



Food Safety

K-1st Grade Lesson Plan

Goal: Students will learn ways to keep their food safe.

Objectives:

1. Students will be able to demonstrate proper hand-washing technique.
2. Students will be able to state three ways to keep food safe.
3. Students will distinguish between foods that need to be kept in the refrigerator and foods that are safe at room temperature.

Materials Needed

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| <input type="checkbox"/> Food for the mind grab | <input type="checkbox"/> See How Temps Affect Germs poster |
| <input type="checkbox"/> 3 Ways to Keep Food Safe posters | <input type="checkbox"/> Refrigerator Foods pictures |
| <input type="checkbox"/> Wipes | <input type="checkbox"/> Shopping scenario pictures |
| <input type="checkbox"/> Henry the Hand T-Zone poster | <input type="checkbox"/> Parent handouts |
| <input type="checkbox"/> How germs spread demo materials (ex. Spray bottle, glitter, glo germs, etc) | <input type="checkbox"/> Student handouts |

Lesson	
Talking Points	Materials/Activities/Notes
<p>Review</p> <ul style="list-style-type: none"> • If this lesson comes after anything other than food groups, ask about how they did with their challenge. If it follows food groups, ask the questions below. • Who remembers what we talked about last time I was here? How many food groups do we need to eat from every day? • Who can tell me a food from each food group that you found at home? • We also talked about what your plate should look like at meals. What does it look like? • We also talked about things we do to keep our bodies healthy. Does anybody remember one of them? 	
<p>Mind Grabber</p> <ul style="list-style-type: none"> • Today, I brought in an apple (or a carton of milk) to show you. <ul style="list-style-type: none"> ○ Is it safe for me to eat? ○ How do you know if it is safe to eat? ○ What do you need to know to decide if a food is safe to eat? • Today we're going to talk about ways to keep your food safe. 	

Show students a real food (piece of fruit, carton of milk). Additional questions:

For the fruit

- Is it washed?
- Were your hands clean when you touched it?

For the milk

- Is it cold; has it been refrigerated?
- What is the pull date?
- Did anyone drink out of the container?

- Does it smell okay? *Can discuss that you can't tell by sight, smell, or taste if a food is safe. The only way to be sure is to care for the food properly.*

Discussion

- Today we're going to talk about **3 specific ways** to keep you and your food safe. They are:
 1. Washing our hands
 2. Washing fruits and vegetables
 3. Refrigerating food

Show "3 Ways to keep your food safe" posters

Washing Our Hands

- First we're going to talk about how to keep our hands clean and when and why we should wash our hands.
 - Look at your hands. Do they look dirty? What have you done since you last washed them? Maybe you have carried things, opened doors, tied your shoes, played with your pet, etc. Do you think there are germs on those things you have touched? Yes! Even though your hands may look clean, they probably have hidden germs. Germs are everywhere – on your desks, door knobs, skin, and hair— everywhere!
- What are germs?
 - Germs are living creatures that are so tiny we can't see them without a tool called a microscope.
 - They live all over the place, like on our hands and desks and tables.
 - Germs on our hands won't hurt us. They like to live where it's warm and wet, like it is inside of us. As long as we keep the germs outside of our bodies, they won't bother us. If they get inside of us, where it's warm and wet, then they can make us sick.
 - To keep germs from hurting us, we need to keep them from getting inside of us. How can they get inside? If you put your germy fingers in your mouth, your nose, or your eyes, you give the germs a way inside, where they can make you sick. We call your mouth, nose, and eyes the T-zone. We need to remember not to touch the T-zone.
 - We also need to remember not to touch food with our germy hands. If you do this, you can put germs on the food. When you eat the food, it can make you sick.
 - Be sure to have clean hands before touching food or putting your hands in your mouth, nose, or eyes because dirty hands let germs get inside us.
- How do germs spread from one person to another? Most germs don't spread by themselves.
 - What are some ways germs can spread? (Coughing, sneezing, blowing nose, touching something dirty, etc.)
- Coughing or sneezing into your hands puts germs on your hands, and you will pass those germs around to anyone or anything you touch.
 - What is the right way to sneeze or cough?
 - *Optional Activity: How Germs Spread*
- Even though it is easy to spread germs, it is also easy to get rid of them.

