

Food Safety Board-Week 7

Activity Description

Learn The Right Way To Defrost Foods

Materials

Week 7 display board
Activity pictures-pictures of ways to defrost foods
Reinforcers
Raffle box
Name slips
Pens/Pencils
Table for supporting board (folding table)
Raffle prize to give away for current week (set of leftover containers-Tupperware or Pyrex)
Raffle prize for following week (defrosting container/tray)-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 activity pictures on the table.

Activity: Parents will learn proper defrosting techniques by identifying these on pictures provided.

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 start activity: Student will ask the parent to guess which pictures show safe ways to defrost foods. **Student will simultaneously record parent's answers on the activity evaluation.** Student will stress the importance of not defrosting on the counter at room temperature but to defrost under running water, in the refrigerator, as part of the cooking process, or in the microwave.
4. Student will refer to the student handout for further explanation on the proper way to defrost foods to prevent multiplication of microorganisms.
5. Students will hand parent the reinforcer and a copy of the parent handout.
6. Student will have the parent fill out their name on raffle name slips and drop in raffle box.
7. Student will thank the parent for his/her time.

Reinforcer

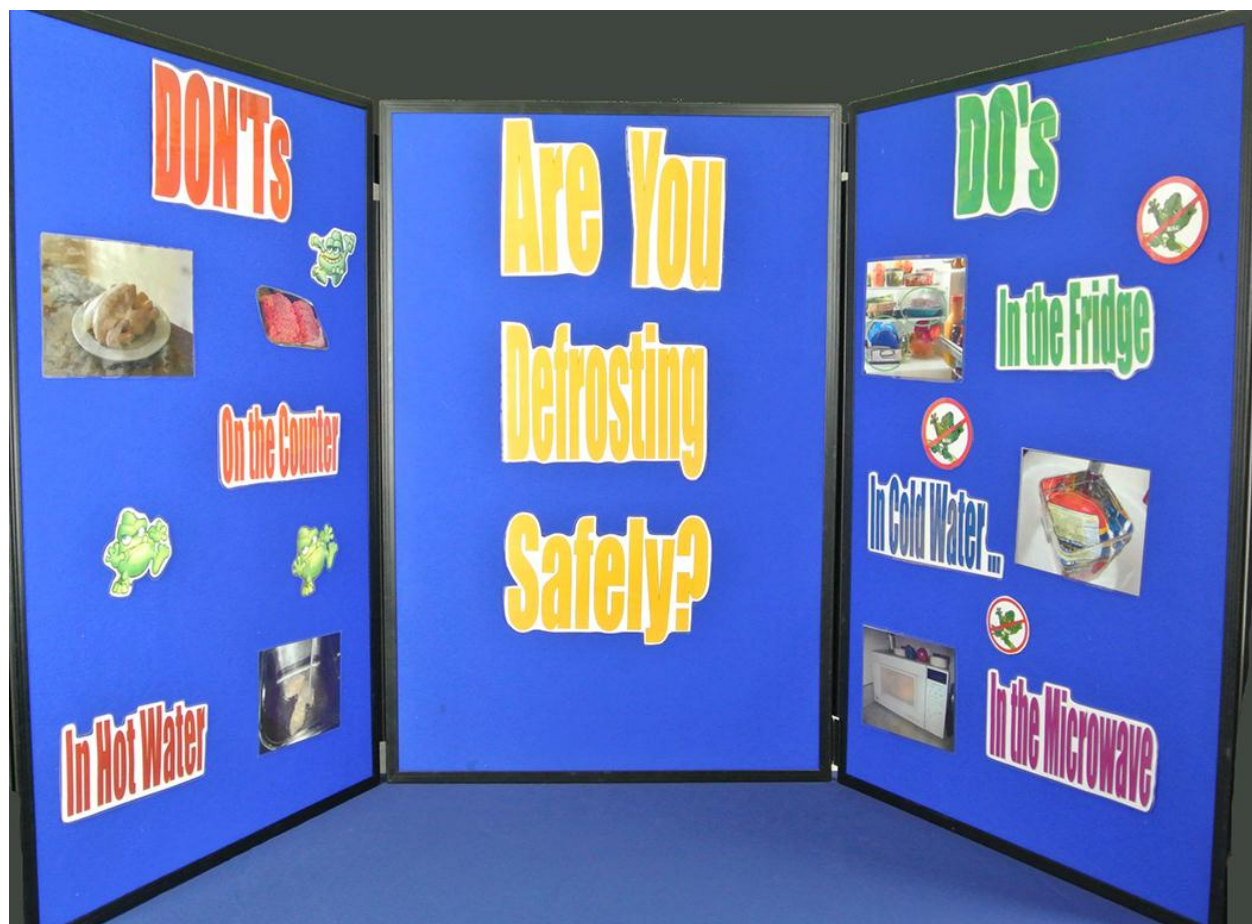
Freezer Bags

Raffle Prize To Give Away This Week

Set of leftover containers-Tupperware or Pyrex

Take-Home Message

Keep food out of the danger zone when defrosting foods. Remember the 4 ways to defrost foods: in the refrigerator, under running water, in the microwave, and as part of the cooking process.



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Learn The Right Way to Defrost Foods
Student Handout

Main Talking Points

- Food should **NEVER** be defrosted on the kitchen counter because it provides the perfect conditions for germs to multiply quickly: temperature danger zone (41°F to 135°F), oxygen, and moisture.
- You can defrost foods safely using the following techniques:

Refrigerator: this is a more lengthy process so planning ahead is key. A large frozen item such as a turkey requires at least 24 hours for every 5 pounds of weight and even smaller items such as ground beef or chicken breasts will require a full day to thaw.

In cold water: this method is faster than defrosting in the refrigerator but requires more attention. Store food in a leak proof plastic bag (and not the item's original wrapping) and place in a bowl or other kind of container. Submerge bag under water at 70°F or lower. Make sure you change the water every 30 minutes to maintain the proper temperature.

Microwave: use this method only if you will cook the food immediately after thawing. Do not defrost food in the microwave and then store it in the refrigerator, it needs to be cooked first.

Cooking: thaw food as part of the cooking process. For example, you can defrost ground beef as you cook a tomato sauce for spaghetti.

Date:
Evaluation-Food Safety Board-Week 7
Learn The Right Way To Defrost Foods

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

** Record parent's answer by checking in the appropriate column.*

Parent	Ways parent guessed are appropriate for defrosting foods*				
	Refrigerator	Microwave	Running Water	Counter	Other
A					
B					
C					
D					
E					
F					
G					
H					
I					

J					
K					
L					
M					
N					
O					
P					
Q					
R					