

# Food Safety 101

## Food Safety and Health Practices

### **Materials:**

- Glo Germ
- black light
- disposable cutting boards
- paring knives or plastic knives (one for each student)
- 1 plastic bowl for each group of 2-3 students

**Time: 15 minutes**

**Grade Level: 3-4**

### **Standards:**

**Standard 6** - Science in Personal and Environmental Perspectives.

- Understanding of personal health
- Understanding of risks and benefits
- Understanding of behavior of organisms
- Understanding of personal and community health.

### **Background:**

Food Safety ranks as the most important consumer issue relative to food, nutrition, and public health. With public safety scares such as spinach, dogfood, and peanut butter recalls young people and adults alike have food safety on their radar screen. Since the events of September 11 and subsequent anthrax attack, food safety and security issues have become even more of a concern for all Americans. Despite these concerns, behavioral assessments show that a significant number of consumers do not follow safe food handling procedures when preparing foods at home. This includes children and young adults, who are frequently shopping for and preparing their own food with minimal parental supervision.

### **Ahead of time:**

- Prepare a place on each cutting board for 3 large strawberries and ½ catalope or apple.
- Sprinkle some glo germ powder on the cutting board and/or plastic knife blade.

### **Procedure:**

1. Have students enter brightly lit lab area.
2. Instruct groups of 2-3 to go to a cutting board and begin to cut the fruit for a fruit salad.
3. Put the cut fruit into the fruit bowl.
4. Turn off the lights and use a black light to show the contamination of microorganisms on the fruit. This could happen if the cutting board were contaminated by use and not cleaning afterward or by the knife that could be unclean or by unclean hands.
5. Students may eat the fruit when they're finished.

### **Discussion:**

1. What do you think happened here?
2. How could it have been prevented?
3. How does this apply to your daily lives?
4. What is a food borne illness?
5. What are symptoms of a food borne illness?
6. How can we prevent food borne illness in most homes and restaurants?

