

## Food Safety Board-Week 5

### Activity Description

### Chilling Foods After You Cook Them

#### Materials

Week 5 display board

2 thermometers

1 ice pack (blue ice)

1 insulated lunch bag-**for activity**

1 regular lunch bag-**for activity**

*(OR 2 regular lunch bags if insulated bag is not available)-for activity*

Reinforcers

Raffle box

Name slips

Pens/Pencils

Table for supporting board (folding table)

Raffle prize to give away for current week (set of 2 fun-shaped ice packs)

Raffle prize for following week (small portable cooler)-FOR DISPLAY ONLY

Piece of paper with 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 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 lunch bags (1 insulated and 1 regular or 2 regular bags) on the table. ***One bag should have the ice pack and a thermometer inside and the other bag should just have a thermometer inside.***

#### Activity: Parents will learn about the temperature danger zone and the different ways to prevent temperature abuse in food such as chilling foods within 2 hours.

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. Student will ask **PRE-ACTIVITY question first** and will record the answer.
4. Student will start activity: Student will say "here are two ways to carry lunch" and will ask the parent to guess which one keeps lunch safer. Student will ask parent to open each bag in order to obtain more information before they guess. By looking at the bag, parent will be able to compare temperature readings on thermometers and guess which one is safer. Student will assist parent with reading the thermometer if parent needs help.
5. Student will refer to the student handout for further explanation on importance of chilling foods within 2 hours to prevent multiplication of microorganisms.
6. Student will ask **POST-ACTIVITY question** and will record the answer.
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**

