

MAKING THE MOST OF FOOD

Lesson 2: Food Safety

Date: ____/____/____ Borough: MN BX BK QN SI

Educator(s) Name(s): _____

Host Site: _____

Objectives:

By participating in today's lesson, participants will:

1. **List** the 4 principles of food safety.
2. **Identify** 2 to 3 ways of applying each of the principles.
3. **Demonstrate** the correct procedure for washing their hands.
4. **Prepare** recipes using food safety principles discussed in this lesson.

Suggested Lesson Reinforcement: Food Safety Magnet

INTRODUCTION & REVIEW (5 minutes)

Welcome the returning participants. Also, welcome those who are joining you for the first time this week.

NOTE: Please make sure that all new participants go through the Informed Consent process and fill-out all the Entry forms by the end of this session. Also, clarify any information that was missing or unclear from the Entry forms that were filled out during the previous session.

Ask the following open-ended question and record any responses below:

- What did you do differently based on what you learned during the last lesson? (Record their responses in the space below)

- Answer any questions that were in the Parking Lot from the previous session.



Every Session Kit:

- | | |
|-----------------------|----------------------|
| - MyPlate poster | - Markers |
| - Food Safety poster | - Name Tags |
| - Post-it® Notes | - Cornell sign |
| - Measuring Spoons | - CE's Name sign |
| - Dry measuring cups | - Tape |
| - Liq. measuring cups | - Golf Pencils |
| - ESNY! Tablecloth | - Post-it® Flipchart |
| - Plastic Tablecloth | - Lively Music |
| - Flowers/Decoration | - Food Models |
| - Parking Lot Sign | - Apron |

ANCHOR (5 minutes)

In groups of 2 or 3, take a few minutes to share a time when something you ate resulted in you getting sick because it was not prepared properly. Afterwards, we will invite some of you to share.

Who would like to share their experience? (Record response in the space below)

ADD (25 minutes)

Fight BAC! /Food Safety Activity (20 minutes):

Have participants count from 1 to 4 to divide themselves into 4 groups. Have each group pick one of the four food safety (aka Fight BAC!) principle cards: “Clean,” “Cook,” “Chill,” or “Separate.” (**Note to Educator:** USDA is now using the phrase “Be Food Safe” so please introduce this to your participants as this is a clearer way of expressing what we mean by Fight BAC!)

Gather the participants around the table with items from the Food Safety Learning Kit. Each group should select items on the table that they feel match the food safety principle for their group. Give each group 5 minutes to discuss how each item they selected applies to their principle. Then have each group report their findings to the entire group.

After each group reports back, the facilitator should make any necessary adjustments/corrections to the information provided. Distribute laminated *Be Food Safe* handouts (one to each group) and use them as a guide to describe each principle. When reviewing the information about using the food thermometer, distribute the laminated *Is it Done Yet?* brochure to each group. **Note to Educator:** Use the bulleted points in the *Be Food Safe* handout to provide the information for each principle. Also, make sure participants are aware of the safe cooking temperatures that were revised by USDA in May 2011 and are listed in the *Is It Done Yet?* brochure.

Distribute the laminated *Steps to Safe and Healthy Fruits and Vegetables* handout (available from CDC in **English** <http://www.cdc.gov/foodsafety/pdfs/fruit-veggie-safety-poster-85x11-508c.pdf> and **Spanish** <http://www.cdc.gov/foodsafety/pdfs/fruit-veggie-safety-poster-esp-85x11-508c.pdf>) to each participant group. Emphasize that food safety is just as important when handling produce.

Who would like to share their thoughts on the food safety principles? (Briefly record one or two thoughts shared by participants.)

Meat Model Demonstration (5 minutes):

Using the five Meat Models, demonstrate how quickly bacteria can grow at room temperature over a two-hour period. Also, remind participants that foods should be put away to chill within one hour when the temperature is greater than 90°F.

Ask participants: What, if anything, surprised you about what you have seen?

Distribute the 10 Tips handout titled *Be Food Safe* that is available from www.ChooseMyPlate.gov to each participant and explain a critical part of healthy eating is keeping foods safe. Point them to the bottom of the page and explain they can get additional information about food safety at www.fsis.usda.gov.

