Some foods are more likely to cause foodborne illness than others. Unpasteurized milk or juices are not safe to consume. Uncooked foods that are made with raw or undercooked eggs are especially risky.

Figure 1. Homemade salad dressing made with raw eggs is NOT safe to eat.
Credits: Catherine Yeulet/iStock/Thinkstock, ©Catherine Yeulet

Stay away from all of these high-risk foods

Across
3. Foods made with raw _ _ _ _ , such as Hollandaise sauce, cookie dough, cake batter, and…
4. …homemade _ _ _ _ _ _ salad dressing.
6. Unpasteurized _ _ _ _ and unpasteurized fruit juices.

Down
1. Raw and undercooked fish and shellfish, such as raw _ _ _ _ _ _ _ _ .
2. Soft _ _ _ _ _ _ made from unpasteurized milk, such as feta, Brie, and Camembert.
5. Raw sprouts, such as _ _ _ _ _ _ _ _ sprouts.

2. Linda B. Bobroff, PhD, RD, LD/N, professor; and Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator; Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. For more information on obtaining other UF/IFAS Extension publications, contact your county’s UF/IFAS Extension office.

U.S. Department of Agriculture, UF/IFAS Extension Service, University of Florida, IFAS, Florida A & M University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Nick T. Place, dean for UF/IFAS Extension.
Answers

6. milk
5. alfalfa
4. Caesar
2. cheese
1. oysters

Across

Down

3. eggs