


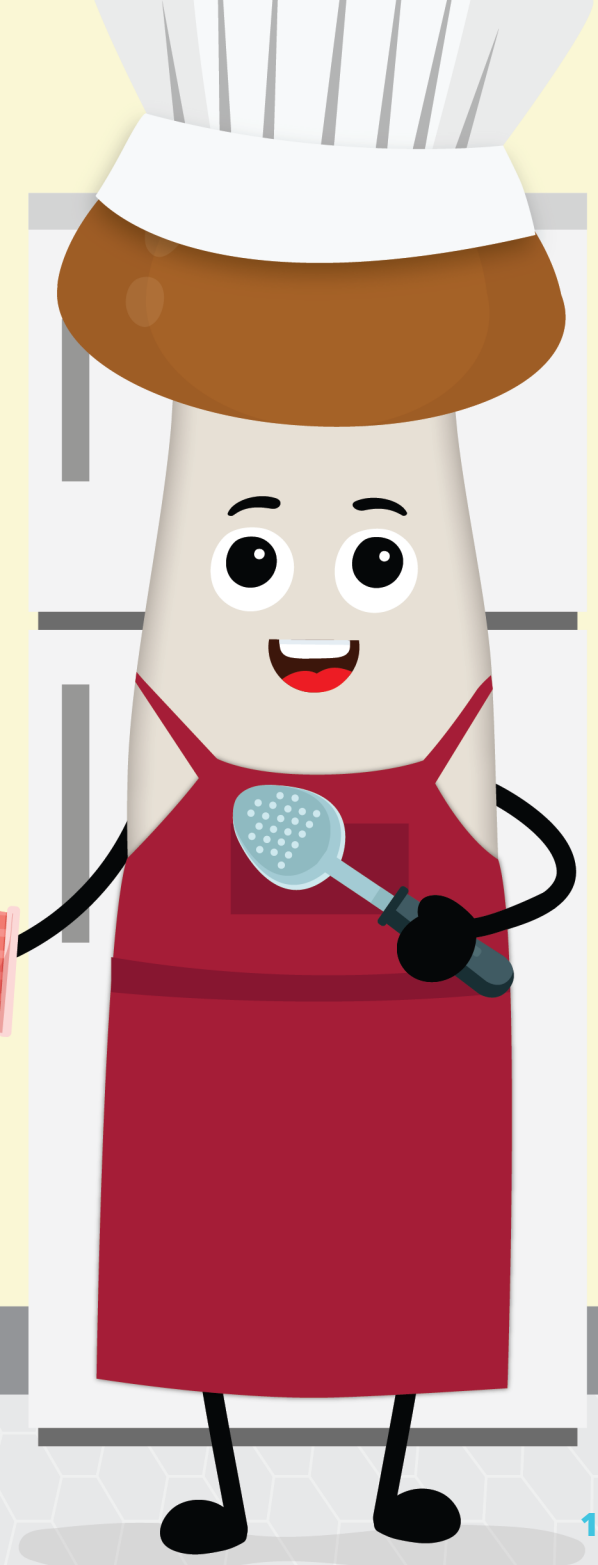


# Mighty Mushroom in the Kitchen

*From Mushrooms in Schools*

The background is a kitchen with light yellow walls and grey tiled floors. There are blue upper and lower cabinets. A black stove with four burners is in the center. A wooden spatula hangs on the wall to the left of the stove. A red oven mitt is on the counter to the right of the stove.

**Mighty Mushroom loves to cook  
tasty meals for friends and family.**





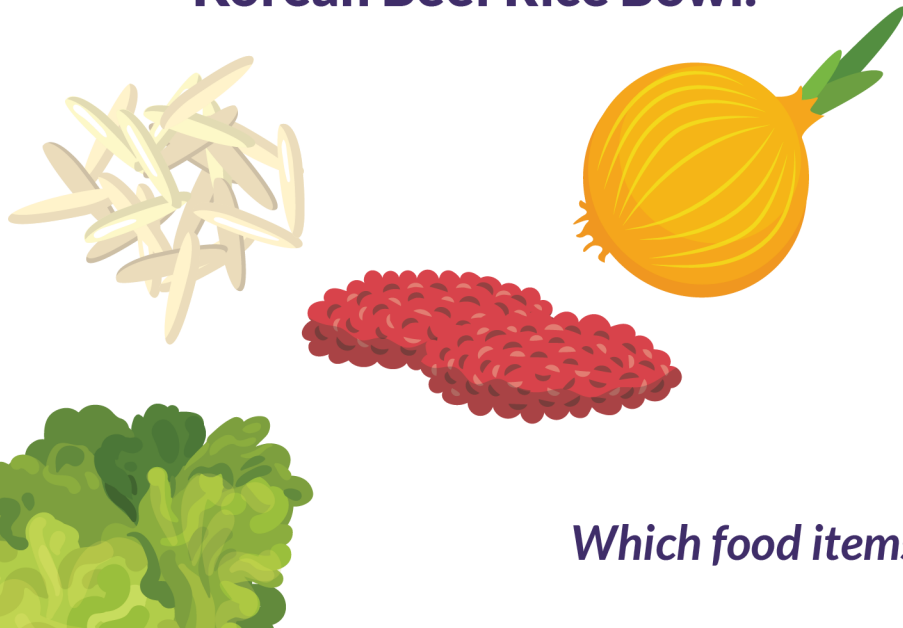
**Mighty follows steps  
to make sure  
the meals are tasty  
and safe.**

