

Just because something tastes good doesn't mean it is safe to eat. Raw cookie and cake batter are no exceptions.

The Partnership for Food Safety Education has released food safety myths for National Food Safety Month. Topping the list is the myth that it is safe to eat raw batter.

No one should eat raw cookie dough or cake batter because it could contain bacteria that could cause illness. The dough and batter must be cooked thoroughly before consumption to kill bacteria. People who eat raw cookie dough and cake batter are at a higher risk of food poisoning than others.

People who are making cookie dough at home from scratch might want to use pasteurized egg substitutes instead of eggs so that kids can eat it.

The second myth is that when kids cook a "heat-and-eat" meal, they don't have to worry about food safety because the microwave kills all the bacteria.

Many times, microwaves cook food unevenly. Bacteria can survive in cold spots. The food must be heated to a safe internal temperature before it is edible. Follow instructions carefully to avoid food safety hazards.

The third myth is that pre-packaged fruits and vegetables do not need to be washed before consumption.

The only pre-packaged foods that do not need to be washed before consumption are those that say "ready-to-eat," "washed," or "triple washed." All other foods should be washed under running tap water. Be sure to wash hands first. Firm items such as melons and cucumbers should be scrubbed with a produce brush. Dry with a clean cloth towel or paper towel to further reduce germs.