

# Food...Can You Handle It?

**Grade Level: K-3**

**Approximate Length of Activity: 30 minutes**

## **Objective**

### **Teacher**

1. Will discuss the responsibility of keeping food safe.
2. Demonstrate how it is important to wash your hands.

### **Students**

1. Learn that restaurants and grocery stores have strict food safety guidelines.
2. Learn the causes of food-borne illness from foods.
3. Distinguish safe food handling techniques from unsafe techniques.
4. Use their own experience with food at home to generate positive food safety rules.
5. Know the importance of hand washing.

**Michigan Content Standards: (Health) Kindergarten: Strand 5-Standard 1-5.3; Strand 5-Standard 3-5.5; First Grade: Strand 5-Standard 3-5.3; Second Grade: Strand 5-Standard 3 -5.1; Third Grade: Strand 5-Standard 3-5.2**

## **Introduction**

Grocery stores and restaurants are agribusinesses. Agriculture is the growing of food and fiber, and restaurants and grocery stores provide food for sale to us. So therefore they are agribusinesses. Grocery stores and restaurants must follow many health standards concerning food safety. They are responsible for providing us with quality, safe food. Health inspectors routinely inspect these agribusinesses to make sure they are following the guidelines. If health inspectors find that an agribusiness is not, they can penalize them by closing the business for a specific amount of time or perhaps indefinitely.

In the United States, we are fortunate to have a government that makes food safety a priority. In some countries, food may be produced or imported, but is spoiled by pests or microorganisms due to poor storage. Pests (insects and rodents) and microorganisms (bacteria, mold, yeast) are the two chief causes of food spoilage. Food must be transported, stored and prepared correctly to ensure safety. Agribusinesses that deal with food must know where their food is coming from. They must also know how their food was grown and how it was transported.

All food will spoil if it is not preserved in some way. Some foods such as nuts and grains can be stored for a long time without spoiling. Other foods such as bread and milk must be consumed quickly. Foods can be preserved in many ways. Canning, freezing and dehydrating are just a few methods. Spoilage may occur before there is a change in taste or odor. Therefore, consumers should read expiration dates before eating food products bought from grocery stores.

People can reduce their risk of food-borne illness by handling it properly. 85 percent of the cases of food-borne illness, a sickness caused by bacteria, can be avoided with proper food handling. Keys to food safety are washing hands, checking expiration dates, washing surfaces and utensils with hot, soapy water, refrigeration and freezing, rinsing fruits and vegetables and storing foods in proper places.

## Materials Needed

- “Food Safety” worksheet for each student
- Cooking spray or vegetable oil
- Cinnamon
- Soap
- Paper towels
- Warm faucet water
- Cold faucet water

## Activity Outline

1. Ask the students to complete the worksheet entitled “Food Safety.” Through this worksheet students will learn safe food handling practices and draw illustrations for their own safe food handling practices.
2. Talk with the students about safe food handling practices at their homes. Do they thoroughly wash dishes? Do they refrigerate food properly? Do they look for expiration dates on packages? Do they wash their hands with soap and warm water?
3. Use this activity to show students the importance of washing hands with soap and warm water
  - a. Apply cooking spray or vegetable oil to each student’s hands.
  - b. Sprinkle cinnamon on the palms, backs and in between each student’s hands.
  - c. Try to get rid of the cinnamon using only cold water. Discuss the results.
  - d. Try to get rid of the cinnamon using soap and cold water. Discuss the results.
  - e. Try to get rid of the cinnamon using soap and warm water. The cinnamon “germs” will rinse right off of the student’s hands and into the sink.
  - f. Ask the students why the cinnamon stayed on their hands until they used soap and warm water. How is this similar to washing germs off of our hands? Is it important to use soap and warm water for hand washing?

## Discussion Questions

1. What are the chief causes of food spoilage?
2. What are some safe food handling practices that can be used in your home?
3. What are some food preservation methods that are used before foods reach the grocery store?
4. What responsibilities do agribusinesses, such as grocery stores and restaurants have?
5. Why is it important to use soap and warm water when washing your hands?

## Related Activities

1. Tour a restaurant. What types of food safety precautions are used?
2. Add a slice of bread and a little water to a sealable plastic bag. What happens? Chart your observations over time.
3. The lesson "How to Pick the Best" located in the health section of this curriculum guide.

