



UNIT 5: FOOD SAFETY

Quick Lesson:

After-School Food Safety

Grade level: Primary

Student Learning Objective

1. Discuss and practice after-school safety with food.

Time: 15 minutes plus at-home discussion with parents

Tools, Equipment, and Supplies: Copies of Activity Sheet 16:1

Interest Approach

What are some of your favorite snacks you enjoy when you get home from school?

Entertain several answers.

Yummy! Are you sure your snacks are safe? Let's talk about them!

OBJECTIVE 1: Discuss and practice after-school safety with food.

Let's identify some simple steps to ensure after-school food safety.

Hand out the Activity Sheet 16.1, "After-School Food Safety." Review the rules with students. Have students take the sheet home for their parents to see.

SUMMARY / REVIEW

Use a Motion e-Moment® for each of the seven after-school safety tips.

REFLECTIVE REVIEW QUESTIONS:

- Which of these good food safety habits do you already use at home?
- Why is hand washing during the day and after school so important?
- Why is it so important to place foods back in the refrigerator after making a snack?

Great! Now it's your turn to teach. Take this sheet home and share it with your family. Tomorrow we will report on the information sharing we did with our families.



ACTIVITY SHEET 16:1

After-School Food Safety

NOTES



1. Place books or book bags on the floor. Don't leave them on counters or the kitchen table.
2. Dispose of leftover sandwiches or other "refrigerator type" foods you bring home.
3. Wash your hands before you make or eat a snack. Hands carry lots of germs.
4. Always use clean spoons, forks and plates.
5. Wash fruits and vegetables with water before you eat them.
6. Do not eat bread, cheese or soft fruits or vegetables that look bad or have small spots of mold.
7. Do not leave cold items, like milk, lunchmeat, hardboiled eggs or yogurt out on the counter at room temperature. Put these foods back in the refrigerator as soon as you have fixed your snack.