



FOOD HANDLER
— SOLUTIONS —



Be Smart Eat Safe



Teaching Guide for Level 1

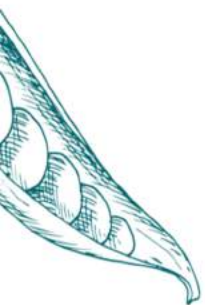




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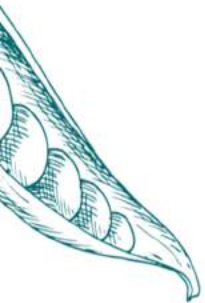


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How to Use



Dear Teachers,

Thank you for your interest in implementing the “Be Smart Eat Safe” food safety education program.



This program consists of a fun video about kids at Eat Safe Elementary who learn about food safety, a guide with step-by-step instructions for using the materials, and an activity book for kids.

The guide contains two sections - Education and Evaluation Tools.

In Education Tools, you will find:

-  A suggested teaching plan with step-by-step directions for how to use the “Be Smart Eat Safe” cartoon, activity book and evaluation tools.
-  Answer keys for each activity page along with talking points for each.

In Evaluation Tools, you will find:

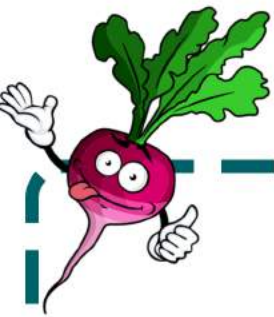
-  Master copies of pre-tests and post-tests (you have a choice of a picture version of a word version, depending on your class).
-  Master copies of a home kitchen self-inspection form that you can use as a take-home activity kids can do with a grown-up before and after they complete the class to help spread the safe food message!

The “Be Smart Eat Safe” education plan suggests use of the materials over a 10-day period. This can be customized to fit the needs of your own teaching situation. However, if you use the pre-tests and post-tests, be sure to administer the post-test when all teaching activities are completed.

Thank you for helping reach children with food safety messages that can impact the health and the lives of their entire family.



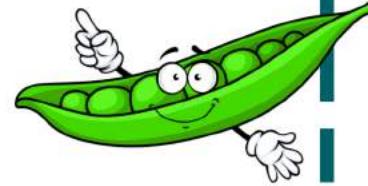
Teaching Plan



Day 1

1. Tell the class that you will be beginning a unit on food safety. Explain that during this unit, they will get to watch a cartoon and do some activities that will help them learn how to keep food safe. It will help them learn how to keep harmful germs out of food and prevent the food from making them sick.
2. If you choose to use the home kitchen inspection forms, send home the **My First Home Food**.
3. Safety Inspection form for completion and collect these on Day 2 or just use them as a take home activity.

Day 2



1. Collect the **My First Home Food Safety Inspection** form if you asked students to return them.
2. Conduct the pre-test. (Be careful not to influence answers in any way. Do not allow students to self check or change answers if you want to measure impact in terms of knowledge gained.)
3. Show the cartoon, "**Eat Smart Be Safe**". The length is about 15 minutes.
4. Conduct activities from the activity booklet (if time permits, conduct them the same day the video is shown. If not, conduct the activities only on day 3 or spread them over days 2 and 3). Use the answer key and the accompanying page of teaching points in your Instructor Tools to discuss important food safety points to be learned.

Day 3

1. Complete activities and discuss teaching points for each.
2. Administer the knowledge post-test. (Be careful not to influence answers in any way. Do not allow students to self check or change answers if you want to compare these to the pre-test to measure knowledge gained.)



Day 10

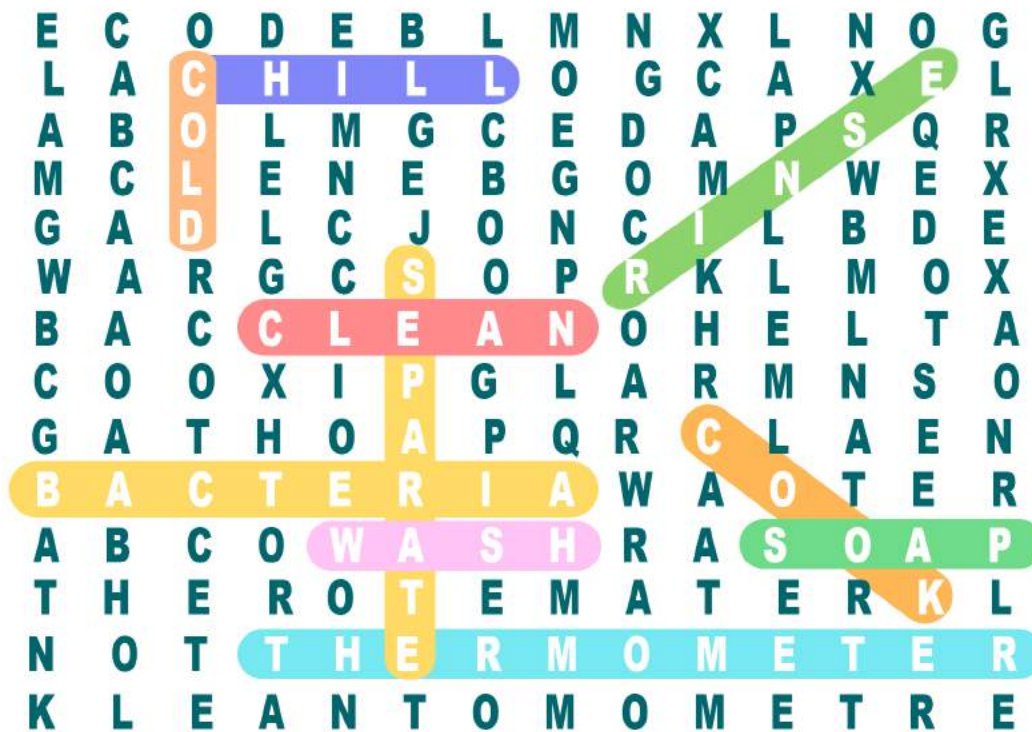
1. Send home the **My Second Food Safety Inspection** for children to complete with a grown-up if you sent home the first one on Day 1. Collect these the following day or just let them be a take home activity.