## Book Resources

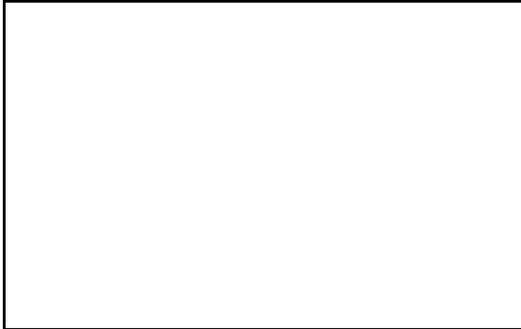
1. "Food for America" A Resource Guide, National FFA Organization, 6060 FFA Drive, P.O. Box 68960, Indianapolis, IN 46268. 1-888-322-2668. [www.ffa.org](http://www.ffa.org)
2. "Food Safety" by Sharon Gordon
3. "Germs Make Me Sick" by Melvin Berger
4. "The Germ Busters" by Rosemary Wells
5. "Germs Are Not For Sharing" by Elizabeth Verdick

*Acknowledgement: Adapted from "Food ...Can You Handle It?" Illinois Farm Bureau® Agriculture in the Classroom.*

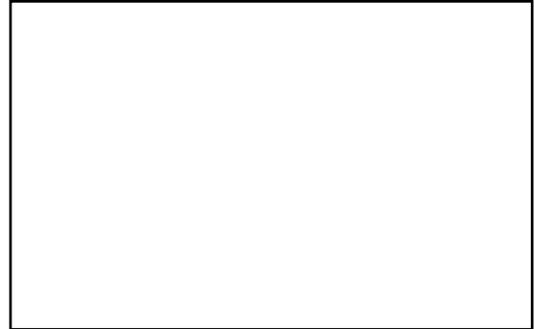
# Food Safety

Directions: Draw a picture for each statement that shows the right method and the wrong method.  
(Example for #1-Someone washing their hands vs. someone sitting at the table with dirty hands.)

1. Always wash your hands before handling food.



RIGHT



WRONG

2. Eat food before the expiration date on the package.



RIGHT



WRONG

3. Do not cut meat and vegetables on the same surface or with the same knife. Wash the surface with hot, soapy water to kill bacteria.

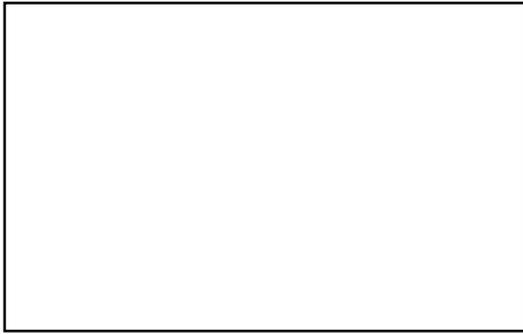


RIGHT

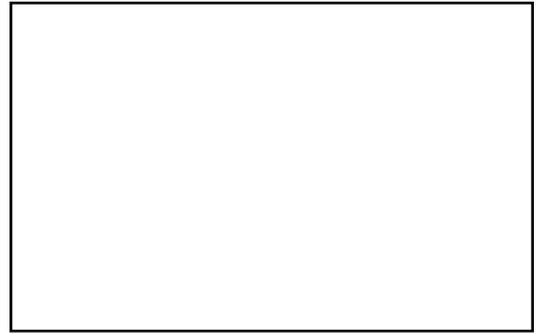


WRONG

4. Refrigerate or freeze foods that spoil.

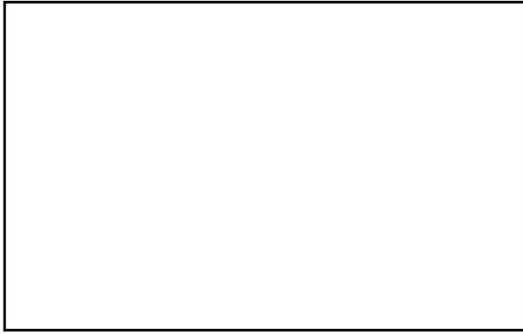


RIGHT



WRONG

5. Rinse fruits and vegetables before eating or cooking.



RIGHT



WRONG

6. What are some other food safety methods? Draw right and wrong pictures for these methods.