Note to Educator for EFAP participants: This is an excellent point to inform EFAP participants about the certification courses offered by the NYC Department of Health and Mental Hygiene for workers and volunteers in soup kitchens, community kitchens and congregational feeding (not required if they only operate a food pantry). The information can be obtained by calling 311 or from the following links:

- **4-hour Course for Workers:** <http://www.nyc.gov/html/doh/html/services/hanyfood-soupkitchen.shtml> (This course satisfies the Health Code requirement that anyone who works or is a volunteer in a soup kitchen and anyone who serves food at a summer or day camp be certified in a course on Food Safety.)
- **15-hour course for Supervisors:** <http://www.nyc.gov/html/doh/html/services/hany-food.shtml> (The NYC Health code requires that supervisors of food service establishments and non-retail food service establishments be certified in food protection. Let them know **at least 1 to 2** persons at their site must have **this** certification and at least one of these persons should be on site whenever food is being served.)
- Information should also be provided on the **Food Service Establishment Permit** that is **required for sites where food is prepared**. (See the Background Information section). Failure to have the appropriate and valid permit is a violation that is subject to fines.

PHYSICAL ACTIVITY (5 minutes)

Choices (Please indicate the one done with participants)

- Working with Stretch Bands
- Chair Exercises
- Walking in place to lively music.
- Other: _____

APPLY (20 minutes)

Hand-washing Activity (15 minutes):

Each participant will have oil and cinnamon applied to his or her hands and then instructed to wash it off. Ask them to keep the paper towel they used to dry their hands (white paper towel is necessary). After they wash their hands to *their* satisfaction, have them examine their paper towel and hands to see if any cinnamon remains. Any cinnamon that did not wash off represents germs that remain on the hands after you wash them.

The facilitator will then demonstrate the correct method for washing hands, which includes washing for 20-seconds with warm, soapy water, making sure to rub between fingers and around nails. Twenty seconds is about how long it takes to sing “Happy Birthday” twice.

Emphasize to participants that hand washing is the most important way to keep food safe because it prevents the transfer of bacteria from our hands to the food.

Who would like to share what they discovered from this activity? (Record their responses in the space below)

Lesson Reinforcement (5 minutes):

Distribute the Lesson Reinforcement to each participant. **Be sure to review the information on the magnet with the group.**

5-Minute Break

FOOD PREPARATION (45 minutes)

- Distribute the *Winning Ways* handout and explain or demonstrate any terms to which participants need to pay particular attention for the food activity.
- Separate participants into 2 to 3 groups to prepare **ONE** of the recipe sets.
NOTE: If not enough participants are available for group 1, then have group 2 work with group 1. Group 3 can prepare the brown rice or the whole wheat bread as well as the *Water with a Twist*.
- Highlight recipe set prepared by participants

Group	Recipe Set #1	Recipe Set #2	Recipe Set #3 (non-cook)
1	20-minute Chicken Creole	Garden Stir-Fry Vegetables w/Tofu	Tuna Carrot Spread (NYC)
2	Brown Rice	Brown Rice	Whole Wheat Bread
3	Water with a Twist		

NOTE: Brown Rice should come preferably from the food pantry. If not available, CE should purchase a 1 lb. bag)

Notes to Educators:

How to reinforce Lessons 1 and 2 during the food preparation activity:

- Lesson 1:
 - Display a demonstration plate with food in the recommended serving sizes according to MyPlate.

- Lesson 2:
 - Wash hands and surfaces thoroughly before and after any food preparation.
 - Wear gloves (and change them often) during food preparation.
 - Wear hairnets and aprons during food preparation.
 - Clean vegetables under cold running water with a vegetable brush.
 - Use separate cutting boards for chicken and vegetables.
 - Do not wash the chicken.
 - Use different plates/utensils for raw and cooked foods.
 - Use a meat thermometer to check that the chicken is cooked (165° F).

Give out *Cooking for Groups* booklet in English & Spanish to EFAP agency contact. All participants should have received the 10 Tips handout *Be Food Safe*. Have participants give their comments about the recipes.

AWAY (5 minutes)

Write the following questions on a flipchart. Have participants write their responses on Post-it® notes and place them below each question on the flipchart (one Post-it® per question). Group the Post-it® notes by question and place in an envelope. Attach the envelope to the lesson plan.

- Which food safety principle has influenced you the most and why?
- Name 2 to 3 ways of applying each food safety principle.
- What, if anything, will you **do** differently in your life based on what you have seen today?

NOTE TO EDUCATORS: Make sure to leave Food Safety Posters (1 in English and 1 in Spanish) with the agency contact person.