**Let's see what Mighty does  
to keep food safe....**



# Gather

**Mighty follows the recipe to gather each ingredient needed to make our meal, Korean Beef Rice Bowl.**



## RECIPE

2 pounds beef

1 cup water

1 onion

1 cup long grain brown rice

1/4 cup green onions

1 carrot

1.5 cups cabbage

1 cup mushroom

**Which food items do you see are in our recipe?**

# Clean

**Before cooking, Mighty washes his hands with warm water and soap. Mighty also rinses fresh produce, like carrots or mushrooms.**

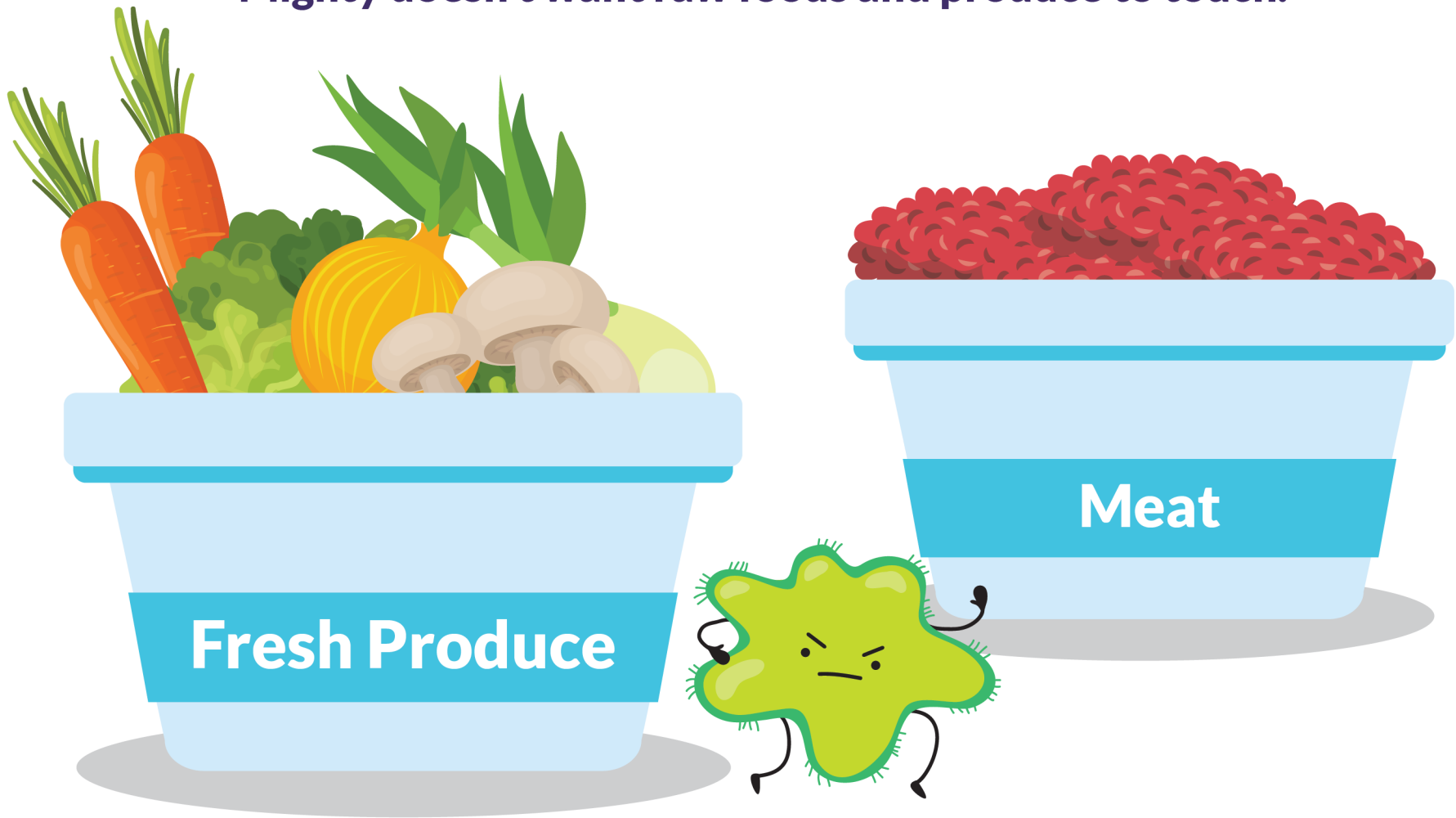
*How long should we wash our hands each time?*