Optional demonstration: Point to a desk/table in the room and ask students if they think it is clean. Wipe it down with a wipe to show dirt. Point out that you can't tell by looking alone if something is clean—germs are too small for us to see.

Show students the "Henry the Hand T Zone Poster"

Optional Activity: Try one or more of these demonstrations to illustrate how germs spread (see description under "Additional Activities" at the end of the lesson):

1. Glitter germs
2. How sneezes spread germs

What's the best way to get rid of germs?

- **WASH YOUR HANDS!**
- When you wash your hands, the soap you use makes the germs so slippery that they can't hang on. Then when you rinse your hands, the water washes the germs right down the drain. They slip-slide right off!
- Let's take a look at all the steps to best wash your hands.
 1. Get your hands wet.
 2. Put soap on your hands.
 3. Scrub your hands for 20 seconds. Remember to pay special attention to the places the germs can hide—in between your fingers, around your thumbs, around your finger nails, the fronts and backs of your hands...
 4. Rinse the soap off.
 5. Dry your hands.
 6. Use the towel to turn the water off.
- Let's act out how to wash your hands. Pretend you each have a sink with soap and a paper towel holder just like the one that is in this room.
 - First, be sure a paper towel is ready to be pulled off when you're finished washing.
 - Now, turn on water (warm is best, but cold will do too).
 - Get some soap and lather up your hands – scrub your hands, wrists, thumbs, between fingers, fingernails. Get your hands so slippery that the germs can't hang on.
 - How long should we scrub for?
 - Long enough to sing the ABC song or to sing Happy Birthday two times or about 20 seconds.
 - Now, rinse your hands. Get all that soap off.
 - Dry your hands and turn off the faucet with a paper towel.
- *Optional Activity: Importance of Soap*
- When should we wash our hands? There are many times when we could wash our hands. When might it be good to wash our hands? (when they look dirty, before and after eating or preparing food, after using the bathroom, after sneezing, blowing your nose, and coughing, after playing outside, and after playing with pets)
 - Sometimes it is not possible to spend all that time washing your hands. Here are four ways to keep bad germs out of your body.
 1. Always wash your hands if they look dirty or before eating so the germs do not sneak in with your food.
 2. Do not cough into your hands
 3. Do not sneeze into your hands
 4. Do not put your fingers into your eyes, nose or mouth (the T zone).
- We know clean hands help keep us safe from germs. This helps keep our food safe also since we wash our hands well before handling food. But there are some other things we can do to help keep our food safe

Washing Fruits & Vegetables

- Do you remember the piece of fruit I showed you at the beginning of the lesson? Where do you think this fruit has been since I got it at the grocery

3. Spray germs

Show "Hand-washing poster" and discuss hand-washing steps.

Do one of the following while the students are scrubbing their hands:

1. Sing ABCs song
2. Sing Happy Birthday (2x)
3. Count to 20
4. Sing Wash, Wash, Wash My Hands (to the tune of row your boat)
"Wash, wash, wash my hands,
Make them nice and clean.
Rub the bottoms, and the tops,
And fingers in between."
5. Start by rubbing your hands together and saying "rub-a-dub-dub" 3 times. Then wash front and backs of hands while saying "round and around" 3 times. Finally wash between fingers and in a squeaky voice say "squeaky clean in between" 3 times.