FEEDBACK

In the space below, **briefly** write down any Participant Successes and comments immediately after the class. This information will be very useful in writing Success Stories or Impact Statements.

MAKING THE MOST OF FOOD

Lesson 2: Food Safety

Materials List

- Every Session Kit **and** WebNEERS Entry Forms for new participants
- Questions from previous session (with answers)
- Food Safety Learning Kit (each principle with its own laminated card):
 - Clean
 - Cloth dishtowel
 - Sponge
 - Hand sanitizer
 - '20' card (for twenty seconds of hand washing)
 - Dishwashing liquid (photo or real)
 - Bleach (photo or real) – *1 Tbsp. of bleach to 1 gallon warm water*
 - Vegetable brush
 - Can opener (to remind participants to clean can openers)
 - Plastic gloves **NEW ITEM!!**
 - Separate
 - Cutting Boards (preferably different colors)
 - Plastic knife
 - Plastic produce bags
 - Broccoli (or other vegetable) plastic food model
 - Raw meat model (with no bacteria)
 - Paper plates (to show that raw meat should be separate from cooked meat).
 - Cook
 - Meat thermometer
 - Meat Model (hamburger patty with hole)
 - Can of Sterno™ fuel **NEW ITEM!!**
 - Chill
 - Refrigerator thermometer
 - '1' card (for 1 hour if the temperature is above 90°F) **NEW ITEM!!**
 - '2' card (for 2 hours to chill food that has been left out)
 - Shallow plastic containers
 - Meat Models (with bacteria)



- Is it Done Yet? brochure
(4 laminated copies – one for each group **plus** one non-laminated copy for agency contact)

In English

http://www.fsis.usda.gov/wps/wcm/connect/c825bac8-c024-4793-be76-159dfb56a88f/IsItDoneYet_Brochure.pdf?MOD=AJPERES

In Spanish

http://www.fsis.usda.gov/wps/portal/informational/en-espanol/programas-de-difusion/folleto-esta-listo-ya/_ct_index (**NOTE:** the brochure is currently undergoing adjustments so, until further notice, use this link for participants who need the information written in Spanish:

http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others/download-materials!/ut/p/a1/04_Sj9CPyKssy0xPLMnMz0vMAfGzOINAg3MDC2dDbz8LQ3dDDz9wgL9vZ2dDSyCTYEKivEo8DMmUj8O4GhASL8XERYffk6-6brRxUklmToZual5etHIKQmJmfo5pdkpBYV60ek5Jfn5eQnpujmJpakFmUm5hTrh-tHoZpsYAiEnn7GwSYeXn7GBv4m6AqweB2iALffCnJDI6p8PAwyPROVAUn7zOA!/?1dmy¤t=true&urile=wcm%3apath%3a%2Ffsis-content%2Finternet%2Finformational%2Fen-espanol%2Fprogramas-de-difusion%2Fiman-esta-listo-ya_%2Fct_index



- *Be Food Safe* handout for Cook, Clean, Chill, and Separate (1 laminated copy of each principle (double-side the English and Spanish – one for each group **plus** one non-laminated double-sided set for agency contact)

In English

http://www.fsis.usda.gov/wps/wcm/connect/f8d66b64-104b-4638-8f38-c203d2cd8684/BeFoodSafe_Logo___All_Ads.pdf?MOD=AJPERES&CACHEID=40b82161-495f-42d8-970a-62573d6e45ba#page=2

In Spanish

http://www.fsis.usda.gov/wps/wcm/connect/7ac29301-d89e-4121-ba63-3fe64626e11f/BFS_Brochure_SP.pdf?MOD=AJPERES&CACHEID=c616c381-3b97-4c07-8916-edcae8eb33a2

- *Steps to Safe and Healthy Fruits and Vegetables* Handout (4 laminated color copies double-sided with English and Spanish – one for each group **plus** one non-laminated double-sided set for agency contact)



NOTE: Links are located in the ADD section of the lesson plan. **NEW ITEM!!**

- Meat Models: Five (5) with bacteria and hamburger with hole for thermometer.

