



# Cinco Minutos de la Vida

Yesenia, Graciela y Maricela hablan del amor, la vida y la comida



Well Graciela, it won't be long till you see that Cute Guy from Mexico...



**Remember last time?**

Maricela and Carlos were happy and healthy again, Yesenia was starting a diet and Graciela was thinking about her cousin's wedding and how the Cute Guy from Mexico was coming as a guest, with Oazacan dishes as a gift. **Now, two weeks later.....**



Yes, it's only two weeks till my cousin's wedding. Yesi - and you *have* lost weight -- you look super! Must be all those fruits and veggies..



Hi you two! I hear Maria is catering today - where is she?

She's in the kitchen, Ralph

Where else would she be?



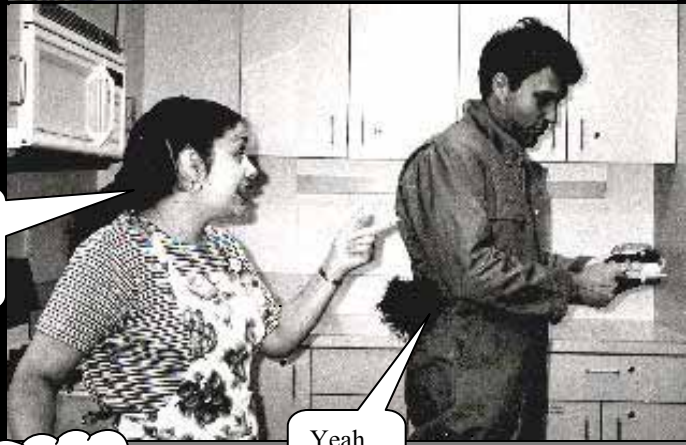
Hi Ralph. I'm just perfecting my Secret Sauce for these hamburgers— want one?





Oh yeah! I'll keep it for my lunch!

All right - but if you're going to save it, you *have* to put it in the frig, *right now*!

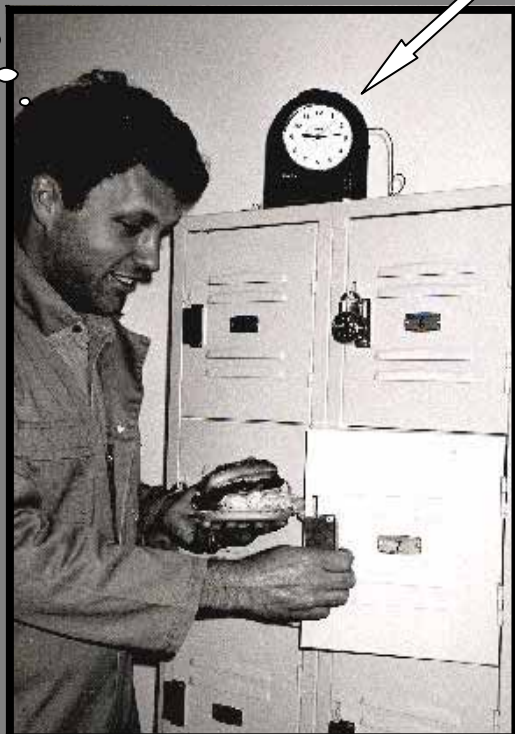
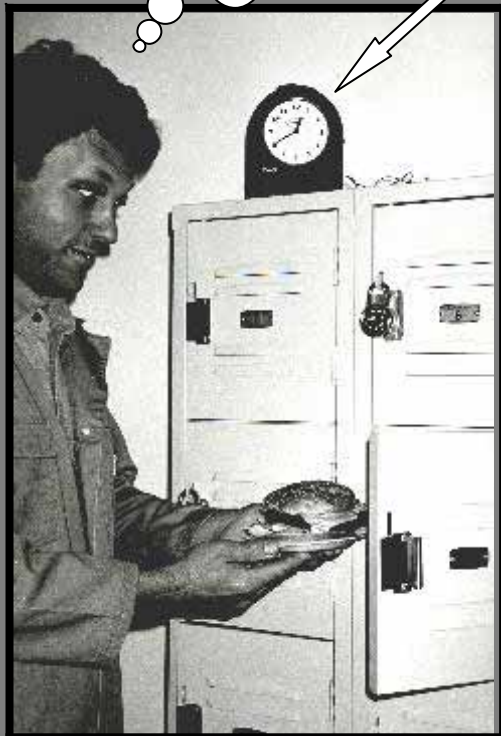


And nuke it when it's time to eat - half a minute , at least! Nuke it good!

This'll be fine in here until my break!

