

Food Safety Board-Week 6

Activity Description

How To Cool Leftovers

Materials

Week 6 display board

Empty soup/stock pot-**for activity**

Set of 3 leftover containers-**for activity**

Reinforcers

Raffle box

Name slips

Pens/Pencils

Table for supporting board (folding table)

Raffle prize to give away for current week (portable cooler)

Raffle prize for following week (set of leftover containers-Tupperware or Pyrex)-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 stock pot and smaller leftover containers on the table.

Activity: Parents will learn proper cooling techniques.

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.
4. Student will start activity: Student will ask the parent to guess how long it would take a pot of soup/stew of that size to cool down. Student will proceed to say that for 1 ½ gallons of soup/stew, it takes 10-12 hours to cool in the refrigerator. Student will talk about portioning into smaller containers to allow food to cool quicker and not "sit" in the temperature danger zone too long. Student will use set of 3 leftover containers on table to show how to portion into smaller amounts.
5. Student will refer to the student handout for further explanation on the proper way to cool foods within 2 hours 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

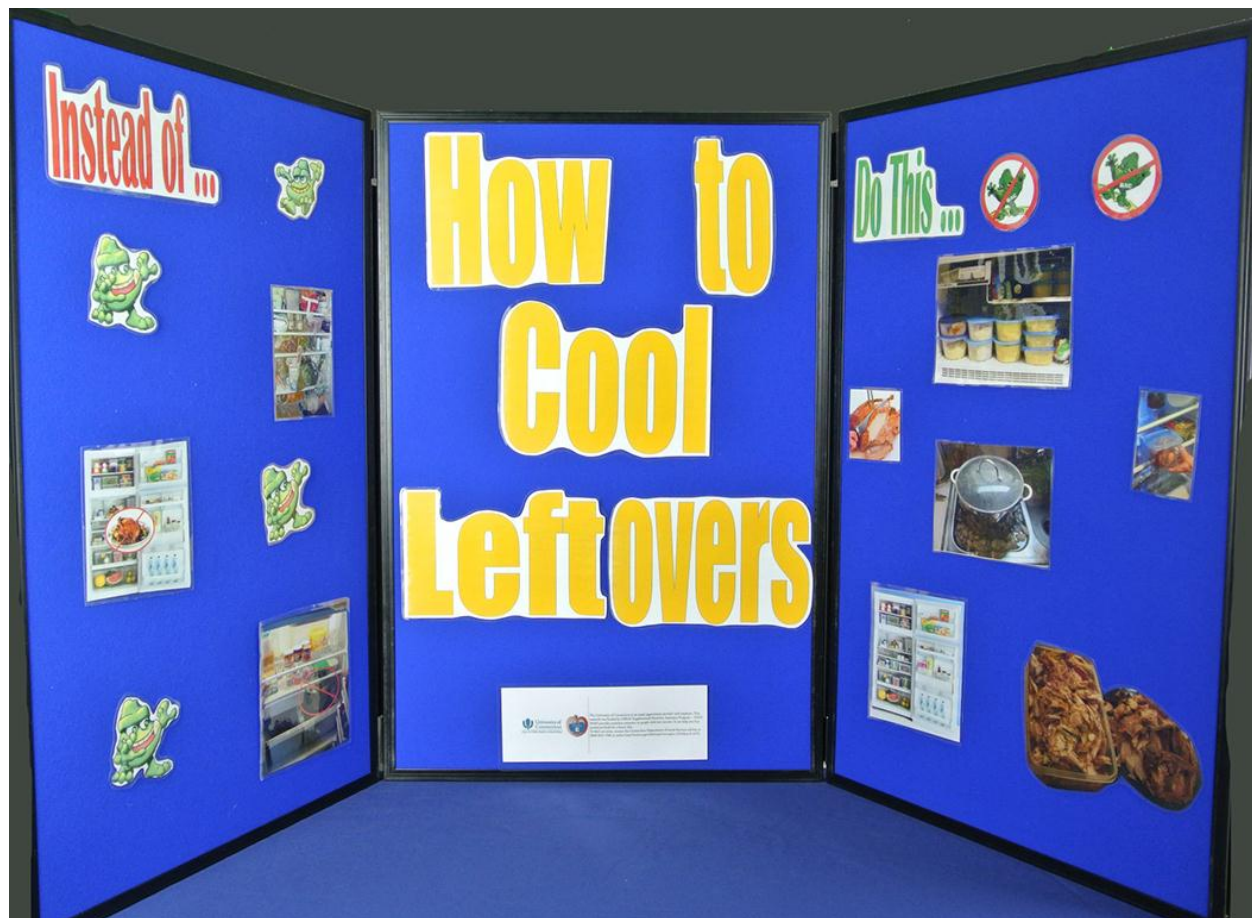
Leftover containers

Raffle Prize To Give Away This Week

Portable cooler

Take-Home Message

Cool foods by portioning into smaller containers and do not keep out for more than 2 hours.
Chill promptly.



Food Safety Board-Week 6
How To Cool Leftovers
Student Handout

Main Talking Points

- The most important concept to remember is that once you cook foods, you must cool them down and refrigerate or freeze within 2 hours to prevent microorganism growth. So don't just leave your hot food on the kitchen counter letting it cool unattended for hours. Remember the 2-hour rule.
- Keep in mind that the thickness or density of the foods and the storage containers you use will affect how quickly you cool foods.
- The denser the food, the longer it will take to cool. For example, refried beans will take longer to cool than vegetable broth because the beans are denser than the broth.
- Shallow pans let the heat from food disperse faster than deep pans.
- Never place large quantities of hot food in the refrigerator to cool them. Refrigerators are designed to keep cold food cold and NOT to cool food quickly.
- Before cooling food, reduce its size by dividing large containers of food into smaller containers or portions and into shallow pans.
- You can cool foods using the following techniques:
 - Ice-water bath:*** after dividing food into smaller and shallower pans, place them in a sink filled with ice water. Stir the food frequently to cool it faster and more evenly.
 - Ice paddles:*** plastic paddles are available that can be filled with ice or water and then frozen. Stir foods with the paddle to cool food quickly.
 - Adding ice or water as an ingredient:*** this works for soups, stews, and other recipes that have water as an ingredient. In this case, you would make the recipe with less water than required since you will be adding it after cooking to help you cool down the food.
- You can store leftovers in the refrigerator up to 7 days from the day they were cooked. They must be labeled with the date you cooked them and with the date you should discard them.
- Leftover food should be stored in a new container and not in the container it was cooked in.

- When reheating leftovers, reheat to an internal temperature of 165°F and make sure the temperature stays at 165°F for at least 15 seconds. You will need a food thermometer for this. These thermometers are readily available in grocery stores. If you are reheating soups, sauces, and gravies, reheat them to a boil and let it boil for about 1 minute.

Date:
Evaluation-Food Safety Board-Week 6
How To Cool Leftovers

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

** Record parent's answer by checking in the appropriate column. For "other", record what the parent said.*

Parent	What are some ways you think are appropriate for cooling foods?*			
	Place container in refrigerator	Portion into smaller containers	Add ice	Other
A				
B				
C				
D				
E				
F				
G				
H				
I				

J				
K				
L				
M				
N				
O				
P				
Q				
R				