

## **Food Safety: How Food Safe Are You?**

### **Lesson Plan for Grades 4-8**

#### **Primary Learning Outcomes:**

Students will:

- Recognize the need for safety standards to prevent the spread of disease through food
- Identify the 4 main concepts of the 2007 USDA's "Be Food Safe" campaign and be able to explain how to accomplish each one when preparing food

#### **Assessed AZ Curriculum Standards:**

Standard 1: 1CH-E1. Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.

P.O. 1 Describe positive health behaviors which can prevent common injuries, diseases and other conditions.

P.O. 2 Illustrate how positive health behaviors can prevent common injuries, diseases, and other conditions.

#### **Materials:**

Booklet, **Keep Your Food Safe**, available from the Department of Health and Human Services, Public Health Service, Food and Drug Administration.

Power Point presentation, attached to this lesson plan

Food Safety Quiz, attached to this lesson plan

#### **Procedures/Activities:**

##### **Step 1: Keep Your Food Safe Discussion-15 minutes**

Ask the students what are some of the situations or things that can make them sick? If they do not mention their food or drink, point out to them that they can get sick from eating food or drinking liquids that contain harmful germs. Read the booklet, **Keep Your Food Safe**, from the FDA. Discuss the book with the students as you read it.

##### **Step 2: Four Behaviors to Keep Your Food Safe-30 minutes**

Tell the students that they are going to view a Power Point presentation now that has more information about preparing and keeping food safe. View the attached Power Point and discuss it as you view it.

### **Assessment Activities:**

1. Prepare 4 large sheets of white construction paper (12 x 18) and label them with clean, separate, cook, and chill. (one of these words at the top of each sheet) Divide the students into 4 groups. Put the 4 sheets of paper on desks/tables in the 4 corners of the room along with a marker at each station. Assign each group to one of the sheets. Have them list behaviors that would help accomplish each concept. After a few minutes, have the groups rotate to the next station, read what the previous group has written, and add any additional behaviors that they can. Continue until all 4 groups have rotated through the 4 stations.
2. Distribute the attached sheet to each student as a quiz over the material.

### **Extension Activities:**

1. Students could view the Four Steps to Food Safety CD from the USDA This is available from the USDA, Food Safety and Inspection Service, 1400 Independence Avenue SW, South Building, Washington DC 20250-3700
2. Students could keep a one week chart indicating what they did to keep their food safe. It could include day by day listings for each of the 4 food safe behaviors that they learned and what they personally did under each behavior. (Some students may not be as involved as others with preparing their school lunches, helping mom or dad in the kitchen, etc. and will not be able to complete this chart as thoroughly as others.)

### **Web Sites of Interest:**

Be Food Safe-The Four Messages

[http://www.fsis.usda.gov/Be\\_FoodSafe/BFS\\_Messages/index.asp](http://www.fsis.usda.gov/Be_FoodSafe/BFS_Messages/index.asp)

Federal Government Food Safety Sites for Kids, Teens, and Educators

<http://www.foodsafety.gov/~fsg/fsgkids.html>

National Food Safety Education Month-Sept., 2007

<http://www.foodsafety.gov/~fsg/september.html>

### **References in Addition to Above Web Sites:**

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Katz, Bobbi. *Germ on their Fingers!* New York: Scholastic Inc., 1996.

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Silverstein, Dr. Alvin, Virginia Silverstein, and Laura Silverstein Nunn. What Are Germs? New York: Family Watts; A Division of Scholastic., 2002.

Wu, Daniel, Educator with the York Regions District School Board, "Dixie Hygiene Detectives," booklet. York Region School Board., 2005.

University of Arizona Cooperative Extension Department  
Lesson Plan Developed by Lori Brandman, Dec. 2007, 928-445-6590 X235