Be Smart Eat Safe



FOOD HANDLER
— SOLUTIONS —

Safe Food Word Find



Find the underlined words in the puzzle above. Circle each one when you find it.

Wash your hands by rubbing them together using soap and warm running water. Always do this before you touch food.

Clean kitchen counters before you make food on them.

Rinse fruits and veggies before you eat them.

Chill foods like milk, eggs and meats by keeping them in the refrigerator.

Keep cold foods cold.

Separate raw meats from your other foods.

When you cook foods like meats, poultry and eggs, the heat can kill harmful bacteria.

To be sure your foods are safely cooked, use a food thermometer if possible.

Teaching Points

Wash your hands with soap and warm running water before you touch food.

It is important to rub your hands together while you are washing them with soap and warm running water. Wash for at least 20 seconds, about the time it takes to sing the Happy Birthday song twice. Soap, running water and the friction from rubbing your hands can remove soil and germs from your hands. It can keep bacteria from getting from your hands into your food and possibly making you sick.

Clean kitchen counters before you make food on them.

Everything that touches your food should be clean. Before you put food on the kitchen counter, wash the counter with clean soapy water and a paper towel or clean cloth towel. This will help to keep germs from getting into your food.

Rinse fruits and veggies before you eat them.

Rinse fruits and vegetables well under clean running water before you eat them.

Chill foods like milk, eggs and meats by keeping them in the refrigerator.

Bacteria like to get into foods that are wet and have lots of nutrients like milk, eggs and meats. Keeping foods cold in the refrigerator at 40°F or below will help keep bacteria from being a problem in these foods.

Keep cold foods cold.

Put packages of cold foods back in the refrigerator as soon as you have finished with them so they will stay cold.

Separate raw meats from your other foods.

Bacteria can spread from one food to another. Keep raw meat, poultry, seafood and eggs from touching other foods by separating raw foods and foods that are ready to eat.

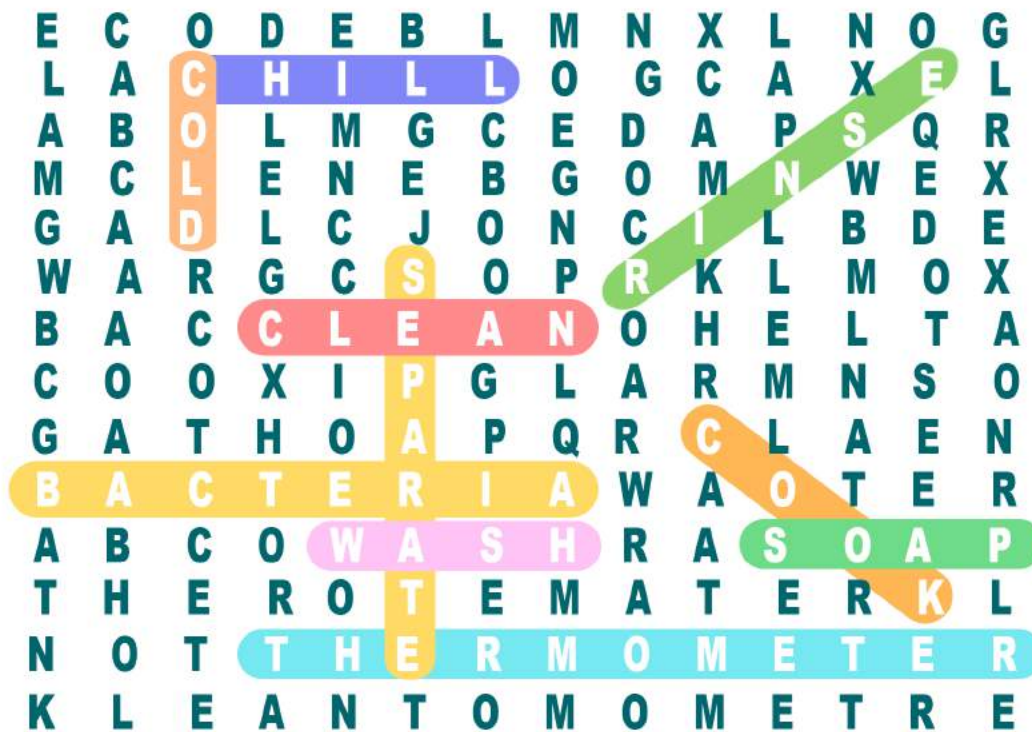
When you cook foods like meats, poultry and eggs, the heat can kill harmful bacteria.

