

Lesson #4: Just Say Yes to... Food Safety!

Lesson Materials

- Fresh orange (or other fruit with an inedible peel/rind)
- Chocolate syrup
- Cardboard food models
- Ingredients and supplies to prepare JSY recipe
- *How to Wash Your Hands* poster (optional)

Duration of Lesson

Welcome:	2 minutes
Icebreaker:	5 minutes
Introduction:	10 minutes
Activity 1:	15 minutes
Activity 2:	15 minutes
Recipe:	20-40 minutes
Closing:	5 minutes

Take Home Items

- *Fight Bac! Six Steps to Safer Fruits and Vegetables* handout (www.fightbac.org)
- JSY recipe
- JSY incentive

To Find Out More

- www.fightbac.org

Objectives

At the completion of the workshop, participants will be able to:

- Demonstrate proper hand washing techniques.
- List the steps needed for safe consumption of fruits and vegetables.
- Identify safe food handling practices.

Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
 - This is a safe learning environment.
 - No one will be called on. Participants have a "voice by choice."
 - Please stay until the end, complete survey and receive incentive.

Icebreaker

- Ask participants to think about the following question: "What have you seen another person do while cooking that you would never do?" Then ask participants to think about what they do at home to keep food safe and wholesome.
- Have participants pair up and compare the positive and negative food handling practices they thought about. As an option, participants can write down these positive and negative practices.
- Invite participants to share with the whole group their negative and positive food safety practices. Write response on a flip pad to refer back to during the lesson if you wish.

Introduction

- Distribute the *Fight Bac! Six Steps to Safer Fruits and Vegetables* handout.
- Explain to the group that what you are going to talk about is how to avoid getting sick from food borne illness. There are six basic steps they can take when buying, preparing, and storing fruits and vegetables to make sure they are safe and wholesome to eat.
- Review the "Check" step of the handout.
- Review the "Clean" step of the handout.
- Focus on proper hand washing technique:
 - Use a poster or mock hand washing demonstration to illustrate all steps in hand washing.
 - Suggest singing "Happy Birthday" while washing hands to make sure they've scrubbed for long enough.
- Review the remaining items under the "Clean" section of the handout.

Chocolate Syrup Germs (Activity 1)

- Explain all fresh produce needs to be rinsed in running water before using, even those where we do not eat the skins (melons, oranges, etc).
- Show group a fresh orange (or other fruit with an inedible peel). Tell them you can not see any germs but they are there.
- Invite participants to use their imaginations to help you tell the "story" of the fruit from the time it was on the vine/tree to the time they bought it and took it home. You can start the story off then let them call out what happened next.
- Pour chocolate syrup over orange each time it is handled and was contaminated during your story.
- Use a knife to cut open the orange. Show the group how the "germs" have gotten inside the fresh fruit.
- Review the "Separate" section of handout referring back to the chocolate syrup and how easily germs can be transferred.

Take Away Task

- Invite participants to share with the group or write down how they are going to change their habits when it comes to food preparation.

Two Hour Rule (Activity 2)

- Review the "Cook" section of the handout. Explain to participants that fruits and vegetables do not usually need to be cooked to be safe but meat and poultry do.
- Review the temperature "Danger Zone" and how this applies to fruits and vegetables (quickly cooling vegetable casseroles, cutting up leftover baked potatoes so they cool quickly).
- Explain that all fruits and vegetables need to be refrigerated or thrown out within two hours of being cut, peeled, or cooked. Opened canned fruits and vegetables must be refrigerated. Mention proper refrigerator temperature (below 40 °F).
- Have participants work in pairs or small groups. Distribute food models of fruits and vegetables to participants and have them sort the foods into categories: "Refrigerate," "Don't refrigerate," or "Don't know."
- Bring the group back together and review answers.

Take Away Task

- Ask participants what surprised them most about what they learned today. Are they going to make any changes as a result? What do they already do right?

Demonstrate a JSY Recipe

- Announce JSY allergy disclaimer.
- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.

Suggested Recipe Talking Points

- Select a recipe that uses a raw fruit and/or vegetable and review rinsing produce.
- Recommend wiping the tops of canned fruits and vegetables before opening.
- Mention that all cut fruits and vegetables need to be refrigerated.
- Review cooling and refrigerating leftover cooked fruits and vegetables.
- Ask participants if or how they might change this recipe at home for their families.

Closing

- Summarize key points in lesson.
- Ask participants, "What are your questions?"
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.