

# THE WCR LEARNING COMMUNITY

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A woman with raw chicken  
Photo: Luz, Flickr

## **Don't wash your chicken! Just unwrap, cut and cook**

Adapted from *The Province*

Level 3

In North America we eat a lot of chicken. Each North American eats about 80 pounds of chicken a year.

Eating and handling chicken can cause you to get sick. You must cook it well and handle it carefully.

Researchers at Drexel University started a project called Don't Wash Your Chicken. It is safer to put the chicken directly in the pan to cook it.

Chicken and turkey carry harmful bacteria called salmonella. Washing your chicken can splash water on the counter and other dishes. The water is contaminated with these bacteria.

Around 200,000 people get sick from these bacteria every year. They get diarrhea, fever, cramps and vomiting.

### **What should you do?**

1. Store the chicken in double plastic bags.
2. Unwrap the chicken and place it directly in the pan.



Raw chicken breast that is ready to cook.  
Photo: YoAmes, Flickr

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(... continued from page 1)

3. Cook the chicken to the internal temperature of 75C or 165F. Check the temperature with a meat thermometer.
4. Wash all surfaces, dishes, and the thermometer with soap and water.
5. Wash your cutting board in hot soapy water or put it in the dishwasher.
6. After touching raw chicken, wash your hands with soap and water for at least 20 seconds.



Photo: Suminb, Flickr

**Watch this video.**

**Click [here](#) to watch a video on how germs scatter when you wash a chicken.**

Don't wash your chicken! The video is called GERM VISION ANIMATION.

**Listen to this radio show.**

**Click [here](#) to listen to a NPR radio story about washing raw chicken.**

Julia Child was wrong: DON'T WASH YOUR RAW CHICKEN, FOLKS!

**Pronounce these words.**

**How do you say "salmonella"?**

Click [here](#) to listen to emmasaying.com

Click [here](#) to listen to howjsay.com

Now you try to say it.

**How do you say "contaminated"?**

Click [here](#) to listen to howjsay.com

Now you try to say it.

(Exercise is on the next page.)

**Exercise:****Vocabulary**

Put the number of the word next to its meaning.

- |                 |   |
|-----------------|---|
| 1. contaminated | ___ thin watery feces                   |
| 2. diarrhea     | ___ high body temperature               |
| 3. vomiting     | ___ pain in stomach or abdomen          |
| 4. cramps       | ___ stomach contents come out the mouth |
| 5. fever        | ___ to make harmful or impure           |

(Answers are on the next page.)

**Answers:**

- |                 |  |
|-----------------|--|
| 1. contaminated | <u>2</u> thin watery feces                   |
| 2. diarrhea     | <u>5</u> high body temperature               |
| 3. vomiting     | <u>4</u> pain in stomach or abdomen          |
| 4. cramps       | <u>3</u> stomach contents come out the mouth |
| 5. fever        | <u>1</u> to make harmful or impure           |