Bacteria just cannot take the heat. When you cook foods all the way through, you get rid of harmful bacteria that might have gotten into the food.

To tell when your foods are safely cooked, use a food thermometer.

Use a clean food thermometer inserted into the thickest part of a food to tell when the temperature of the food reaches a level high enough to get rid of bacteria. For example, chicken should reach 165°F to be safely cooked.

Safe Food Word Find



Find the underlined words in the puzzle above. Circle each one when you find it.

Wash your hands by rubbing them together using soap and warm running water. Always do this before you touch food.

Clean kitchen counters before you make food on them.

Rinse fruits and veggies before you eat them.

Chill foods like milk, eggs and meats by keeping them in the refrigerator.

Keep cold foods cold.

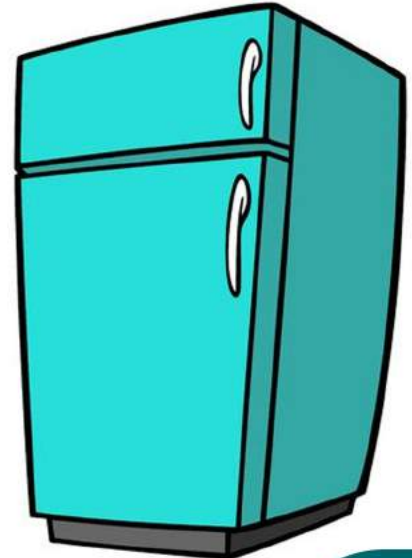
Separate raw meats from your other foods.

When you cook foods like meats, poultry and eggs, the heat can kill harmful bacteria.

To be sure your foods are safely cooked, use a food thermometer if possible.

Refrigerator Fights Bac!

Help Juan get the lunch meat back into the refrigerator where it will be cold and safe!



Teaching Points

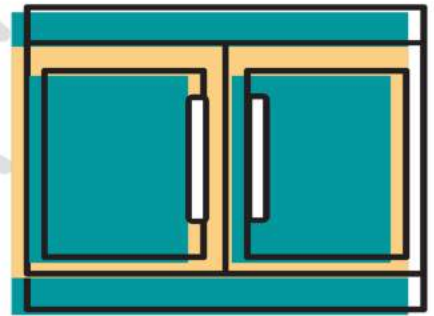
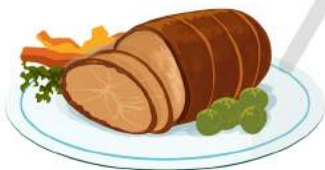
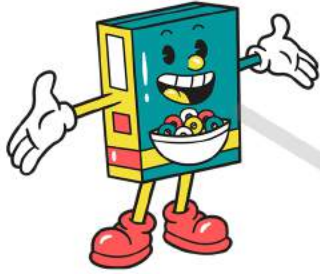
Wet, nutritious foods like milk, eggs and meats that help our bodies grow also can help bacteria grow. All bacteria hates to be cold. If we keep these foods in the refrigerator at 40°F or below, these foods will be safe!

Additional Activity

Let the children name other foods that Juan would need to keep in the refrigerator. Answers could include milk, meats, eggs, juice, cheese and opened jars of foods like mayonaise and sauces.



Food Storage Match Up



Teaching Points

1. Where did you store the can of food?

(Answer: in the pantry cabinet) Cans of food can be safely stored on the pantry shelf because the food has been heated in the can in a special way to get rid of bacteria. This means you can keep the can of food sitting at room temperature and it will still be safe.

2. What food did you store in the refrigerator?

(Answer: eggs, lunch meat, milk) Remember that all bacteria love wet, nutritious foods like milk, eggs, and meats. If we do not keep these foods cold, bacteria moves in and makes food unsafe. They don't actually grow like we grow; they just make more of themselves. Bacteria hates the cold. To keep these foods safe, keep them COLD!

3. Where did you put the apple?

(Answer: in the bowl on the counter) Whole fruit like apples, pears, bananas and oranges can be stored on the counter. Bacteria does not grow well on fruits like these. BUT once they are cut up into pieces, you would need to put them in the refrigerator if you wanted to save them to eat at another time.



Washing Hands



**Bacteria hates soap and water!
To avoid the pain wash bacteria down the drain!
They have no hope with water and soap!**

Washing Hands



1. One way to fight bacteria, is to CLEAN!

2. Wash your hands by rubbing them together under warm running water, and use soap. This gets rid of germs that could make you sick. It washes bacteria right down the drain.

3. Wash your hands for as long as it takes you to sing the Happy Birthday song TWICE -- at least until you count to 20.

(Teachers try this activity with the children. Have them hold their hands out in front of them and pretend to be washing their hands. While they are “washing,” have the group sing Happy Birthday to themselves twice. Older children might watch a clock with a second hand to see how many seconds this takes. It should take at least 20 seconds. Teachers may use this activity with older children to talk about time.)

