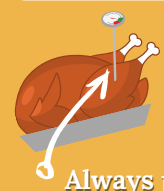
3 COOK

Fun fact: You can't see, taste or smell bacteria! It is important that food is cooked to a certain temperature before it is safe to eat.

Follow these steps to make sure your food is cooked all the way through:

You can't tell if a food is cooked just based on how it looks. With the help of a parent you can use a food thermometer.

- Beef, pork or steak - 145°F
- Chicken or Turkey - 165°F
- Hamburgers or eggs - 160°F
- Reheat leftovers to 165°F



Always place the food thermometer in the thickest part of the food.

When cooking in a microwave, rotate often for even cooking.



4 CHILL

Keeping foods safe also means keeping them cool! Heres how:

Food needs to be put in the refrigerator within 2 hours of cooking it. This includes takeout food!



Foods that need to stay cool:

- Peeled or cut up fruit and vegetables.
- Dairy foods like cheese, yogurt or milk.
- Tuna and egg salad.
- Sandwiches or salads with meat.
- Use an insulated lunch box-throw away leftovers from lunch if you can't keep them cold.
- Keep your lunchbox out of the sun and use a frozen gel pack to keep your food colder, for longer!

Peanut Butter & Banana Pockets



INGREDIENTS

- 3 ripe bananas
- 3 Tablespoons creamy peanut butter
- 1 ½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

DIRECTIONS

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 4

Amount Per Serving

Calories 300 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 47g **17%**

Dietary Fiber 3g **11%**

Sugars 14g

Protein 8g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

W	B	R	A	T	S	K	E	W	S	T	S	W	G
I	A	R	I	R	R	A	W	M	E	A	T	A	E
D	H	O	T	W	A	T	E	R	P	G	P	S	A
R	S	W	S	K	C	I	S	S	A	H	S	H	I
O	D	R	T	C	C	B	O	T	R	S	A	H	R
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E	D	C	U	T	T	I	N	G	B	O	A	R	D

BE FOOD SAFE!

Find the hidden words and phrases!

WORD BANK

HOT WATER

FIGHT

BACTERIA

SCIENCE

COUNTERS

SAFE

SICK

RAW MEAT

SEPARATE

CUTTING BOARD

WASH HANDS

POULTRY

SOAPY

SEAFOOD

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