*Answer: Sing Happy Birthday to yourself two times.*

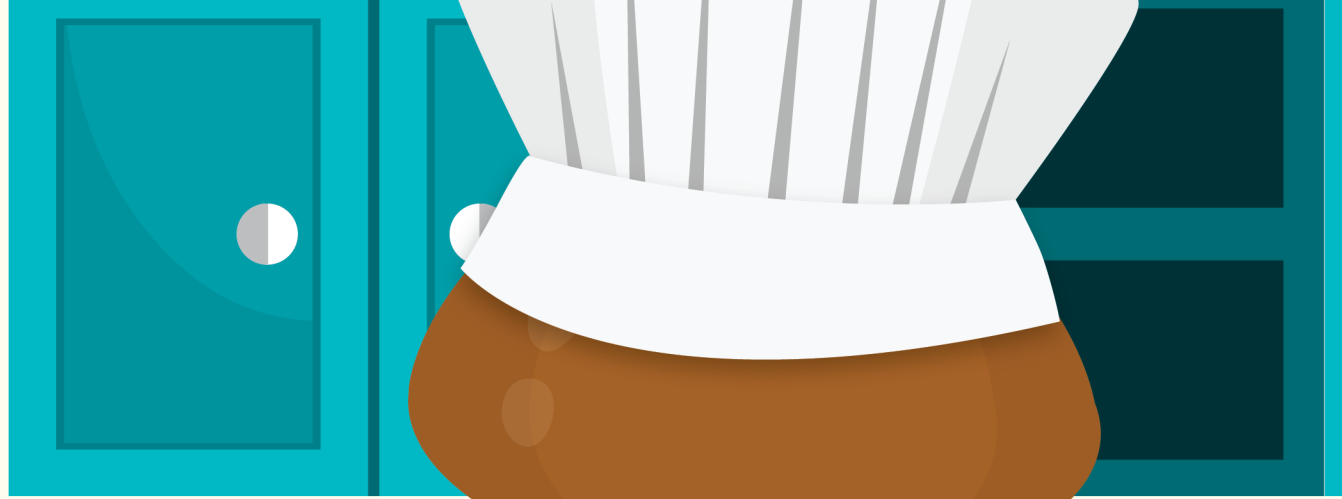


# Separate

**Stop the spread of germs by keeping raw foods, like beef, away from produce. Mighty doesn't want raw foods and produce to touch.**

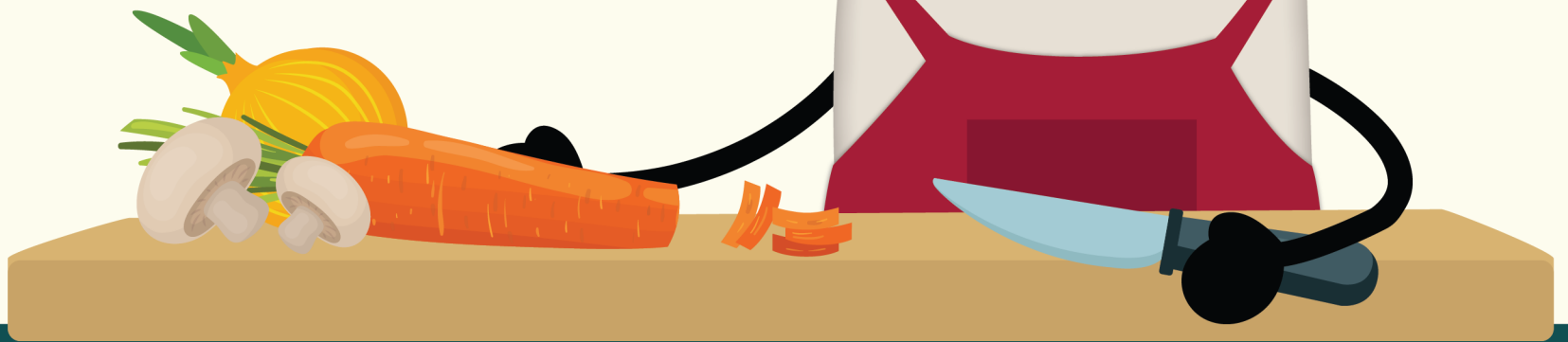


*What can a germ do to us? Can we see a germ?*



# Cut

**Before we start to cook, we need to follow the recipe to cut the ingredients.**



*Should we have our parents or a family member help us cut food items?*

# Cook

Heat hot food items to the right temperature.



*How can you tell if a food item is  
at the right temperature?*

*Answer: Thermometer*



# Store

**Mighty keeps cold  
foods cold by  
storing them in  
the refrigerator.**



*What types of food do you  
see in the refrigerator?  
Which food is part of the recipe?*

# Food safety is important for every meal.

Like Mighty, you can do your part by following Mighty's steps.

Do you remember what they are?

## Gather



## Clean



## Separate



## Cut



## Cook



## Store





# Time to Enjoy!

**Mighty can share his delicious stir fry with  
all of his friends and family now.  
Now it's your turn!**

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Mighty Mushroom, visit [MushroomsInSchools.com](http://MushroomsInSchools.com).**

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