4. When should you wash your hands?

Answer: It is good to wash your hands often. It is especially important to wash your hands before you touch food, after you touch raw food, after you go to the bathroom, after you blow or wipe your nose, after you touch your pet and after you play outside.



**If You Want To Be Smart
and Eat Safe**

COOK!



**The only way to know when any food is safely
cooked is to use one of these.**

What Am I?

Food Thermometer

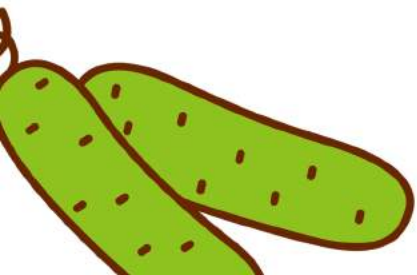
Teaching Points



1. Food thermometers can be used to check the temperature on the inside of a food.

2. Always make sure grown-ups use food thermometers to check the temperature of foods they are cooking for you - especially meats and chicken.

3. Chicken must reach 165°F.



4 Steps To Food Safety!

CLEAN



SEPARATE



COOK



CHILL



Teaching Points

There are four simple steps to safe food:



Clean - wash your hands by rubbing them together under warm running water with soap. Wash for at least as long as it takes to sing the “Happy Birthday” song twice or until you count slowly to 20. Keep everything that touches your food clean.



Separate - keep foods that need to be cooked before we eat them like meats away from foods we can eat without cooking like apples, grapes, lettuce and carrots.



Cook - make sure grown-ups use food thermometers to tell when our foods are cooked enough to be safe.



Chill - keep cold foods cold and put cold foods like lunch meat and milk back in the refrigerator as quickly as possible when you get finished with them. Never leave foods at room temperature longer than two hours.

It All Adds Up To Safe Food

Write the answer in the blank.

1. $10 + 5 = \underline{\quad}$ E

2. $7 + 6 = \underline{\quad}$ P

3. $6 + 4 = \underline{\quad}$ K

4. $5 + 6 = \underline{\quad}$ L

5. $9 + 7 = \underline{\quad}$ I

6. $9 + 5 = \underline{\quad}$ A

7. $12 + 7 = \underline{\quad}$ C

8. $4 + 8 = \underline{\quad}$ M

9. $11 + 6 = \underline{\quad}$ W

10. $3 + 5 = \underline{\quad}$ X

11. $10 - 10 = \underline{\quad}$ N

12. $17 - 11 = \underline{\quad}$ H

13. $19 - 14 = \underline{\quad}$ R

14. $14 - 12 = \underline{\quad}$ T

15. $17 - 8 = \underline{\quad}$ S

16. $15 - 12 = \underline{\quad}$ O

17. $16 - 8 = \underline{\quad}$ U

18. $12 - 5 = \underline{\quad}$ F

19. $17 - 13 = \underline{\quad}$ G

20. $19 - 18 = \underline{\quad}$ B

Look at the blanks below. Each blank has one of the answers to the addition and subtraction facts you just worked. Find the letters above that go with each answer. Write the letters in the blanks to answer the riddle.

Example: 1. $10 + 5 = \underline{15}$ E

Find all the blanks that have 15 listed below them and write the letter "E" in the blank.

What should you do to keep food safe from BAC?

C L E A N S E P A R A T E
C O O K and C H I L L !

Teaching Points

1. All around us there are small things called bacteria. Bacteria are so small we cannot see them with our eyes. Some of these tiny bacteria are good. They can even be used to make some kinds of food like yogurt and pickles. But not all bacteria are good. Some can make us sick, especially if they get into the food we eat.

2. We can keep food safe from harmful bacteria if we:

Clean - wash our hands before we touch food or after we touch raw foods.

Separate - Keep foods that need to be cooked before we eat them like meats away from foods we can eat without cooking like apples, grapes, lettuce and carrots.

Cook - make sure grown-ups use food thermometers to tell when our foods are cooked enough to be safe.

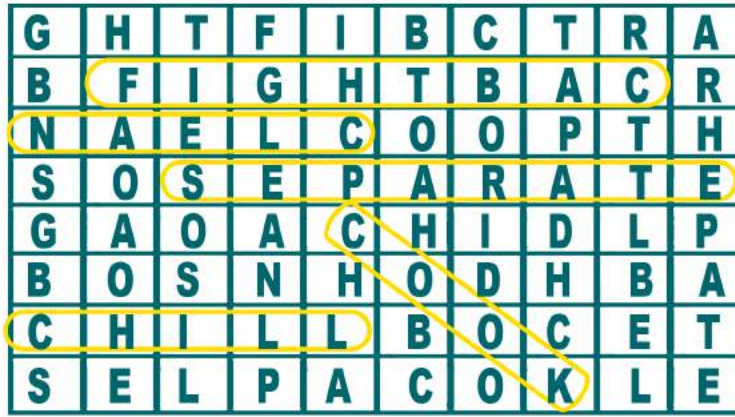
Chill - keep cold foods cold, and put cold foods like luncheon meat and milk back in the refrigerator when we get finished with them.

Additional Activity:

If your class has plastic food models or play foods, let the children sort these in different ways. Here are some possibilities:

- Foods that are safe to eat raw (like fruits and veggies) versus foods that must be cooked (like meats and eggs).
- Foods that need to be refrigerated versus foods that can be safely stored on the shelf.

