

Grades 6–8

Food safety

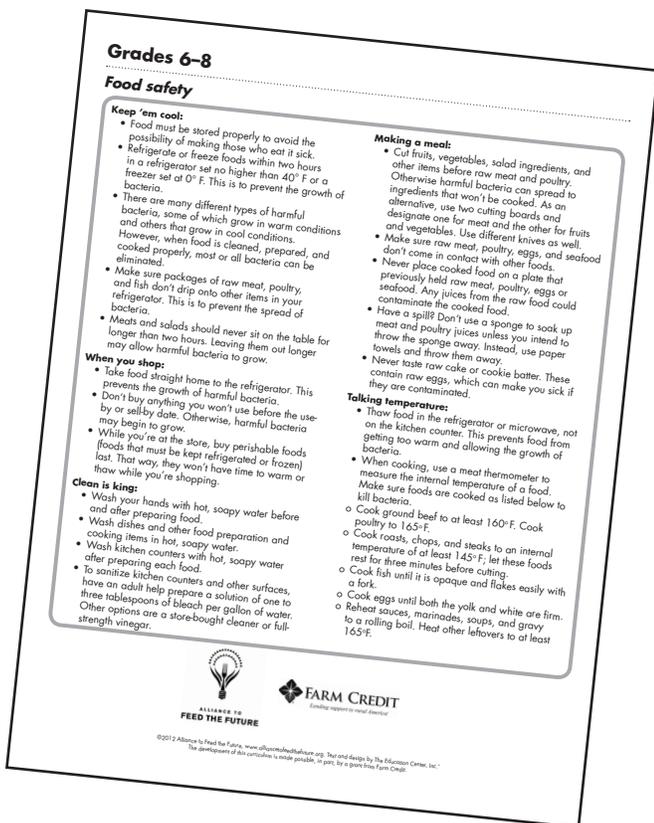
Play It Safe!

Identifying elements of food safety

Students at this age may be preparing some of their own foods or snacks, so now's the time to teach them to do so safely! Scroll down and share the following food safety facts with your class. Then distribute the worksheet "Cooking a Feast!" and have students fill in the missing facts as you review the information. Encourage students to take home their handouts and share the information with family and friends!

Did you know?

Americans use more than 130 billion cans each year. This has created an \$8 billion (yes, that's *billion* with a *b*) industry that employs more than 35,000 people in 200 manufacturing plants in 38 states.



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Grades 6–8

Food safety

Keep 'em cool:

- Food must be stored properly to avoid the possibility of making those who eat it sick.
- Refrigerate or freeze foods within two hours in a refrigerator set no higher than 40° F or a freezer set at 0° F. This is to prevent the growth of bacteria.
- There are many different types of harmful bacteria, some of which grow in warm conditions and others that grow in cool conditions. However, when food is cleaned, prepared, and cooked properly, most or all bacteria can be eliminated.
- Make sure packages of raw meat, poultry, and fish don't drip onto other items in your refrigerator. This is to prevent the spread of bacteria.
- Meats and salads should never sit on the table for longer than two hours. Leaving them out longer may allow harmful bacteria to grow.

When you shop:

- While you're at the store, buy perishable foods (foods that must be kept refrigerated or frozen) last. That way, they won't have time to warm or thaw while you're shopping.
- Take perishable food straight home to the refrigerator or freezer. This prevents the growth of harmful bacteria.
- Don't buy anything you won't use or freeze before the use-by or sell-by date. Otherwise, harmful bacteria may begin to grow.

Clean is king:

- Wash your hands with hot, soapy water before and after preparing food.
- Wash dishes and other food preparation and cooking items in hot, soapy water.
- Wash kitchen counters with hot, soapy water after preparing each food.
- To sanitize kitchen counters and other surfaces, have an adult help prepare a solution of one to three tablespoons of bleach per gallon of water. Other options are a store-bought cleaner or full-

strength vinegar.

Making a meal:

- Cut fruits, vegetables, salad ingredients, and other items before raw meat and poultry. Otherwise harmful bacteria can spread to ingredients that won't be cooked. As an alternative, use two cutting boards and designate one for meat and the other for fruits and vegetables. Use different knives as well.
- Make sure raw meat, poultry, eggs, and seafood don't come in contact with other foods.
- Never place cooked food on a plate that previously held raw meat, poultry, eggs or seafood. Any juices from the raw food could contaminate the cooked food.
- Have a spill? Don't use a sponge to soak up meat and poultry juices unless you intend to throw the sponge away. Instead, use paper towels and throw them away.
- Never taste raw cake or cookie batter. These contain raw eggs, which can make you sick if they are contaminated.

Talking temperature:

- Thaw food in the refrigerator or microwave, not on the kitchen counter. This prevents food from getting too warm and allowing the growth of bacteria.
- When cooking, use a meat thermometer to measure the internal temperature of a food. Make sure foods are cooked as listed below to kill bacteria.
 - Cook ground beef to at least 160° F. Cook poultry to 165° F.
 - Cook roasts, chops, and steaks to an internal temperature of at least 145° F; let these foods rest for three minutes before cutting.
 - Cook fish until it is opaque and flakes easily with a fork.
 - Cook eggs until both the yolk and white are firm.
 - Reheat sauces, marinades, soups, and gravy to a rolling boil. Heat other leftovers to at least 165° F.



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Cooking a Feast!

Listen to the food safety facts shared by your teacher. Fill in the blanks below. Share your completed sheet with family and friends.

Keep 'em cool:

- Food must be stored properly to avoid the possibility of making those who eat it _____.
- There are many different types of harmful _____, some of which grow in warm conditions and others that grow in cool conditions.
- Refrigerate or freeze foods within _____ hours in a refrigerator set no higher than 40° F or a freezer set at 0° F.
- Make sure packages of raw meat, poultry, and fish don't _____ onto other items in your refrigerator.
- Meats and salads should never sit on the table for longer than _____ hours.

When you shop:

- To prevent bacterial growth, take food straight home to the _____.
- Don't buy anything you won't use before the use-by or sell-by _____.
- Buy _____ foods last.

Clean is king:

- Wash your hands with _____ water before and after preparing food.
- Wash dishes and other food preparation and cooking items in _____, _____ water.
- Wash kitchen counters with hot, soapy water _____ preparing each food.
- To sanitize kitchen counters and other surfaces, have an adult help prepare a solution of one to three tablespoons of _____ per gallon of water.



Making a meal:

- Cut fruits, vegetables, salad ingredients, and other items _____ raw meat and poultry.
- Make sure _____, poultry, eggs, and seafood don't come in contact with other foods.
- Never place cooked food on a plate that previously held _____ meat, poultry, eggs, or seafood.
- Have a spill? Don't use a sponge to soak up meat and poultry juices. Instead, use _____.

Talking temperature:

- Thaw food in the _____ or microwave, not on the kitchen counter.
- When cooking, use a _____ to measure the internal temperature of a food.
 - Cook ground beef to at least _____°F.
 - Cook poultry to _____°F.
 - Cook roasts, chops, and steaks to an internal temperature of at least _____°F; let these foods rest for three minutes before cutting.
 - Cook fish until it is _____ and flakes easily with a fork.
 - Cook eggs until both the _____ and _____ are firm.
 - Reheat sauces, marinades, soups, and gravies to a rolling boil. Heat other leftovers to at least _____°F.

Bonus: Which food safety facts were new to you? What changes will you make in the way you prepare your next meal?