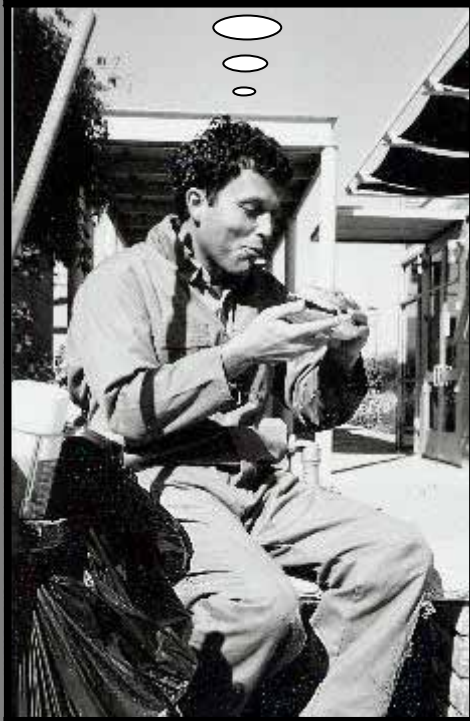
Yum!

Yeah, sure -



# Several hours later...

It's good! Even cold,  
it's delicious!



So anyway, Graciela, I remember about those dishes from Oaxaca - they have *lead* in them! It's really bad for you - especially for babies and kids or if you're embarazada.

So Mr. Cute Guy from Mexico better think of something else for a wedding gift!

But - but -  
how can I tell  
him that?



**Gurgle-burp!**

I don't know - you don't want to get him mad at you when you haven't even gone out with him yet!

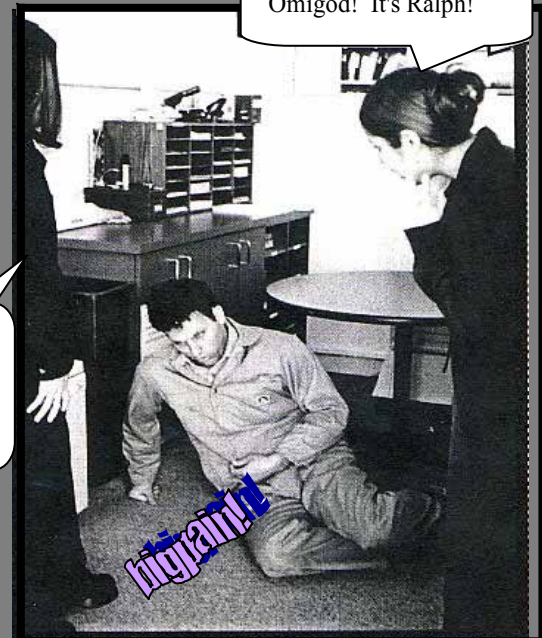
You're right, Yesi. Hey, what's that awful noise back there?



**ooohh!**

What's wrong with him?

Omigod! It's Ralph!



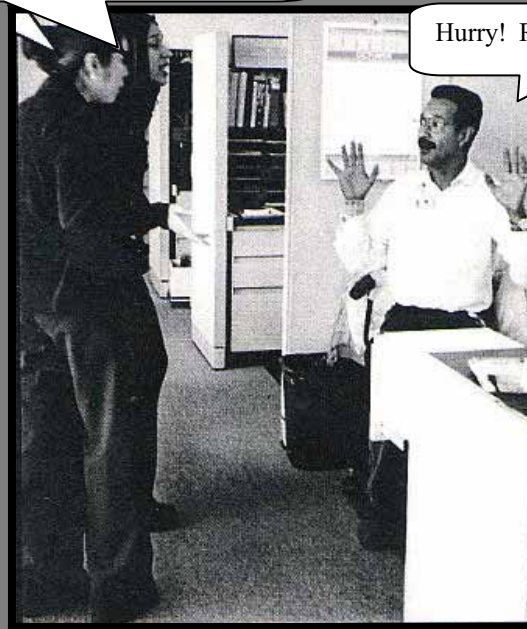
**migrain!**

He's really sick,  
Graciela...



Maybe it's his appendix --  
we'd better tell the boss!

Oh Luis - you won't believe  
this, but Ralph has collapsed!  
He's on the floor over there!  
We're going to tell the boss!



Hurry! Run!

Graci, I hope we're  
in time to help him!



Oh, Yesenia - he has  
a wife and two kids,  
you know...

Ay, Días mío, Eric -  
¡Ralph está enfermo!  
¡Llame al 9-1-1!



I mean - Eric, please  
call 9-1-1! Ralph is  
really sick!