Block Out Bacteria!!!

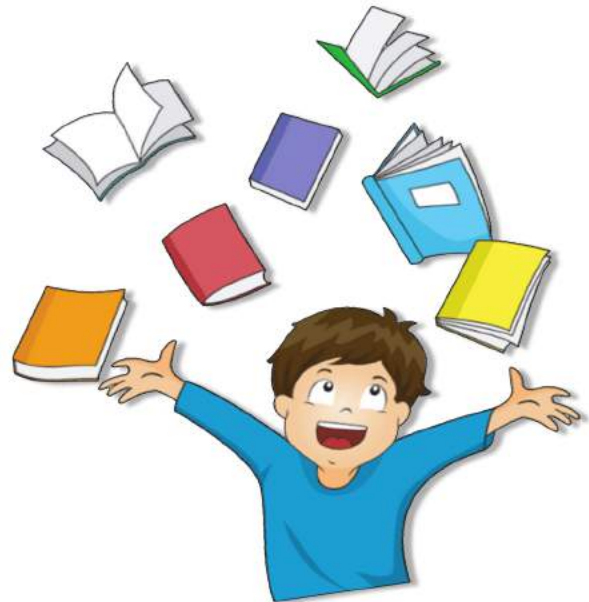


There are five things you can do to keep food safe hidden in the puzzle above. Find them and draw a circle around each one. Count how many blocks each one has.

Hint - here are the five things to find:

1. FIGHT BAC
2. CLEAN
3. SEPARATE
4. COOK
5. CHILL

1. FIGHT BAC = _____ blocks
2. CLEAN = _____ blocks
3. SEPARATE = _____ blocks
4. COOK = _____ blocks
5. CHILL = _____ blocks



Teaching Points

1. All around us there are small things called bacteria. Bacteria are so small we cannot see them with our eyes. Some of these tiny bacteria are good. They can even be used to make some kinds of food like yogurt and pickles. But not all bacteria are good. Some can make us sick, especially if they get into the food we eat.

2. We can Fight BAC® and keep food safe from harmful bacteria if we:

Clean - wash our hands before we touch food or after we touch raw foods.

Separate - keep foods that need to be cooked before we eat them like meats away from foods we can eat without cooking like apples, grapes, lettuce and carrots.

Cook - make sure grown-ups use food thermometers to tell when our foods are cooked enough to be safe.

Chill - keep cold foods cold and put cold foods like lunch meat and milk back in the refrigerator as quickly as possible when we get finished with them.

Foods like these should not be left at room temperature longer than two hours.

If you make a sandwich to take in your lunch to school or to save and eat later, it needs to be kept cold. Put it in a sandwich bag or cover it with plastic wrap. Then place it in the refrigerator or take it in your lunch box with a freezer pack or bag of ice to keep it cold.

Always remember to put cold foods like lunch meat and milk back in the refrigerator as quickly as you can. If foods like these stay out at room temperature for more than two hours, they will need to be thrown away

Directions for Teachers

Have the children make their own booklet about keeping food safe using the two part activity pages in the back of their activity books. They can color the pictures, cut out the pages and follow the directions provided to assemble the booklet.

The page numbers printed on the two part pages are arranged to help the children assemble the booklet.

Suggest that they take their finished booklets home to share with a grown-up so that they can learn how to keep food safe and **Fight BAC!**®



CUT CAREFULLY ALONG THIS LINE

Make your own Fight BAC!® book!

1. Write your name on the sign worn by the boy in the picture.
2. Carefully cut out this page and the next two pages along the black line.
3. Punch holes in each page at the black circles.
4. Put string or yarn through the holes to hold the pages together. Tie the string at the X.
5. Fold your book at the dotted line so that your name is on the front.

