

Teacher Guide:

FOOD SAFETY

Key Messages

- When the food you eat makes you sick because it is contaminated with bacteria you have a foodborne illness.
- You cannot see the bacteria that cause foodborne illnesses.
- To help prevent foodborne illnesses follow the 4 steps to food safety: **CLEAN, SEPARATE, COOK & CHILL.**
- Keep the kitchen **CLEAN**. Wash your hands with soap and water before preparing, cooking or eating food to prevent the spread of bacteria from your hands.
- Keep foods **SEPARATE** to avoid cross-contamination where bacteria are spread from one food product to another.
- **COOK** your meat, poultry, fish and seafood to a safe temperature.
- **CHILL** (refrigerate) or freeze perishable food and leftovers within 2 hours.
- Keep hot foods hot and cold foods cold.
- Keep your freezer at 0 degrees Fahrenheit and your refrigerator at or below 40 degrees Fahrenheit.
- Thaw foods in the refrigerator, not on the counter.

Objectives

Participants learn:

- Foodborne illnesses are caused by bacteria in food.
- Foodborne illnesses can be prevented by following the 4 steps to food safety: **CLEAN, SEPARATE, COOK & CHILL.**

Suggested teaching materials:

- Meat thermometer
- Pictures of perishable foods
- Empty food packages with food dates (“sell by”, “best if used by”, etc.)
- Food Safety handout

ACTIVITIES

- **CLEAN, SEPARATE, COOK & CHILL** – Ask clients if they have any questions regarding these four steps in food safety. Ask if any of these steps will be difficult for them to follow and if so brainstorm together solutions.
- Practice using a meat thermometer and reading temperatures using cold water and hot water.
- Have clients produce a list of signs that may indicate foods are unsafe to eat.
- Have samples of food packages that show expiration dates. Practice reading those dates and understanding what they mean.