

Food Safety Board-Week 3

Activity Description

Germs Multiply In Your Food

Materials

Week 3 display board

Set of 4 bags of beans (one bag with 40 beans, one with 80 beans, one with 160 beans, and one with 320 beans labeled with the amount of beans in each bag)

Reinforcers

Basket/container for reinforcers

Raffle box

Name slips

Pens/Pencils

Table for supporting board (folding table)

Raffle prize to give away for current week (basket with soap bar, hand towel, nail brush, hand lotion)

Raffle prize for following week (basket with dish detergent, gloves, and disposable kitchen towels)-FOR DISPLAY ONLY

Raffle prize winner's name

Target Audience

Parents of Pre-School Children

Table/Board Set Up

Place board on folding table

Place raffle box, pencils, and name slips on table

Place parent handouts on the table

Place reinforcers in the basket/container on the table

Place raffle winner's name on name slip (or any other piece of paper) on the table; make it visible so that parents can see it

Place 4 bags of beans on the table

Activity: Parents will learn that germs multiply quickly if food is not handled properly.

1. Greet parent and ask him/her if they want to enter their name in the raffle or receive a giveaway.
2. If parent says yes, engage him/her in the activity (following). If parent says no, say thank you and let parent go.
3. Student will introduce the topic by starting with the activity evaluation first, posing it into a question format if it is not into that format already. This way, student can simultaneously fill out the evaluation while conducting the activity-better flow.
4. Student will start activity: ask the parent to arrange the bags of beans from the least to the most amount of beans on the table.
5. Student will ask the parent to guess how much time could have gone by from one bag to another for microorganisms/beans to multiply in those quantities.
6. Student will refer to the student handout for further explanation on importance of good personal hygiene and proper hand-washing procedures as the first steps to minimize and control microorganism growth when handling food.
7. Students will hand parent the reinforcer and a copy of the parent handout.
8. Student will have the parent fill out their name on raffle name slips and drop in raffle box.
9. Student will thank the parent for his/her time.