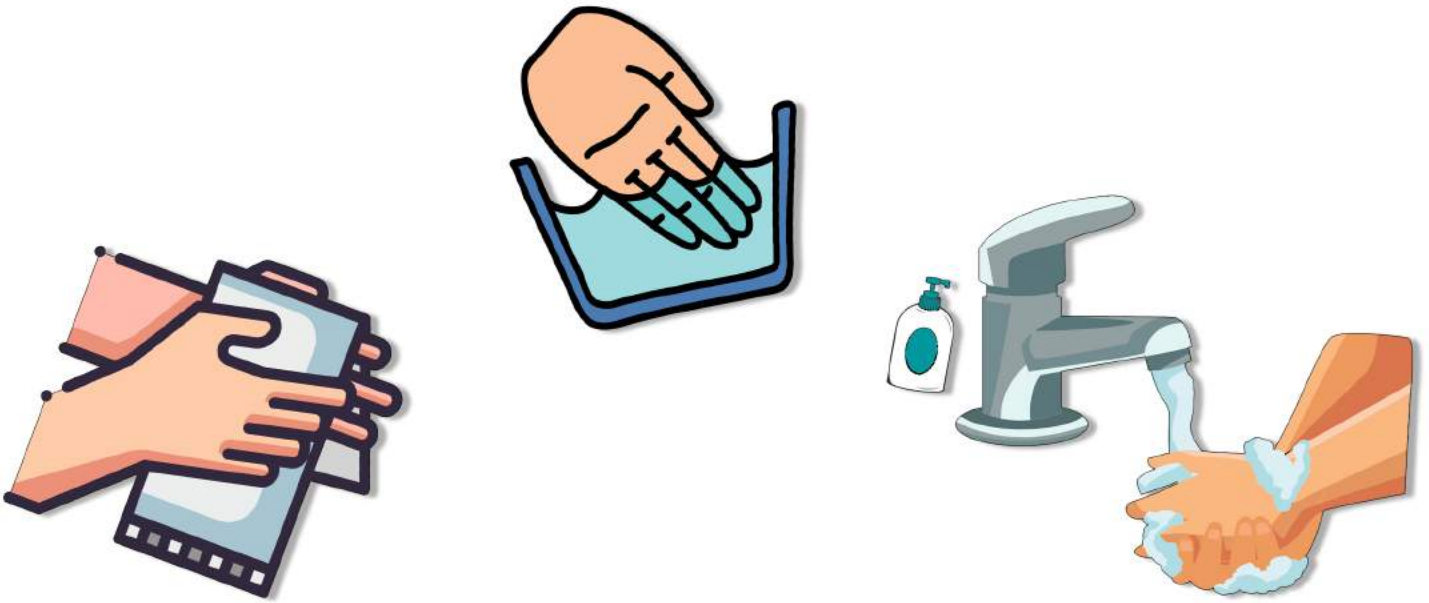


Keep Food Safe from Bacteria!

Name: _____

Circle the picture that is the best answer for each question.

1. Which picture shows the best way to clean your hands?

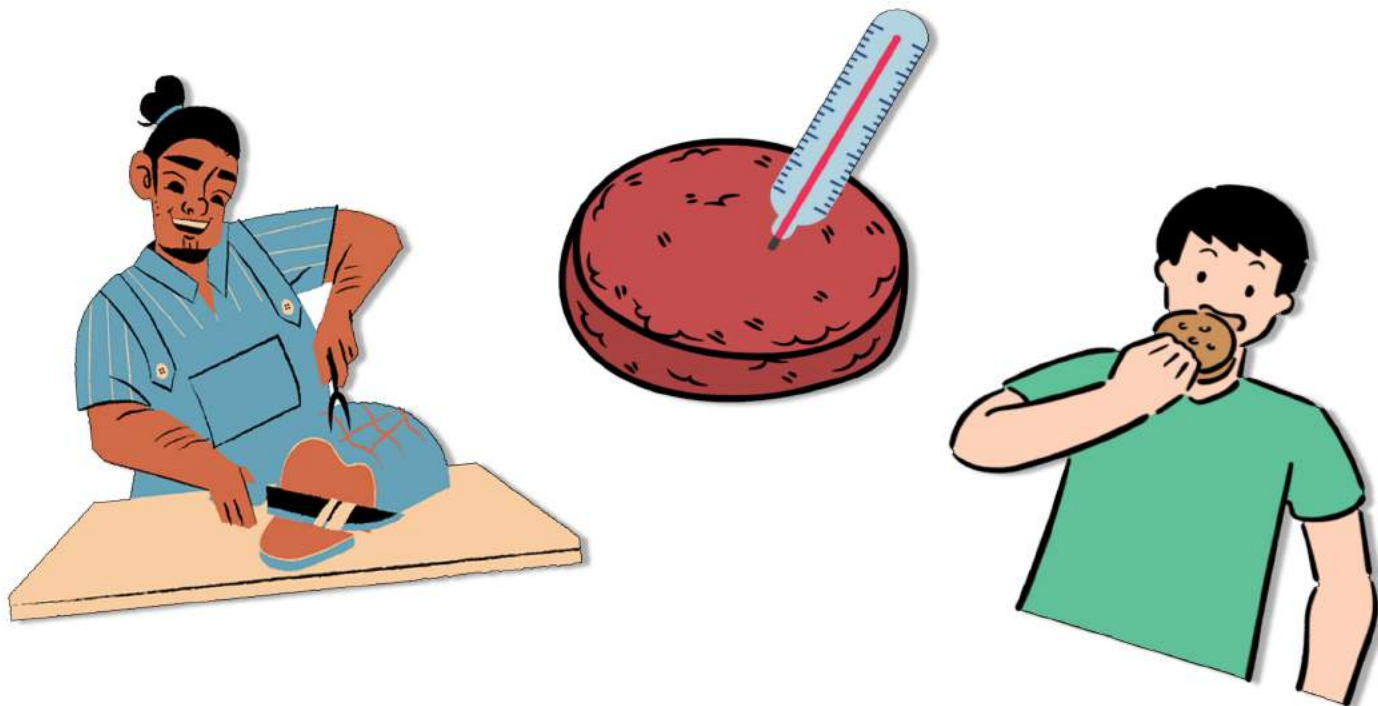


2. Which picture shows the best way to store raw meat in the refrigerator?



Keep Food Safe from Bacteria!

3. Which picture shows the best way to tell when your hamburger is done?



4. Which picture shows the best place to put a ham and cheese sandwich that you want to save to eat later?



Exercise!

Name: _____

Grade: _____



Keep Food Safe From Bacteria

Circle the best answer for each question below.