Optional Activity: Demonstrate the importance of soap. spread (see description under "Additional Activities" at the end of the lesson):

Show students a piece of fruit.

store? Let me tell you. I bought it at the grocery store yesterday and when I was checking out to pay for the apple, the cashier touched it and put it in a bag. In my car the apple rolled out of the bag and all over the floor of my car. Then I have taught many lessons using this apple and in one class I dropped on the floor and it rolled all over the floor. Then I had seven students touch it before it got back to me, etc...

- Do we know if all these people washed their hands or if the floor is clean? No! Should I take a bite of this fruit now? NO! What do I need to do with my fruit before I eat it? That's right! Wash it!
- Remember that even though a food may look clean, we can't see germs and should wash it before eating it.

Refrigerating Food

- Keep hot foods hot and cold foods cold.
- Imagine you are a germ. What temperature do you like to live at? We don't like it when it is too hot or too cold – we like comfortable temperatures, like how it is in this room.
- Germs like to live at a comfortable temperature, just like we do. They don't like when it's too cold, like the way it is in the refrigerator or freezer, or when it's too hot like it is in the oven or on the stove. In fact, they die when it is too hot. Room temperature, like it is in this room or in our homes, is a comfortable temperature for germs, and they grow at this temperature. This is called the "danger zone" because germs grow really fast in comfortable temperatures. If germs grow in our food, they can make us sick when we eat the food. To make sure this doesn't happen, we need to keep most foods either very hot or very cold. Some foods can stay at room temperature safely, but others must stay hot or cold. Here are some pictures of foods and let's figure out if they need to go in the refrigerator or not. (Remember that germs like to be in wet places. They won't grow very well in foods that are dry, but we need to be sure to refrigerate foods that are wet.)
 - Fruits or vegetables that have been cut or peeled need be refrigerated.
 - Fruits and vegetables with peels can stay safely at room temperature.
 - Foods in the milk group need to be refrigerated.
 - Meat, chicken, turkey, fish, eggs, and cooked beans must be refrigerated.
 - Cooked pasta, rice, and vegetables need to be refrigerated.
 - Leftovers: be sure to put any it back into the refrigerator quickly.
 - Dry foods like cereal, uncooked pasta or rice, or dried fruit are safe at room temperature.
 - Canned foods that have not been opened are safe at room temperature, but once they are opened, you need to put any leftovers into a container in the refrigerator
- Let's pretend you went to the grocery store with your mom and you just got home with several bags of groceries. What do you need to do with the groceries? That's right – put them away. Where does the cheese go? Where does the chicken go? The cereal? The milk? The canned beans? The eggs? The raisins? Later that evening, you help prepare dinner. What should you do first? That's right, wash your hands! For dinner, you are going to make a salad and some spaghetti. What should you do with the counters before you start cooking? That's right – clean them because they may have hidden germs on them! You can't see germs, so you can't tell just by looking at the counter if it

Show students the "See How Temps Affect the Germs Poster".

Show students "Refrigerator foods pictures" and have them figure out if they should be kept in the refrigerator or don't need to be. Use pictures to address what types of foods need to be kept in the refrigerator.

Use pictures/refrigerator to illustrate shopping/cooking scenario.

is clean. It's best to clean it. Now that the counter is clean, it's time to make the salad. What should you do with the vegetables before you cut them? Wash them! Next you are going to make the spaghetti and you need to find the noodles, the sauce, and the meat. Where would you find the noodles before you cook them? In the pantry or cabinet? Where would you find the sauce? In the pantry or the cabinet. Where would you find the meat? In the refrigerator. After dinner, there is some leftover salad and a little bit of leftover spaghetti. Where should they go? In the refrigerator.

- Very good!

Wrap-Up

- Today we learned all about keeping our foods safe for our bodies.
- We talked about washing our hands, washing our fruits and vegetables, and refrigerating our foods.

Use the "3 Ways to Keep you Food Safe" posters to summarize

Challenge

- I challenge you to share what you learned about washing your hands and keeping your foods safe with the adults at home.
- Also, check and see what foods you keep in your refrigerator at home.

