

Food Safety Board-Week 4

Activity Description

Keeping Food Cold The Right Way

Materials

Week 4 display board

1 Thermometer-for activity

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 dish detergent, kitchen gloves, disposable kitchen towels)

Raffle prize for following week (set of 2 fun-shaped ice packs)-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 on the table; make it visible so that parents can see it

Place the 2 thermometers on the table

Activity: Parents will learn the proper temperature for keeping foods cold and how to read this temperature on the thermometer.

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 activity by starting with the activity evaluation, 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.
4. Student will ask the parent to guess the correct temperature to keep cold foods at in the refrigerator and in the freezer and will record the answer on the evaluation sheet. Use a thermometer to help the parent out while doing the activity (student will show the thermometer to the parent and can have the parent point or say the number he/she thinks is the right temperature).
5. Student will refer to the student handout for further explanation on importance of keeping foods cold to prevent multiplication of microorganisms.
6. Students will hand parent the reinforcer and a copy of the parent handout.
7. Student will have the parent fill out their name on raffle name slips and drop in raffle box.
8. Student will thank the parent for his/her time.

Reinforcer

2 thermometers (1 for freezer, 1 for refrigerator)

Raffle Prize To Give Away This Week

Basket with dish detergent, kitchen gloves, disposable kitchen towels.

Take-Home Message

Remember to keep foods cold at 40° F or lower and frozen foods at 0° F or lower. Use the thermometer to verify these temperatures in the refrigerator.



Food Safety Board-Week 4
Keeping Food Cold The Right Way
Student Handout

Main Talking Points

- Always keep perishable foods in the refrigerator. Bacteria doubles in quantity every 20 minutes, so pathogenic bacteria in food can grow rapidly at room temperature; the more bacteria there are, the greater the chance for you to get sick.
- The temperature danger zone is the temperature between 41° F and 135° F and it is called this way because microorganisms grow very fast in this range.
- Set your refrigerator at 40° F (4° C) and the freezer at 0° F (-18° C) and verify this temperature by placing a thermometer inside the refrigerator, on the door panel towards the front. Since the refrigerator door opens so frequently, if the thermometer shows the correct temperature then you can rest assured that the most interior parts of the refrigerator will be at the right temperature.
- Marinate foods in the refrigerator and not at room temperature.
- Don't pack the refrigerator too full as you need enough space to allow air to circulate and maintain the proper temperature.
- Refrigerate or freeze perishable foods, prepared foods, and leftovers within 2 hours.
- When you are transporting food outside your house for family outings or just to take food to work, make sure you pack it with ice packs to keep it cold.

BACDOWN!

Keep the temperature in your fridge at
40°F or below

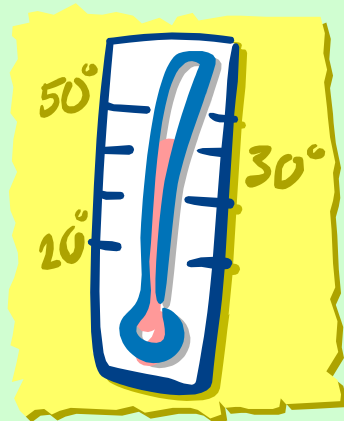
Refrigeration at 40°F or below is one of the best ways to reduce the risk of foodborne illness.



www.fightbac.org

Check your refrigerator often with a thermometer.

Use the thermometer given to you today!



Place the thermometer inside the refrigerator as shown in the directions.

COOL RULES

Keep the temperature 40°F or below.

Refrigerate leftovers within 2 hours of purchase or use

Thaw food in the refrigerator not on your counter.

Separate leftovers into small containers for quicker cooling in the refrigerator.

Toss out left overs after 3-4 days.

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

**** Parent knows the correct temperature if he/she says 40° F or lower for refrigeration and 0° F for freezing**

Parent	What is the right temperature to refrigerate and freeze foods at?**	
	Refrigerator	Freezer
A		
B		
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O		
P		

