

# Investigating Your Health: Fearless Food Safety

Name: \_\_\_\_\_

**Objective:** Investigate food safety by describing ways to prevent foodborne illness, describing the correct hand washing procedure, and tracking how many times you wash your hands in one day.

**Food safety** is handling, storing, and preparing food in ways to keep food safe. **Cross-contamination** is the spreading of bacteria to clean surfaces that can cause foodborne illness. To prevent cross-contamination, keep raw meat, fish, and poultry away from ready-to-eat foods, like fresh fruits and vegetables. Don't use a plate or knife that touched raw meat. Always wash your hands after you touch raw meat. Washing countertops and using clean dishes and silverware can also prevent cross-contamination. Washing your hands correctly, and before touching food, may also prevent bacteria from spreading to food. Cooking foods to their proper temperatures

will prevent foodborne illness from occurring. Salmonella is the most common foodborne causing pathogen. It can be found in raw meat, fish, poultry, and eggs. E. coli is another pathogen that can be found in raw or undercooked meat, fish, and poultry. Both salmonella and E. coli are bacteria that can cause foodborne illness. **Foodborne illness** happens when you get sick from eating a food contaminated with a harmful substance. If food safety measures are not followed, you or the people you're cooking for could get sick. For more interesting food safety tips, see the *Try This at Home* recipe!



## Hand Washing Practices

1. During the course of one day, track how many times you washed your hands. Describe the circumstances for why you washed your hands each time in the table below.

Why did you wash your hands?	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	



5. Complete the table below to identify 3 ways foodborne illness can occur and what bacteria caused the illness.

Situation	Cause	Bacteria
<b>Example: Improper Storing</b>	Raw meat was stored next to fresh vegetables in the refrigerator	E. Coli Salmonella
<b>Cross-Contamination</b>		
<b>Improper Handling</b>		
<b>Improper Storing</b>		

6. Ask a family member if they have had any bad experiences with mold, bacteria, or foodborne illness. Describe their experience below.

## **TRY THIS AT HOME:** **Wash Away Germs**

### **You will need:**

- 2-3 teaspoons of cooking oil**
- 1 teaspoon cinnamon**

### **How clean are your hands?**

1. With your hands over the sink, pour 2-3 teaspoons of cooking oil into your hands.
2. Then sprinkle the cinnamon onto your hands. Pretend that the cinnamon is bacteria.
3. Rub your hands together.
4. Wash your hands without using soap. Sing "Happy Birthday to You," while you wash your hands.
5. Look at your hands. Can you still see bacteria (cinnamon)?
6. Wash your hands again using the directions below.

### **Proper Hand Washing Instructions**

1. Wet your hands with warm running water.
2. Add soap.
3. Rub hands together while singing "Happy Birthday to You" twice.
4. Scrub under your fingernails and between every finger.
5. Rinse soap off with running water.
6. Use a clean paper towel to turn off the water.
7. Dry your hands with a clean paper towel.

