



UNIT 5: FOOD SAFETY

Keeping Food Safe

Grade level: Primary

**NATIONAL
STANDARDS**
NL-ENG.K-12.2
NS.K-4.3
NS.K-4.6

Student Learning Objectives

By the end of this lesson, students will be able to:

1. Illustrate why keeping food safe to eat is an important responsibility.
2. List three rules for handling food safely.
3. Identify bacteria as the main source of food-borne illness and explain that many bacteria cannot be seen, smelled or tasted.

Time: 50 minutes

Tools, Equipment, and Supplies: Writing surface, copies of “Keeping Food Safe” reading handout and Activity Sheet 15:1

Key Term(s): Bacteria
Food-borne illness

Background Information

Food poisoning, called **food-borne illness**, makes some 7 million Americans sick each year. Many of them are children. Because of their small size, children are at higher risk of becoming seriously ill from **food-borne illness**.

Bacteria cause **food-borne illness**. At the right temperature, **bacteria**, which cannot be seen, smelled or tasted, can multiply into the millions in a few short hours. About 85 percent of **food-borne illness** cases could be avoided with proper food handling.

Young children can begin to learn how to assume responsibility for safe food handling. Here are the basic rules young children can use and understand:

- Always wash your hands before handling food.
- Cook food to the appropriate internal temperature. Cooking kills harmful **bacteria**.
- Keep food cold. Set your refrigerator at 40 degrees or colder.



NOTES

Interest Approach

How's everyone doing today? Great! Let's talk about a life-saving topic. The life-saving topic is safety! How many of you have every heard about safety? Excellent! When I ask a question and you think you have an answer, raise your hand. Ready? – What is an activity you do every day, which should involve being safe?

Call on students and comment positively on each of their responses. If food is brought up, react with excitement and move on.

Great answers! We are some of the safest people I know. Let's discuss my favorite safety topic, which is food safety. Close your eyes and listen carefully to the following story.

OBJECTIVE 1: Explain why keeping food safe to eat is a responsibility.

Read "Keeping Food Safe" to your students. You may want to duplicate it so students can follow along. Have students raise their hands and ask questions during the reading to make sure they are engaged.

You can open your eyes now. What were some important lessons Maria learned from Cob?

Solicit answers; be ready to provide some answers for them. Comment positively on their responses.

Exactly! It is very important to understand that we or our friends and family can get sick if we don't handle food with safety in mind. Cob was teaching Maria some important rules about food safety. Let's make sure we know three food safety rules we learned from Maria and Cob.

OBJECTIVE 2: List three rules for handling food safely.

These safety rules are so important that we need to remember them. The three important food safety rules are:

1. Always wash your hands before handling food.
2. Cook food to the appropriate internal temperature. Cooking kills harmful bacteria.
3. Keep food cold. Set your refrigerator at 40 degrees or colder.

Use a Choral Response e-Moment® to repeat the three important food safety rules.



NOTES

I am going to say these rules again very slowly and then when I point to you, we are going to say them together as a class. Ready?

Always wash your hands before handling food.

Point to students.

Good!

Cook food to the appropriate internal temperature.

Point to students.

Great!

Point to students.

Good! Now, let's have some more fun with these important rules.

Hand out the Activity Sheet 15:1, "Safe Food Rules for Me." Ask students to color the pictures and take the sheet home.

OBJECTIVE 3: Identify bacteria as the main source of food-borne illness and explain that many bacteria cannot be seen, smelled or tasted.

Wow! We are so smart. Let's keep our brain moving as we identify the main source of **food-borne illness**. **Food-borne illness** is also called food poisoning, and it can cause you to have one bad stomachache.

Bacteria cause **food-borne illness**. At the right temperature, **bacteria** that can't be seen, smelled, or tasted can multiply into the millions in a few short hours. That doesn't have to happen, though. About 85 percent of **food-borne illness** cases could be avoided with proper food handling.

Use a Graphic Artist e-Moment® to design the nastiest looking spelled out BACTERIA they have ever seen. Show examples of other words like \$ale\$ or ZERO/10 (ten below zero).

SUMMARY/REVIEW

Wow, those are some nasty looking **bacteria**. We don't want those things making us sick, do we? Remember those nasty **bacteria** as you handle, eat or cook food. Be sure to pass along the information you learned today to the people cooking for you.

[illegible]

REFLECTIVE REVIEW QUESTIONS:

- What are some foods you regularly eat at home that should be handled safely?
- What food safety efforts do you see your family use at home when handling food?

APPLICATION

APPLICATION 1: Use an Almanac and Encyclopedia e-Moment® to identify common food-borne illnesses. Then report on those illnesses and what causes them.