Reinforcer

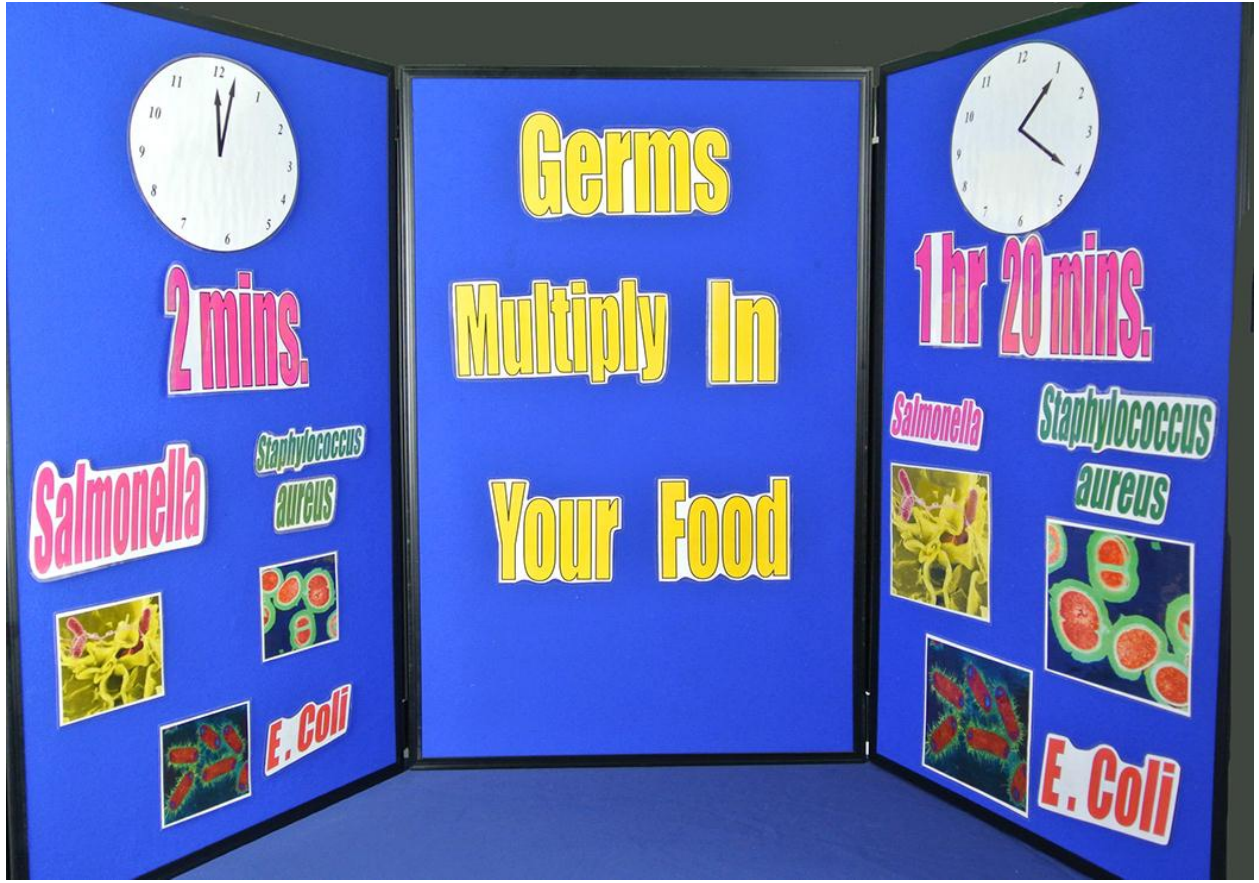
Kitchen timer

Raffle Prize To Give Away This Week

Basket with soap bar, hand towel, nail brush, hand lotion.

Take-Home Message

Remember the steps to washing hands properly in order to reduce cross contamination. Just because hands look clean, they are not necessarily clean.



Food Safety Board-Week 3 Germs Multiply In Your Food Student Handout, Part 1 of 3

Main Talking Points

- According to the Centers for Disease Control (CDC), 13.8 million food-borne illnesses occur each year.
- According to the CDC, there are 5,020 deaths each year caused by food-borne illnesses
- Germs multiply very fast when they are given the right environmental conditions such as temperature, time, moisture, and oxygen.
- Most cases of food-borne illnesses are related to undercooking foods, poor personal hygiene, or storing foods at the wrong temperatures.
- Who is at greater risk for contracting a food-borne illness? Elderly people, children, pregnant women, and people with compromised immune systems (people with other illnesses/diseases).
- Microorganisms or germs are not always visible so it is important to know how to control/limit their growth.
- Germs grow by dividing in two. They double every 20 minutes under favorable conditions. So, if you start with just 2 germs, in 2 hours you can have 128 germs if you don't do something to limit and control their multiplication.
- In order to limit germ growth in food you must have proper personal hygiene, good hand washing practices, good house cleaning practices, and proper food preparation/cooking/refrigeration.
- What is cross contamination? It is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, dirty hands, etc. if they are not handled properly. This is especially true when handling raw meat, poultry, and seafood so keep them and their juices away from cooked and ready-to-eat foods.
- Keep food safe by remembering these tips: keep it clean, cook it well, and cool it soon after being cooked.
- There are naturally occurring microorganisms in foods, especially some types of foods like meats, poultry, eggs, fish, and foods that have a high content of moisture. The reproduction of these microorganisms can be controlled by knowing that the source where you purchase your foods is a safe and reputable, by knowing at which

temperatures these foods need to be cooked, by learning how to defrost and cool down prepared foods correctly, and by knowing at which temperature foods need to be stored/refrigerated. You will learn about these steps throughout the intervention as we post a new topic each week.

- Remember FAT TOM and you will be safe and food safety savvy (Food, Acidity, Temperature, Time, Oxygen, Moisture)

Ten Tips for Consumer Food Safety

By following a few simple measures, you can help protect yourself and your family from food-borne illness caused by harmful bacteria.