1. Before and after you touch food, you should _____.

- a. clean your hands by wiping them on a clean towel
- b. fill the sink with soapy water and wash your hands in it
- c. wash your hands with warm running water and soap

2. When you put raw meat in the refrigerator, you should put it _____.

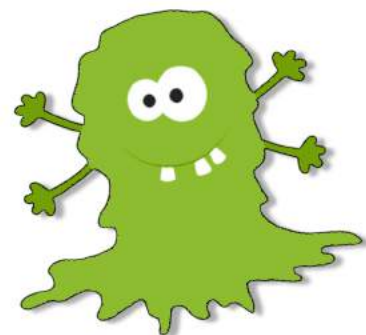
- a. on the top shelf
- b. on a pan on the top shelf
- c. on a pan on the bottom shelf

3. The best way to tell when a hamburger is done is to _____.

- a. cut it open and look at it
- b. taste it
- c. check it with a food thermometer

4. If Mary wants to save her ham and cheese sandwich for later, she should _____.

- a. cover it and leave it on the counter
- b. cover it and put it in the refrigerator
- c. just leave it on her plate on the table

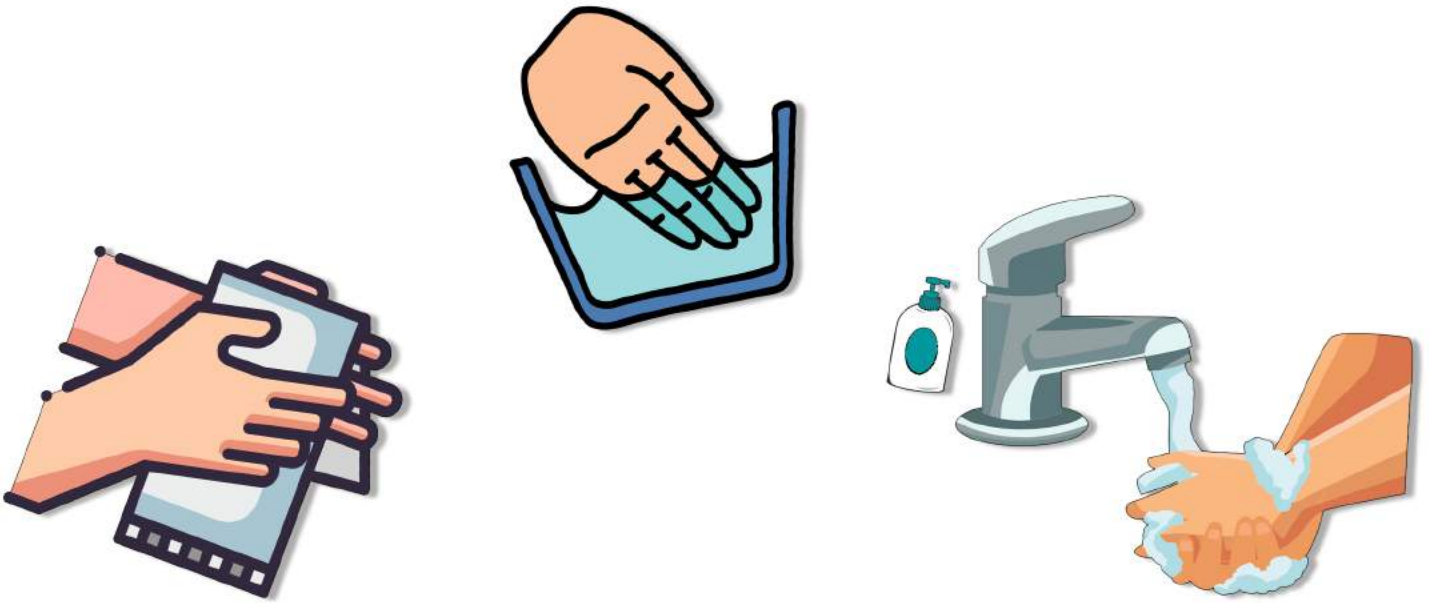


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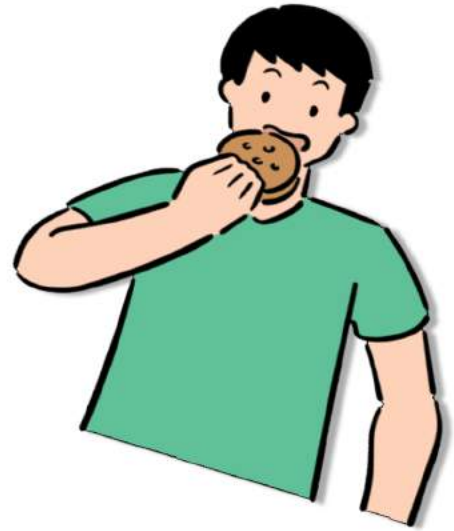
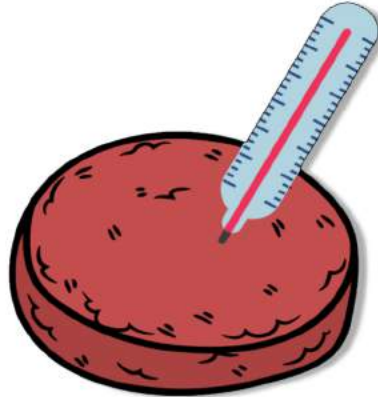