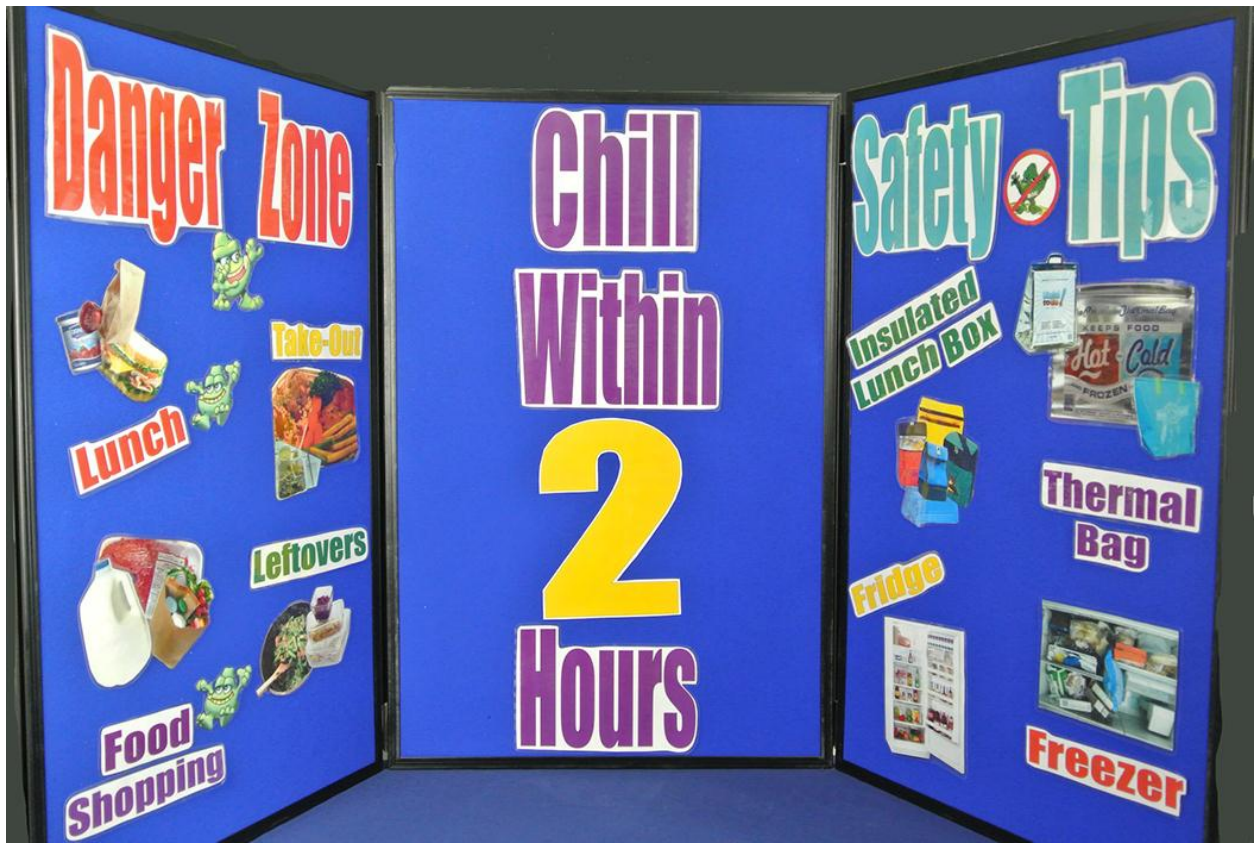
Lunch bag and one ice pack

**Raffle Prize To Give Away This Week**

Set of 2 fun-shaped ice packs

**Take-Home Message**

Remember to chill foods within 2 hours.



# Danger Zone



Lunch



Take-Out



Leftovers



Food Shopping



# Chill Within 2 Hours

# Safety Tips



Insulated Lunch Box



Thermal Bag

Fridge



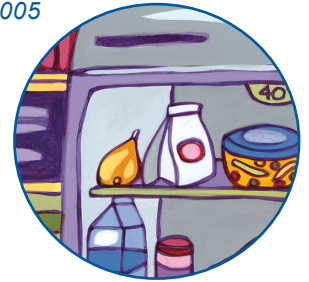
Freezer



**DID YOU KNOW?**

Among consumers ages 25 to 44, 16 percent report they own a refrigerator thermometer. The best way to make sure your refrigerator is at 40° F is to use a refrigerator thermometer.

– FMI Trends, 2005



# BAC Down! Refrigerate Promptly and Properly

According to both the U.S. Food and Drug Administration and the U.S. Department of Agriculture’s Food Safety and Inspection Service, refrigeration at 40° F or below is one of the most effective ways to reduce risk of foodborne illness. Microorganisms grow more rapidly at warmer temperatures, and research shows that keeping a constant refrigerator temperature of 40° F or below helps slow growth of these harmful microbes.



**BUY SOME PEACE OF MIND:**  
*Refrigerator thermometers are available at grocery, hardware and discount stores.*

## The Cool Rules



**Use This Tool to Keep It Cool**

Use a refrigerator thermometer to be sure the temperature is consistently 40° F or below.

**The Chill Factor**

Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.

**The Thaw Law**

Never defrost food at room temperature. Thaw food in the refrigerator. If you will cook food immediately, for a quick thaw, defrost in the microwave or enclose the food in an airtight package and submerge it in cold water.

**Divide and Conquer**

Separate large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

**Avoid the Pack Attack**

Do not overstuff the refrigerator. Cold air must circulate to keep food safe.

**Rotate Before It’s Too Late**

Use or discard chilled foods as recommended in the USDA Cold Storage Chart found at [www.foodsafety.gov/~fsg/f01chart.html](http://www.foodsafety.gov/~fsg/f01chart.html).

**Don’t Go Too Low**

As you approach 32° F, ice crystals can begin to form and lower the quality of foods such as raw fruits, vegetables and eggs. A refrigerator thermometer will help you determine whether you are too close to this temperature.



Always refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store. Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits and vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer. Reduce that to one hour when the temperature is above 90° F.

## Serve & Preserve

When serving cold food at a buffet, picnic or barbecue, keep these “chilling” tips in mind:

- Cold foods should be kept at 40° F or below.
- Keep all perishable foods chilled right up until serving time.
- Place containers of cold food on ice for serving to make sure they stay cold.
- It's particularly important to keep custards, cream pies and cakes with whipped-cream or cream-cheese frostings refrigerated. Don't serve them if refrigeration is not possible.



## Hit the Road Cold!

When traveling with food, be aware that time, temperature and a cold source are key.

- Always use ice or cold packs, and fill your cooler with food. A full cooler will maintain its cold temperatures longer than one that is partially filled.
- If you've asked for a doggie bag to take home leftovers from a restaurant, it should be refrigerated within two hours of serving.

## The Big Thaw

There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.

