

Eat.Right.Now.

Nutrition Education for a Healthier Future



Help Us Celebrate the Month of June with Healthy Food in Your Neighborhood!

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Hot Topics:

June is Designated as Dairy Month and National Fruit & Vegetable Month

As nutrition educators, we welcome June with open arms. What better way to end the school year, than to send everyone home for the summer with this special message... "Start your summer off on the right track by consuming nutrient rich low-fat dairy foods and colorful fruits and vegetables". Visit our website for more information to share with your students at: <http://drexel.edu/nutritioneducation/>.

Barbecue and Food Safety- Do you know...

When cooking outdoors, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing foodborne illness. Check out simple guidelines for grilling food safely on our website at: <http://drexel.edu/nutritioneducation/>.

Monthly Mentions

- **Nutrition Tip:** Don't forget to eat 3-A-Day of milk, yogurt and/or cheese to get the calcium you need!
- **Fruit/Vegetable:** Strawberry and Zucchini are the featured Fruit and Vegetable this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation/>

School Happenings

- [See](#) what we did in some of our schools last month... We would love to add your school to the list!

Thought for the Month

**"Ability is what you're capable of doing. Motivation determines what you do.
Attitude determines how well you do it."** –Lee Holz

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Questions? Email: nutritioncenter@drexel.edu

Please use this activity in your classroom- don't forget to enter this information on your cost-share form. [Answers for the activity below can be found at our website!](#)

Food Safety Word Match

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1. Two Hour Rule
2. Personal Hygiene
3. Perishable Food
4. Cross-Contamination
5. Contaminated Food
6. Danger Zone
7. Foodborne illness
8. The Thaw Law
9. Sanitation
10. Thorough cooking
- a. The transfer of harmful bacteria from one food to another. Harmful bacteria can also be transferred to food from another source, such as hands.
- b. Defrost foods in the refrigerator, microwave, or under running water. Never defrost food on the kitchen counter.
- c. Keeping work areas free from dirt or bacteria.
- d. Foods that can become unsafe or spoil quickly if not refrigerated or frozen
- e. Cleanliness, keeping yourself clean.
- f. Perishable food should not be left at room temperature longer than two hours.
- g. Food that contains harmful bacteria.
- h. Cooking food to a safe internal temperature
- i. Sickness caused by eating contaminated food, sometimes called food poisoning.
- j. The range of temperatures at which most bacteria multiply rapidly--between 40° and 140° Fahrenheit.
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Source: FDA Center for Food Safety and Applied Nutrition