

EXPLORE FOOD SCIENCE

The next time you snack on a box of crackers, take a moment to think about the food scientists who helped make those crackers tasty, healthy, and safe to eat.



Food scientists help keep our food healthy and safe.

What Does a Food Scientist Do?

Food scientists study all kinds of foods. They find the best ways to prepare foods and package them. Food scientists design factories where foods are made, and find ways to keep food safe. They also create new foods.

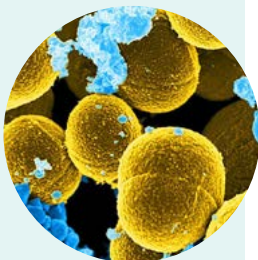
What Are Bacteria?

Bacteria are a type of microbe. Microbes are the oldest form of life on Earth. They are made of one single cell. Our bodies are made of millions of cells. Bacteria and microbes are so small they cannot be seen with the naked eye. That's why scientists use microscopes to study bacteria.

There are three main shapes of bacteria: sphere (also called coccus), oblong (also called bacillus), and spiral (also called spirillum).

Good Bacteria, Bad Bacteria

Bacteria are everywhere. The good news is that most bacteria are harmless to people. Some kinds of bacteria even help our bodies work better. For example, the bacteria found in yogurt help people digest food. Harmful bacteria, however, can make people sick. When harmful bacteria get into our bodies through food and make us sick, it is called *food poisoning*.



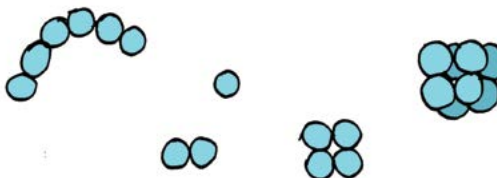
Coccus-shaped bacteria as seen through a microscope.

Name That Shape

Label each bacterium with the name of its shape.



1. _____



2. _____



3. _____

HOW CAN YOU BE FOOD SAFE?

Food poisoning can be serious. These four simple steps can help you keep your food safe and prevent food poisoning at home.



CLEAN: Wash hands with soap and water for 20 seconds before cooking and eating



SEPARATE: Keep raw meat away from ready-to-eat foods



COOK: Learn the safe internal temperature to kill harmful bacteria



CHILL: Put leftovers in the fridge within two hours