

## Food Safety – Teacher’s Guide

**Objective:** Teach how to shop, store and prepare foods safely.

Share with participants: ***“Some foods spoil faster than other foods and pose a greater risk for food-borne illness. These foods usually require refrigeration for storage.”***

### Sample ANCHOR questions for participants:

- *“How do you determine how long a food can be stored in the refrigerator?”*
- *“Name foods that are difficult for you to determine if they have been cooked to the correct temperature in order for them to be safe to eat?”*
- *“How do you know when beef, chicken, pork or fish is cooked to a safe temperature?”*
- *“What, if any, food safety concerns keep you from buying certain foods?”*

If during your discussion involving your ANCHOR questions your participants did not suggest topics they would like to learn about today you may want to ask:

*“What kind of information would be useful to you or your family to learn about food safety?”*

**Background Information** - Choose the appropriate information below to **ADD** to your lesson.

*What foods pose a greater risk for food-borne illnesses?*

- ◆ Animal products – meats, poultry, seafood/fish, dairy (milk, eggs, and cheese)
- ◆ Mixed dishes (casseroles, stews, salads, etc.) containing animal products.
- ◆ Foods handled a lot from start to finish.

## FOOD SHOPPING

*Food safety practices should begin at the grocery store where you buy your food.*

*Steps you can take to keep your foods safe when shopping for food and taking your foods home from the store or restaurant:*

- ◆ Do not buy food when its package has been opened or damaged.
- ◆ Check canned food. Do not buy cans that have dents, cracks, rust or bulging lids.
- ◆ Always open up the egg carton and make sure no eggs are cracked before buying.
- ◆ Meat packaging should be tightly wrapped. Purchase the product before “sell-by” or expiration date.

- ◆ Frozen vegetables should be firmly frozen but loose, not a solid block.
- ◆ Put raw meats, poultry and seafood in plastic bags before they go into your grocery cart.
- ◆ Check dates on food so you know when your foods can safely be used.
- ◆ When shopping, place meats and frozen foods in your cart last so they stay cold.
- ◆ It is best to store perishable foods within one hour of shopping.
- ◆ On hot days, you may want to put your meats and frozen foods in a cooler, if you have a long ride home.

**At the restaurant –**

- ◆ Make sure hot foods are served hot, and cold foods are served cold.
- ◆ Ask for ground meat products to be well done.
- ◆ Do not take leftovers home unless you are going straight home.

**FOOD STORAGE**

**When you get your food home from the grocery store or restaurant it is important to store your foods promptly and properly.**

- ◆ Put foods away as soon as you get home.
- ◆ Store foods in appropriate containers. Keep risky foods such as raw meats away from foods like fruits and vegetables.
- ◆ Store canned goods in a cool, dry place.
- ◆ Store foods off the floor and in safe places away from cleaning supplies, etc.

**FOOD PREPARATION and COOKING**

It is important to take precautions when preparing and serving meals to avoid unsafe foods.

- ◆ Always wash your hands with soap and water before preparing/cooking food.
- ◆ After handling raw meats, poultry (eggs) or seafood, wash hands, clean work area and utensils before preparing other foods.
- ◆ After sampling food with a utensil, get a new utensil to mix, stir or serve food.

- ◆ **Thoroughly** clean cutting boards after each use.
- ◆ Thaw and marinate foods in the refrigerator. If you use the microwave to thaw food, cook the food immediately.
- ◆ Cook meats thoroughly. Use a food thermometer to be sure meat is fully cooked.
  - Chicken (whole, thighs, wings, and breasts to 165°F)
  - Ground meat (beef, veal, lamb, pork cook to 160°F; poultry to 165°F)
  - Large cuts of beef and lamb cook to 160°F to be safe; especially if the meat has been rolled, tenderized or pierced with fork or knife.
  - Pork roasts and chops cook to 160°F.
- ◆ Never put cooked foods on a dish that had raw meat, poultry, seafood or egg products unless the dish has been washed with soap and hot water. Serve cooked food/meat on a clean plate.
- ◆ Keep hot foods hot and cold foods cold and always refrigerate leftovers immediately.

## **HANDLING LEFTOVERS**

- ◆ Wash hands before and after handling leftovers.
- ◆ Divide leftovers into small containers for quick cooling and refrigerate or freeze within 2 hours of cooking.
- ◆ Foods should not be left at room temperature for more than 2 hours. On hot days with temperatures at 90° F or greater, food should not be left unrefrigerated longer than 1 hour.
- ◆ Use leftovers within a few days or freeze them.
- ◆ Never taste food to determine if it is safe to eat. Throw away foods that you are not sure about.
- ◆ When reheating leftovers, reheat thoroughly to 165° F or until hot and steamy. Soups, sauces and gravies to should be cooked to a rolling boil.

## **ACTIVITIES (Apply)**

1. **Kitchen Safety**– Take participants on a kitchen tour. As a group discuss food safety hazards present in the kitchen and how to correct them or prevent them.

### ***Food safety risk factors in your kitchen.***

- ◆ Drawer and cabinet door handles – Do not handle raw foods and then grasp handles throughout the kitchen.
  - ◆ Appliance handles, knobs, etc. – Taking raw foods such as ground beef from refrigerator, cooking on stove top, using microwave during cooking process.
  - ◆ Food storage/defrosting – Store perishable foods in refrigerator. Thaw foods in the refrigerator. Countertops are not safe places for defrosting. Meat products should be stored on bottom shelf (in a pan or container would be safer) of the refrigerator.
  - ◆ Cleaning – Keep countertops, sink, drying rack clean. Sweep and mop floors.
  - ◆ Food and refrigerator thermometers
  - ◆ Storage areas – Regular cleaning and dusting is necessary. Proper storage of cleaning products is away from food and out of reach of young children. Storage of canned and dry packaged foods should be off the floor, in a cool, dry location.
  - ◆ Food rotation – First in, first out rule. Check dates of food when putting away newly bought groceries.
  - ◆ Power outage plan – What do you need to do if the power goes out? What is the best thing to do (time of year could be a big factor)?
  - ◆ Handwashing – Wash before and after preparing foods
2. **Food Safety Bingo**
  3. **“Storing Food” activity**
  4. **“Foods Unsafe to Eat”**
  5. **“Kitchen Safety”**
  6. **“Storing Foods Safely Away From Home”**
  7. **“Shopping and Storing Foods Safely at Home”**

### **Handouts (AWAY):**

“Shopping for Food”  
“Food Safety on the Road”  
“Food Safety Tips”/ “Food Safety Tips”(2)  
“Food Safety-Temperature is Important”  
“Holiday Food Safety Tips”  
“Meals on the Road”  
“Tips for Safe Grilling”  
“Turkey Safety”

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