*the ambulance speeds away with Ralph...*

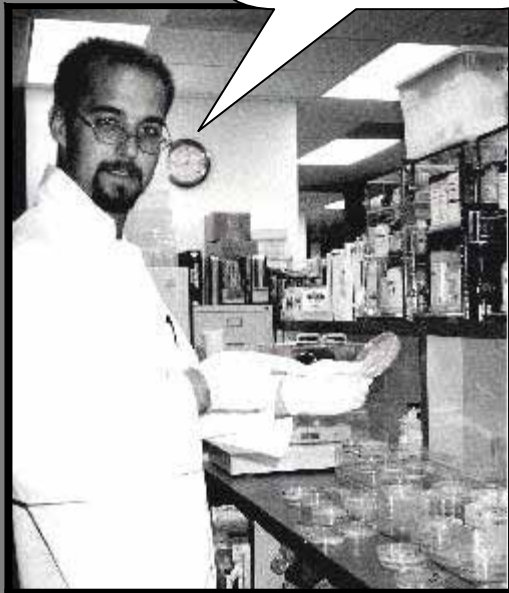


NEVER let meat stay out of the frig for more than 2 hours! Never! Germs will grow and make you all sick!

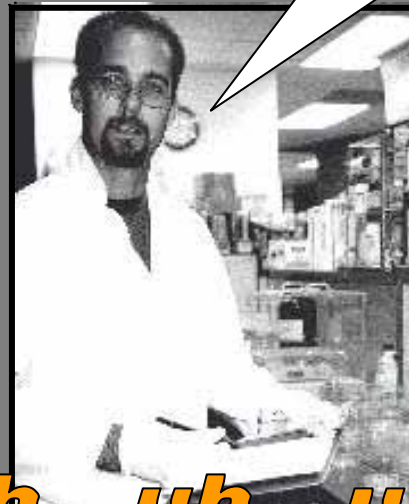


Oh, it's all my fault! I *should've* made him eat that burger right away! Mom warned me!

Yes, it's e.coli, alright! Luckily for you it's not e.coli:H157 - that can be *fatal!* You'll feel better in about a week.



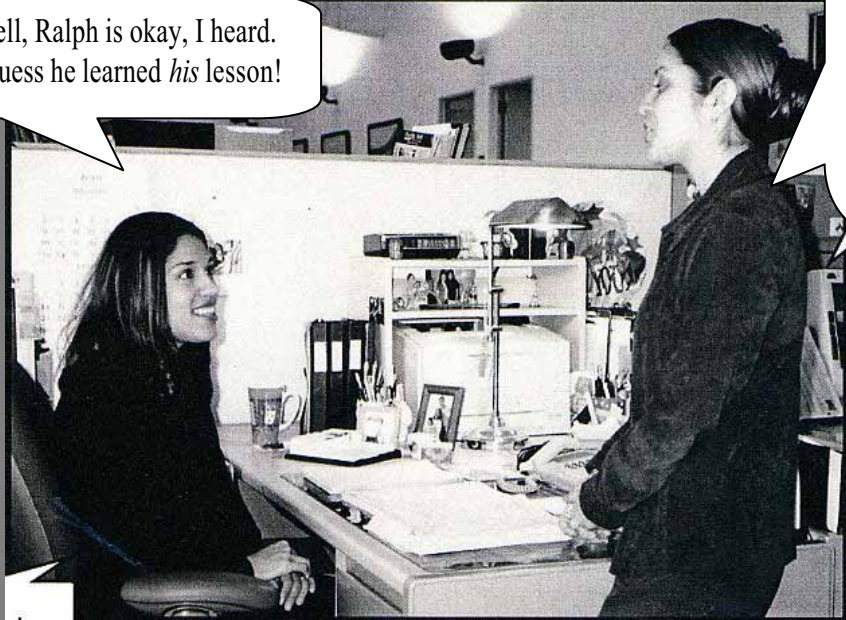
I'll need some information for my records - what was it that you said you ate?



*"uh...uh...uh..."*

# Clean . Separate . Cook . Chill .

Well, Ralph is okay, I heard.  
I guess he learned *his* lesson!



Good thing! And listen, Mari, I found that news story about lead poisoning from Oaxacan pottery -- and I'm just going to send it to my aunt in Mexico -- that way *all* my friend and family down there will "get the message"...

*Remember 4 things-*

**CLEAN -**

Wash hands & surfaces often

**SEPARATE -**

Don't cross-contaminate

**COOK -**

To proper temperatures

**CHILL -**

Refrigerate cooked foods promptly

*We wonder:*

Will Graciela get the message about lead in dishes to the Cute Guy in Mexico without making him mad?

Will they ever get together?

Are Carlos and Maricela still on their program to stay healthy?

*More next time...*

**Eat wisely, be well.**



**Cinco Minutos de la Vida** developed by  
Kathleen Nolan for UCCE Monterey,  
Santa Cruz and San Benito Counties.  
2001