1. Buy from reputable food sources. Be careful of truck sales or street vendors. Check “use by” or “sell by” dates on products. Buy only intact packages and cans. Avoid those that are misshapen, dented or rusty.
2. Read food labels for ingredients, including food additives. If sensitive or concerned about certain food additives, limit consumption of foods containing those substances. Buy a variety of foods to avoid overconsumption of any particular substance.
3. Take foods home immediately from the grocery store or market and store properly. Do not leave foods in the danger zone temperature range (40 degrees F to 140 degrees F) for more than 2 hours.
4. Keep all work surfaces and utensils clean and sanitize them frequently. Sanitize with a solution of 2 teaspoons bleach per quart of water.
5. Discard spoiled food. If in doubt, throw it out!
6. Wash fresh fruits and vegetables under cold running tap water to remove any dirt. This also reduces bacteria that may be present. If the produce has a firm surface, such as apples or potatoes, a clean brush can be used to scrub the surface. Peeling produce reduces the risk of residues and bacteria, but may reduce a source of valuable nutrients (found in the peel).
7. Thaw foods safely in the refrigerator or properly in the microwave not on the counter. Cook foods immediately after thawing.
8. Cook all food thoroughly to the safe internal temperature.
9. Maintain adequate temperatures in the refrigerator (40 degrees F or below) and freezer (0 degrees F or below).
10. Refrigerate leftovers promptly. Place in small, shallow covered containers. Reheat leftovers until hot and steaming to 165 degrees F and gravies or “wet” foods to a rolling boil.

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FOOD WORKS

KEY MESSAGES

1. If you are not careful, you can get sick from the food you eat. This is called food poisoning.

2. To keep from getting food poisoning

- Keep hot foods hot — cold foods cold.
- Wash hands before handling food.
- Store foods properly.



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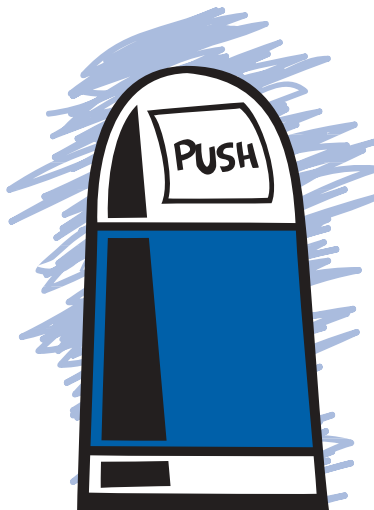
DON'T LET YOUR FOOD MAKE YOU SICK

People sometimes get sick from the food they eat. You can keep food from making you sick by:

- Keeping your kitchen and food clean.
- Putting foods away quickly after eating.
- Using leftovers in refrigerator within four days.

Bacteria are found everywhere. Do not give bacteria a chance to grow and spoil your food.

If you think your food might be spoiled, DON'T TASTE IT.



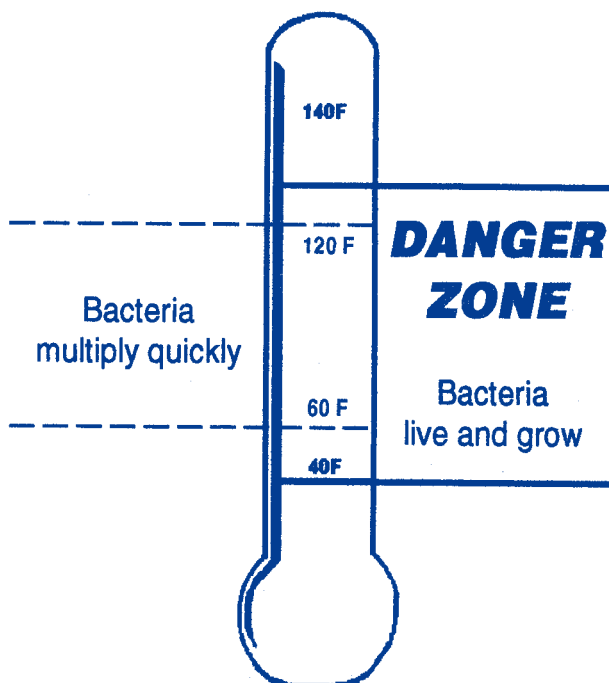
REMEMBER, WHEN IN DOUBT - THROW IT OUT!



