



**Texas 4-H Youth
Development Healthy
Lifestyles Invitational**

Food Safety

According to the USDA, foodborne illness is a preventable public health challenge that causes an estimated 48 million illnesses and 3,000 deaths each year in the United States. It is an illness that comes from eating contaminated food. So, everyone should be knowledgeable about the causes and the safe steps to take in food handling, cooking, and storage in order to protect themselves.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

Partnership for Food Safety Education

<https://www.fightbac.org/>

Food Safety.Gov

<https://www.foodsafety.gov/>

USDA Food Safety and Inspection Service

<https://www.fsis.usda.gov/food-safety/foodborne-illness-and-disease>