Keeping Food Safe

When Maria arrived home from school, she found a note on the counter. "I'll be a little late getting home," her mom had written. "Please put the chicken in the oven for dinner."

Maria went over to the refrigerator to take the chicken out. But as she reached for the door, she heard a loud voice. It was Cob.

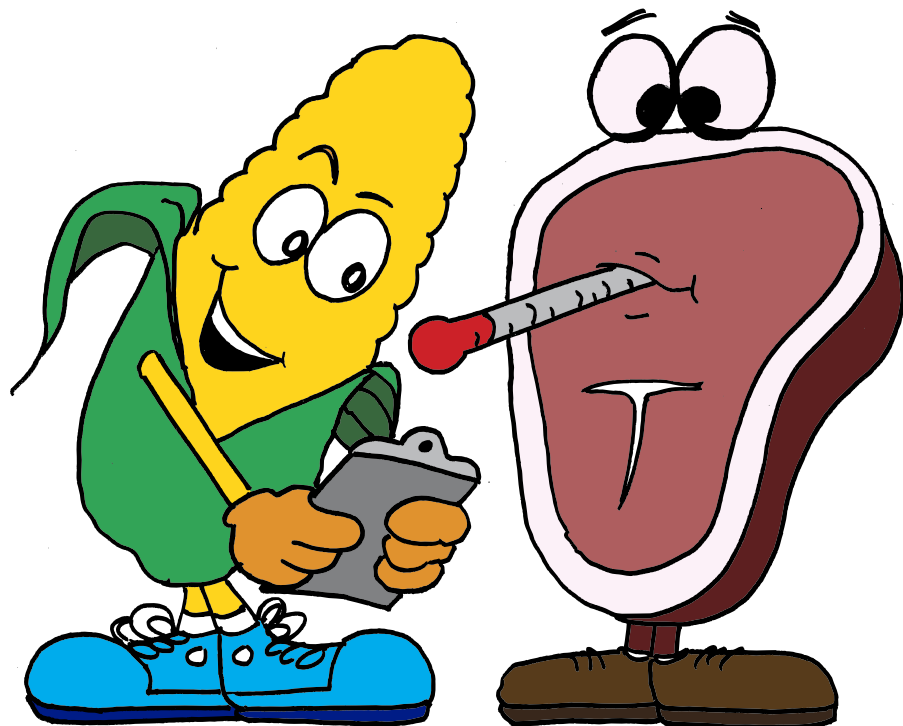
"Don't touch that food," Cob said. "You haven't washed your hands."

"What's the big deal?" Maria asked. "I took a bath this morning. Anyway, look at my hands. They're perfectly clean." She held her hands out for Cob to inspect.

"Washing once a day isn't good enough," Cob said. "Since you took that bath, you've played outside, turned a cartwheel in the dirt and petted the dog. So there are lots of germs and dirt on your hands that you can't see. If your hands touch the food before it's cooked, those germs could spread. Your whole family might even get sick from food poisoning."

"I wouldn't want that to happen," Maria said, as she turned on the water and began to scrub with soap. "We got food poisoning once and it was no fun. My mom said it was probably from eating meat that hadn't been cooked well enough."

"Could have been," Cob answered. "Cooking kills most of the bacteria and germs that can cause food poisoning. It's a good idea to use a meat thermometer to check your meat to make sure it's thoroughly cooked."





"I've never seen bacteria," Maria said. "How can they make me sick?"

"You **can't** see bacteria," Cob said. "You can't smell or taste them either. So you don't know they're there. But bacteria like **staph** and **salmonella** can make you sick."

Maria turned on the oven and looked for a pan to cook the chicken. When she opened the refrigerator, she had to move a bag of apples and some cans of soda before she finally saw the chicken. "This is such a bother," she said. "I don't know why my mom couldn't just leave the chicken out on the counter. I have homework to do."

"She was just being safe," Cob said. "Cool temperatures can keep bacteria from growing."

"Boy, those bacteria must be fussy," Maria said. "They don't seem to like cold **or** hot temperatures."

"Right again," Cob said. "Bacteria multiply quickly between 40 degrees and 140 degrees. So let's get that chicken in the oven. You've got math problems to do."



ACTIVITY SHEET 15:1

Safe Food Rules for Me

NOTES

Clean

I wash my hands with soap and water before I touch food. I know germs can spread from my hands to the food.



Cook

When my family cooks meat or poultry, we make sure it's completely cooked.

Cool

We know that cold temperatures keep bacteria from growing. We keep cold foods cold.

When we buy meat or poultry at the grocery store, we buy it last and take it home fast.

