

Food Safety Board-Week 8

Activity Description

Avoid Cross Contamination: Chop and Shop Safely

Materials

Week 8 display board

Food models (meat, poultry, fruit, vegetable)-**for activity**

1 flexible (or hard plastic) cutting board (use one of the reinforcer boards)-**for activity**

Reinforcers

Raffle box

Name slips

Pens/Pencils

Table for supporting board (folding table)

Raffle prize to give away for current week (defrosting container/tray)

Raffle prize for following week (set of colored cutting boards)-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 food models on the cutting board on the table (use one of the reinforcer boards).

Activity: Parents will learn proper food preparation techniques by guessing how to handle food (models) in the kitchen.

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 share how they would prep the foods displayed using a cutting board and preventing cross contamination. Student may probe parent with questions such as "would you cut all these foods at the same time, on the same board?", or "would you use the same board?", or "what would you do to the board?", or "how would you prevent cross contamination using the same board to cut/prep these foods?", etc. **Student will simultaneously record parent's answers/actions on the activity evaluation.** Student will explain meaning of cross contamination and will share ways to avoid it.
4. Student will refer to the student handout for further explanation on cross contamination.
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

1 flexible cutting board

Raffle Prize To Give Away This Week

Defrosting container/tray

Take-Home Message

Separate equipment, clean and sanitize surfaces and hands when preparing foods. Remember to keep it clean, separate, cook, and chill promptly.

**Don't Cross
Contaminate**



**Avoid
Cross
Contaminating
Your Food**

**Keep Raw Juices
Separated**



Food Safety Board-Week 8
Avoid Cross Contamination: Chop and Shop Safely
Student Handout

Main Talking Points

- Cross contamination happens when bacteria from one food travels to another food via raw juices, dirty equipment or utensils, or dirty/contaminated hands.
- Cross contamination can happen at any point. When you know how and where it can happen, it is easy to prevent it.
- The easiest way to prevent cross contamination is by properly washing hands before cooking and in between tasks and by keeping raw foods and ready to eat foods separated.
- Use separate equipment for each type of food. For example, one cutting board for chicken, one for beef, one for fruit, one for vegetables, and one for fish. However, if you don't or can't have that many, you can use the same one as long as you clean and sanitize well after each use.
- There is a difference between cleaning and sanitizing. Cleaning is to remove the debris through the use of water and soap. Sanitizing is to apply a chemical solution or heat to a surface or hands.
- Clean and sanitize all work surfaces when you complete a task. For example, wash and sanitize the cutting board and knife after handling raw chicken; you can't just rinse it and then use it to cut another food on it.
- Cross contamination can be prevented at the store when you are doing your grocery shopping. Make sure you keep raw foods separated from those that are ready to eat like fruits, some vegetables, dairy products, etc.
- When you come home and are storing the food in the refrigerator, place the raw meats in a container and on the lowest shelf, separated from the ready to eat foods so that in case any raw juices leak you are not cross contaminating the rest of the food.

Food handling safety risks at home are more common than most people think. The four easy lessons of

**CLEAN, SEPARATE,
COOK, and CHILL**

can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafesafe.org**.



For more information on food safety, visit

befoodsafesafe.org

Harmful bacteria can make people sick.



4 Easy Lessons in
Safe Food Handling.

The U.S. Partnership for Food Safety Education is a non-profit organization.
Be Food Safe is a joint program of the USDA & PFSE.

Clean. Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.



- Wash your hands with warm water and soap for 20 seconds before and after handling food.
- Wash cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Separate.

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.



- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

Cook. Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.



- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- Bring sauces, soups and gravy to a boil when reheating.

Chill. Bacteria spreads fastest at temperatures between 40 °F and 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.



- Chill leftovers and takeout foods within 2 hours. Keep the fridge at 40 °F or below and use an appliance thermometer to check the temperature.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

The Partnership for Food Safety Education

SAFE COOKING TEMPERATURES *as measured with a food thermometer*

Internal temperature	
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
Fresh Beef, Veal, Lamb	
Medium Rare	145 °F
Medium	160 °F
Well Done	170 °F
Poultry	
Chicken & Turkey, whole	165 °F
Poultry parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
Fresh Pork	
Medium	160 °F
Well Done	170 °F
Ham	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160 °F
Seafood	
Fin Fish	145 °F flesh is opaque
Shrimp, Lobster & Crabs	flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	milky white or opaque & firm
Leftovers & Casseroles	165 °F

Date:

Evaluation-Food Safety Board-Week 8

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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	How would you prep these foods using a cutting board (and preventing cross contamination)?			
	Using separate cutting boards	Clean/sanitize cutting boards	Wash hands in between tasks	Other
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
K				
L				
M				
N				