- Book: *Cooking for Groups* (available free in English & Spanish from USDA at 1-888-674-6854) (one for each EFAP agency contact in English and Spanish. If they would like more copies, refer them to the telephone number listed above)



- 10 Tips Handout: *Be Food Safe* (one for **each** participant)



In English

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe-BlkAndWht.pdf>

In Spanish

<http://www.choosemyplate.gov/downloads/DGTipsheet23BeFoodSafe-sp-BlkAndWht.pdf>

- *Winning Ways* handout (Cooking Terms) (one for **each** participant) **NEW ITEM!!** (sent as a separate attachment)
- Baby Oil
- Cinnamon
- White paper towels
- Food Safety Magnet (one for each participant)



- Copies of the recipes for the participants
- Kitchen equipment needed for recipes (Please use your own materials and consult with your site contact to borrow equipment from the host facility).
- Cooking Terms handout
- Meat Thermometer (separate from the one in the Food Safety Learning Kit)
- Gloves & hairnets

BACKGROUND INFORMATION YOU MAY NEED FOR THE LESSON

Should beef, pork, lamb or veal be washed before cooking?

Washing beef, pork, lamb, or veal before cooking it is not recommended. Bacteria in raw meat and poultry juices can be spread to other foods, utensils, and surfaces. We call this cross-contamination. Some consumers think they are removing bacteria and making their meat or poultry safe. However, some of the bacteria are so tightly attached that you could not remove them no matter how many times you washed. But there are other types of bacteria that can be easily washed off and splashed on the surfaces of your kitchen. Failure to clean these contaminated areas can lead to foodborne illness. Cooking (baking, broiling, boiling, and grilling) to the right temperature kills the bacteria, so washing food is not necessary. Using a food thermometer is the only sure way of knowing if your food has reached a high enough temperature to destroy foodborne bacteria. (From USDA's Food Safety website)

For participants who follow Kosher or Halal Dietary Laws

The information for agencies that prepare and serve Kosher or Halal foods AND participants who follow these dietary laws, please review the information on this handout **BEFORE** teaching the lesson. You may also give participants a copy of the handout:

<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/washing-food-does-it-promote-food-safety/washing-food>

Information about using a bleach solution to sanitize

There is no advantage to using more bleach. In fact, overuse of bleach can be harmful because it is not safe to consume. To create a sanitizing solution it is recommended that you use 1 tablespoon of unscented liquid bleach per gallon of water. Flood the countertop with the solution, allow it to sit for a few minutes, then pat with clean, dry paper towels or allow to air dry. **NOTE: Any leftover sanitizing solution can be stored, tightly covered, for up to one week. After that, the bleach has lost its effectiveness.** (From USDA's *Mythbusters* website)

Food Safety Information in Other Languages

When working with groups that serve guests/clients who speak languages other than English or Spanish, there are other websites that produce information in various languages. You may refer your participants who work/volunteer in Emergency Food Assistance agencies to the following websites. For the participants who are guests/clients of these agencies, reproduce a black and white copy for each participant who needs the particular language.

- **Five Keys to Safer Food**

<http://www.who.int/foodsafety/publications/consumer/5keys/en/index.html>

For participants that require information in American Sign Language (ASL) provide them or the agency contact with this website:

- **Food Safety Videos in American Sign Language**

http://www.youtube.com/view_play_list?p=E2CA3E2B8C6504CF

Additional Information for EFAP Workers and Volunteers Serving Prepared Food

Food Service Establishment Permit

A Food Service Establishment is a place **where food is provided for individual portion service directly to the consumer, whether the food is provided free of charge or sold, and whether the food is consumed on or off the premises.** This includes restaurants, employee cafeterias, bakeries, take-outs, pizzerias, night clubs, cabarets, bars, **senior centers, emergency food relief organizations,** public and non-public schools, or **religious, fraternal and charitable organizations.** Such establishments are required to obtain a permit from the Department of Health and Mental Hygiene (DOHMH). (Information taken directly from NYCDOHMH website)

http://www.nyc.gov/portal/site/businessexpress/template.PAGE/menuitem.e45713187803834f9e0e30106cd2f9a0?javax.portlet.tpst=bb9344828243f44f4772add001c789a0&javax.portlet.prp_bb9344828243f44f4772add001c789a0_returnRender=indexRender&javax.portlet.prp_bb9344828243f44f4772add001c789a0_request_type=permitInfoRender&javax.portlet.prp_bb9344828243f44f4772add001c789a0_in dexPermitId=A2204D58-4A66-11DB-84CE-FF2F8A23CFB2&javax.portlet.begCacheTok=com.vignette.cachetoken&javax.portlet.endCacheTok=com.vignette.cachetoken