



NORTH
DAKOTA

FNP News

*Family
Nutrition
Program*

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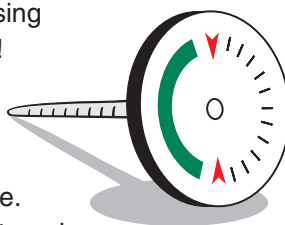
Food Safety and Nutrition Tips for Summer

I learned about using a food thermometer in a class from the NDSU Extension Service. Now I use my thermometer whenever I cook. Why should chicken breasts be cooked to a higher temperature than burgers?

First, good job for using a food thermometer!

Looking at the color of cooked meat isn't the best way to check if meat is done.

Cooking to a safe internal temperature is an important step for food safety.



Chicken and ground beef are cooked to different temperatures because they are likely to be contaminated with different types of "germs." Food scientists did research to learn the temperature needed to kill germs in chicken, ground beef and other meats. Cooking to these recommended temperatures helps prevent you, your family and friends from getting food-borne illness.

**So, keep cooking
chicken breasts to 170 degrees
and hamburgers to 160 degrees.**

And when you're grilling, avoid cross-contamination, too.

Don't forget to bring a clean plate to carry your cooked food to the serving area.



My kids are spending too much of their summer vacation watching TV and snacking on chips and soda pop. We don't have lots of extra dollars to send them to camps. Do you have any ideas to make this a healthier summer for all of us?

Healthy habits don't have to cost lots of money. First, stock your fridge with snacks like low-fat yogurt and ready-to-eat vegetables and fruit. Keep homemade juice pops made from 100 percent fruit juice in your freezer. To quench summer thirst, keep a pitcher of ice water in the fridge, too.

To save money, shop sales and buy fresh produce in season. Pound for pound, "healthier" foods are usually less expensive than chips and soda pop. Set a good example by enjoying healthy snacks and meals with your kids, and enlist their help in preparing meals and snacks, too. Aim for at least five servings of fruits and vegetables daily.

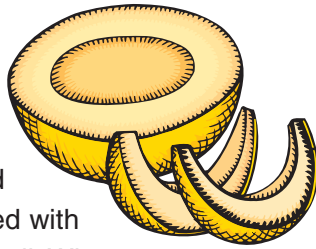
Encourage children to enjoy physical activity and the warm summer weather. Consider limiting TV time by setting a timer. Since children learn by example, set a family goal to get at least 30 minutes of moderate physical activity daily.

Many communities offer free or low-cost recreational programs for children, so explore the resources in your area. Hiking, biking, playing hopscotch, jumping rope and running through a water sprinkler are fun types of exercise. If you have the space, consider having children help tend a garden. Gardening and mowing the lawn count as physical activity, too.

For more information about food safety and nutrition, contact your county office of the NDSU Extension Service.

Do I really need to wash melons before cutting them?

Doesn't the grocery store do that for me?



Melon, such as watermelon and cantaloupe, can be contaminated with bacteria like salmonella and e. coli. When you cut through a melon rind, anything that was on the outside is now on the flesh of the melon. Food-borne illness outbreaks have been linked to melons.

Grocery stores don't wash whole produce. Even if produce looks "clean," it's always a good idea to wash it thoroughly at home. Germs are invisible. Wash melons well under running water, and use a vegetable brush if needed. Be careful to avoid cross-contamination when preparing salads and fruits. Be especially careful that raw meat juices do not get on melons and other produce.

Keep cut melon refrigerated until serving. On hot days, perishable food should only be on the serving table for an hour.

Crunchy Fruit Salad

- 2 oranges, peeled and cut into bite-size pieces (or 2 small cans mandarin oranges)
- 1 red apple, unpeeled, cut in bite-size pieces
- ½ cup sliced celery
- ¼ cup raisins
- 2 Tbsp. brown sugar
- 1 Tbsp. lemon juice
- ¼ c. chopped walnuts or sunflower seeds



Combine all ingredients in a bowl and chill.

Makes 4 servings.

Each serving has 146 calories, 4.7 grams fat, 26 grams carbohydrate and 3.6 grams fiber.

Jokes

ANSWERS
BELOW

1. What do you call an angry pea?
2. Why did the tomato go bright red?

1. "Grumpy." 2. "Because it saw the salad dressing!"