BACTERIA IN THEIR TRACKS

- Wash hands with soapy water.
- Cover mouth and nose when you sneeze or cough then wash hands again.
- Wash cutting board in hot soapy water after slicing raw meat, poultry, or fish.
- Wash kitchen towels and dishcloths often.
- Keep kitchen counters and floors clean.
- NEVER leave food at room temperature for more than two hours.
- Never eat hamburger that is red in the middle.
- Be sure chicken is cooked done (juices run clear NOT pink).
- Thaw food in the refrigerator, never on the counter.
- Do not taste from a spoon you intend to serve from.
- Do not eat raw egg, meat, poultry or fish.

BACTERIA LIKE WARM TEMPERATURES



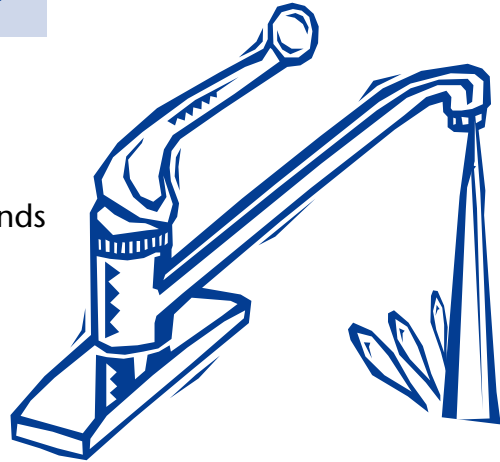
SERVE HOT
FOODS HOT

COLD
FOODS
COLD

Bacteria grow rapidly at room temperature — you cannot taste or smell germs but they can grow on your food and make you sick.

WASH HANDS

- Use soap and warm water
- Rub hands together to make soap bubbles
- Rub between fingers, around nails, on top of hands
- Rub each finger carefully
- Rinse away all soap
- Dry with a clean towel

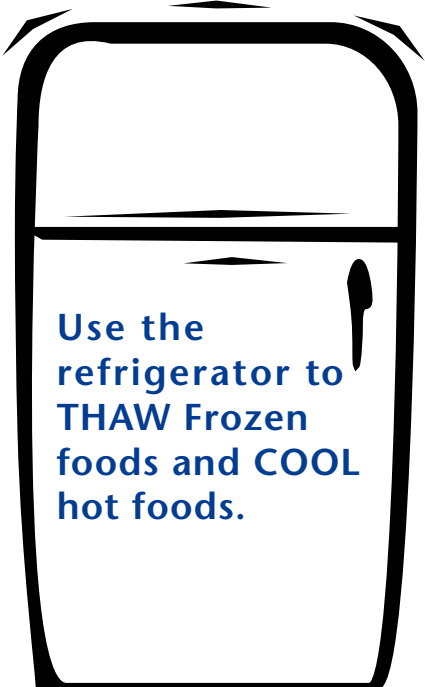


SANITIZING (DISINFECTING) SOLUTION

1 Tbsp. liquid bleach 1 gallon warm water

- Place the mixture in a dishpan for dipping cutting boards and kitchen utensils. Set them in a drainer to air dry.
- Put it in a spray bottle to clean kitchen counters and diaper changing tables. Dry with a paper towel.

Keep insects such as roaches out of your kitchen by taking away their food supply. You take away their food supply by storing food properly and keeping your kitchen clean.



Use the refrigerator to THAW Frozen foods and COOL hot foods.