Taste Test Ideas

- N/A: Tell the students that there is no taste test today because we talked all about germs and if you were to give a taste test, you would need to give them germs 😊

Small Group Activities (10-15 minute activities)

Teacher Activities:

1. Imaginary Grocery Store: Tell students to pretend they are at the grocery store. Ask them if some foods are kept cold at the store. What are they? Explain that foods that are kept cold at the store need to be kept cold at home as well so that germs will not grow on them. Practice this by having a bag of groceries (food models or pictures) and ask for help unloading the packages and putting the food away safely. Have a cooler with ice pack to represent a refrigerator, and a paper sack for the foods that are safe at room temperature. Be sure to have food examples of each group. Either work with the whole class or divide them into groups and give each group a grocery sack, a paper sack, and a cooler. Instruct students to unload their groceries and put them in the place where they will be safe. Supervise and correct when needed.

Nutritionist Activities:

1. GloGerm: Take several volunteers who are willing to have you put GloGerm solution on their hands. Use the ultraviolet light to visualize the "germs" that have been spread over the volunteers' hands. Then have the volunteers wash and dry their hands well. Use the ultraviolet light again to see if all of the "germs" have been removed. This activity really needs to be done in a space that can be darkened for the UV light to work best.

Additional Activities

How Germs Spread

1. **Glitter germs**: Tell students that you sneezed in the hallway before you came into the classroom and covered your mouth with your right hand. Put glitter on one of your hands and tell the students to pretend that the glitter is really sneeze germs. Then shake hands with one student in each row and tell them to pass the handshake down the row. Ask them to look at their hands. Do they have glitter/sneeze germs on their hands? See how easy it is for germs to travel from one person to another!
2. **How sneezes spread germs**. Hold up a cup of flour and tell the students to pretend that the flour is sneeze

germs. Hold a small handful of flour near your mouth, and tell them to watch what happens when you sneeze without covering your mouth. Look at how far the germs flew. Then sneeze with mouth covered and show the difference. Encourage coughing or sneezing into inner elbow to minimize spread of germs.

3. **Spray germs:** To show how germs spread, use a spray bottle (labeled with an ugly germ picture) filled with water and a few drops of green food coloring. Squirt the water (sneeze) over the white paper to show where germs go when you sneeze or cough without covering your mouth. Next, cover the spray nozzle with a tissue and spray (sneeze) again, showing the kids that when you use a tissue, the germs go into the tissue instead of all over.

Importance of Soap

1. **Importance of Soap:** Shake pepper into a bowl of water, and tell the students to pretend that the pepper is germs. Put a few drops of liquid soap into center. Observe pepper appear to run away from the soap. Do this demonstration 2-3 times around the room so every student can see. Explain that the soap makes our hands slippery so that the germs can slide off easily when we rub our hands together.

Student Handouts

- Connect the Dots Germ
- Find the Hidden Germs
- The A-Maze-ing Refrigerator Fights Bac
- Food Safety 7-word Word Search & Answer Key
- Suds Up and Away Coloring Sheet (in Scrub Activity Book)
- Where Germs are Found
- Where should you keep your food

Parent Handouts

- Today in Nutrition Class...Food Safety (English & Spanish)
- Fight BAC brochure (English & Spanish)
- Cooking with Kids Food Safety Checklist (English & Spanish)
- Chef Solus Back to School Food Safety (English & Spanish)
- Food Storage (English & Spanish)
- Hand- washing (English & Spanish)

Lesson Roadmap

- Review
- Mind Grabber
- Discussion
 - Hand-washing
 - Wipe demonstration
 - T-zone
 - How Germs Spread demonstration
 - Practice washing hands
 - Washing fruits & vegetables
 - Refrigerating foods
 - How temps affect germs poster
 - Shopping/putting away groceries/preparing dinner scenario
- Wrap Up
- Challenge



Public Health

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