### DEFROSTING DO'S

- Defrost food in the refrigerator. This is the safest method for all foods.
- Short on time? Thaw meat and poultry in airtight packaging in cold water if it will be used immediately. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Defrost food in the microwave only if you are going to cook it immediately.

### DEFROSTING DON'TS

- Never defrost food at room temperature. Food left out at room temperature longer than two hours may enter the Danger Zone—the unsafe temperatures between 40° F and 140° F. Bacteria can multiply rapidly between 40° F and 140° F.
- Don't defrost food in hot water.



- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at [www.fightbac.org](http://www.fightbac.org).
- Gateway to Government Food Safety Information at [www.foodsafety.gov](http://www.foodsafety.gov).

The Partnership for Food Safety, a non-profit organization, is creator and steward of the Fight BAC!® food safety education program developed using scientifically based recommendations resulting from an extensive consumer research process.

## More Than 2 is Bad for You!

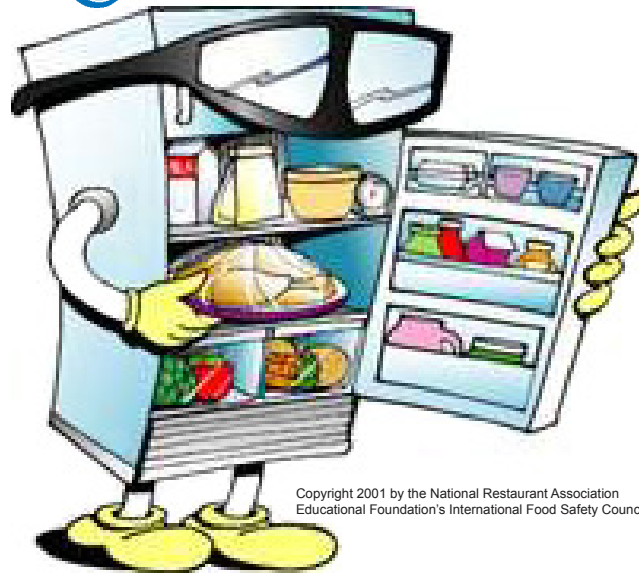
Refrigerate perishable foods so the TOTAL time they're at room temperature is less than **2 hours**. Perishable foods include:

- meat, poultry, fish, eggs, tofu
- dairy products
- pasta, rice, cooked vegetables
- fresh, peeled and/or cut fruits and vegetables

**At room temperature, just ONE bacterium in these foods could grow to 2,097,152 bacteria in 7 hours!**

**For more food safety information, visit [lancaster.unl.edu/food](http://lancaster.unl.edu/food)**

# BE COOL CHILL OUT



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## REFRIGERATE PROMPTLY

### 40 Degrees, Please!

Keep your refrigerator at 40° F or lower, which slows bacterial growth.

Keep your freezer at 0° F or lower, which stops most bacterial growth. Freezing DOES NOT kill bacteria.

Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at these recommended temperatures.

### Don't be a Fool, Get it Cool!

It's OK to refrigerate foods while they're still warm.

Just leave the container cover slightly cracked until the food has cooled.

Refrigerate foods in shallow containers to speed cooling.

Limit depth of food to 2 inches or less.

*Provided By:  
University of Nebraska—  
Lincoln Extension in  
Lancaster County  
and Lincoln-Lancaster  
County Health  
Department*

UNIVERSITY OF  
**Nebraska**  
Lincoln



### Avoid Delay, Eat Within a Day.

For safety and quality, eat refrigerated leftovers within a day or two.

### When in Doubt, Toss it Out!

You can't always see, smell or taste bacteria that cause food-borne illness. It takes from 1/2 hour to 6 weeks before you get sick from contaminated food.

**Date:**  
**Evaluation-Food Safety Board-Week 5**  
**Chilling Foods After You Cook Them**

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

*\* Record parent's answer. Parent knows if he/she says any time within 2 hours*  
*\*\* Parent knows if he/she says anything along the lines of: "food spoils", "germs reproduce", "food can make you sick", etc.*

Parent	<b>PRE-ACTIVITY</b> How soon after cooking should you chill food? *	<b>POST ACTIVITY</b> What happens to food if it is not chilled within 2 hours?
A		
B		
C		
D		
E		
F		
G		
H		
I		
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L		
M		
N		

<b>O</b>		
<b>P</b>		
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