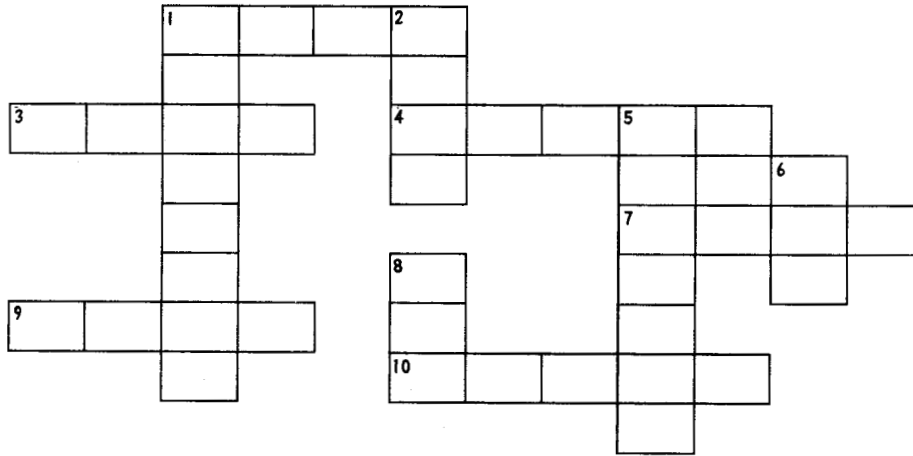


STOP

FOOD POISONING BEFORE IT STOPS YOU!

Keep raw meat A-P-A-R-T from other foods

FOOD SAFETY PUZZLE



Across

1. Frozen food should not be placed on the counter to _____.
3. Bacteria multiply or _____ rapidly on foods kept at room temperature.
4. Bacteria can cause this to happen to food so that it is no longer safe to eat.
7. Hands, cutting boards, kitchen counters and dishes should be washed in hot water with _____.
9. This is a home invader that really cannot be seen, smelled or tasted.
10. Never _____ food from the same spoon you intend to serve from.

Down

1. Cooked foods should never be left at room temperature for longer than _____.
2. You should do this to hands before touching food.
5. These creatures come into your home because they need food and water. You can take their food away by keeping your kitchen clean.
6. Meat, poultry, seafood and eggs should always be cooked and never eaten _____.
8. Keep cooked foods _____ instead of room temperature.

Answers to the Food Safety Puzzle

- Across**
1. Frozen food should not be placed on the counter to thaw.
 3. Bacteria multiply or grow rapidly on foods kept at room temperature.
 4. Bacteria can cause this to happen to food so that it is no longer safe to eat. Spoil.
 7. Hands, cutting boards, kitchen counters and dishes should be washed in hot water with soap.
 9. This is a home invader that really cannot be seen, smelled or tasted. Germ.
 10. Never taste food from the same spoon you intend to serve from.
- Down**
1. Cooked foods should never be left at room temperature for longer than two hours.
 2. You should do this to hands before touching food. Wash.
 5. These creatures come into your home because they need food and water. You can take their food away by keeping your kitchen clean.
 6. Meat, poultry, seafood and eggs should always be cooked and never eaten raw.
 8. Keep cooked foods hot, instead of room temperature.

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Charles L. Norman, Dean.

Germs Multiply In Your Food

Key Messages

- Keep your kitchen and food clean.
- Put foods away quickly after eating.
- Use refrigerated leftovers within 4 days of preparation.
- Since bacteria are found everywhere, if you think your food might be spoiled, **DON'T TASTE IT**. Remember, when in doubt, throw it out!



If you are not careful, you can get sick from the food you eat. This is called food poisoning. Prevent food poisoning by:

- Keeping hot foods hot and cold foods cold.
- Washing hands before handling food.
- Storing foods properly.

Bacteria Like Warm Temperatures

Bacteria grow rapidly at room temperature—you cannot taste or smell germs but they can grow on your food and make you sick.

Don't forget to serve hot foods hot and cold foods cold!

Evaluation-Food Safety Board-Week 3

Germs Multiply In Your Food

Please record if parent knows the correct answer by checking in the appropriate column.

* Parent knows how to keep foods safe if he/she mentions all 4 ways (in their own words and examples)

** Parent guesses correctly if he/she says germs double every 20 minutes

Parent	Do you know how to keep food safe?				Time (parent guessed) it takes for germs to double in quantity.
	Keep it clean	Keep it separated	Cook it well	Cool it soon	
A					
B					
C					
D					
E					
F					
G					
H					
I					

J					
K					
L					
M					
N					