2. Which picture shows the best way to store raw meat in the refrigerator?

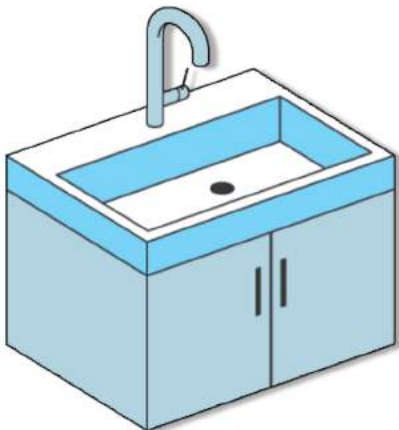


Keep Food Safe from Bacteria!

3. Which picture shows the best way to tell when your hamburger is done?



Which picture shows the best place to put a ham and cheese sandwich that you want to save to eat later?



Exercise!

Name: _____

Grade: _____



Keep Food Safe From Bacteria

Circle the best answer for each question below.

1. Before and after you touch food, you should _____.

- a. clean your hands by wiping them on a clean towel
- b. fill the sink with soapy water and wash your hands in it
- c. wash your hands with warm running water and soap

2. When you put raw meat in the refrigerator, you should put it _____.

- a. on the top shelf
- b. on a pan on the top shelf
- c. on a pan on the bottom shelf

3. The best way to tell when a hamburger is done is to _____.

- a. cut it open and look at it
- b. taste it
- c. check it with a food thermometer

4. If Mary wants to save her ham and cheese sandwich for later, she should _____.

- a. cover it and leave it on the counter
- b. cover it and put it in the refrigerator
- c. just leave it on her plate on the table



Name: _____

My First Home Food Safety Inspection Helps Us Be Smart and Eat Safe

When it comes to foodborne illness, how safe are you? Are there changes that you need to make in your home to be safe? Get a grown-up to help you answer these questions to find out.

Clean	True	False
We sometimes do not wash our hands before we prepare food.		
We sometimes do not have hand soap in our kitchen.		
We sometimes just rinse dishes after use instead of washing with soap.		
We sometimes forget to make sure we use hot water to wash our dishes.		
We have a pet that sometimes walks on our countertops.		
We sometimes leave dirty items (can opener, pots, pans, etc.) in our sink.		
We often use sponges or dish cloths several times before we change them.		
Our refrigerator usually has bits of food and/or dried spills on shelves or in drawers.		
We sometimes use the same cutting board with raw meats and with vegetables without washing it with hot, soapy water or in a dishwasher between uses.		
We usually eat raw fruits and vegetables without rinsing them first.		

Separate	True	False
We sometimes store raw food above cooked and ready-to-eat foods in the refrigerator.		
We do not always cover food well in our refrigerator.		

Cook	True	False
We do not always use a food thermometer to check the temperature of meats and poultry to see when they are done		
We look at the color of meats to see when they are done.		
We sometimes eat eggs with the yolk runny.		
We sometimes eat scrambled eggs that still have liquid egg visible		

Chill	True	False
The temperature inside our refrigerator is above 40 degrees F.		
The temperature of our freezer is above 0 degrees F.		
We do not use a refrigerator/freezer thermometer.		
We sometimes thaw foods on the counter at room temperature.		
We sometimes let foods sit at room temperature to col before we put them in the refrigerator.		
We sometimes let cooked foods sit out of the room temperature for more than two hours.		
We sometimes leave cold foods out of the refrigerator at room temperature for more than two hours.		
We sometimes put large pots of warm food in the refrigerator to cool.		

If you had to answer “true” to any of these items, you may be at risk for foodborne illness. Make changes and start fighting bacteria today.





Name: _____

My First Home Food Safety Inspection Helps Us Be Smart and Eat Safe

Since the last time you inspected your kitchen, are there changes you have made to be safer? Get a grown-up to help you answer these questions to find out.

Clean	True	False
We sometimes do not wash our hands before we prepare food.		
We sometimes do not have hand soap in our kitchen.		
We sometimes just rinse dishes after use instead of washing with soap.		
We sometimes forget to make sure we use hot water to wash our dishes.		
We have a pet that sometimes walks on our countertops.		
We sometimes leave dirty items (can opener, pots, pans, etc.) in our sink.		
We often use sponges or dish cloths several times before we change them.		
Our refrigerator usually has bits of food and/or dried spills on shelves or in drawers.		
We sometimes use the same cutting board with raw meats and with vegetables without washing it with hot, soapy water or in a dishwasher between uses.		
We usually eat raw fruits and vegetables without rinsing them first.		

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We do not always use a food thermometer to check the temperature of meats and poultry to see when they are done		
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We sometimes let foods sit at room temperature to col before we put them in the refrigerator.		
We sometimes let cooked foods sit out of the room temperature for more than two hours.		
We sometimes leave cold foods out of the refrigerator at room temperature for more than two hours.		
We sometimes put large pots of warm food in the refrigerator to cool.		

If you still had to answer “true” to any of these items, you still have changes to make to be safe from foodborne illness. Make changes and start fighting bacteria today.



END