

## Presenter Guide

<h3>Lesson 5</h3> <h3>Food Safety</h3>	
<b>Objectives:</b> (Purpose of Lesson)	To provide a food safety guide with lessons and references covering basic guidelines for reducing foodborne illnesses.
<b>Materials:</b> (All items needed to present the lesson including participant handouts)	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be Food Safe: Four Easy Lessons in Safe Food Handling or Fight Bac from USDA and the Partnership for Food Safety Education;</li> <li><input type="checkbox"/> To Your Health Food Safety for Seniors-FDA, USDA, USDA-FSIS September 2006</li> <li><input type="checkbox"/> Storm Recovery Guide 2668A-F LSU AgCenter publication</li> <li><input type="checkbox"/> CD prepared with power points for the Louisiana Master Nutrition Session 5 Food Safety Unit</li> </ul>
<b>Background Information</b> (Supporting evidence, reading or viewing material)	<ul style="list-style-type: none"> <li>▪ FDA, FSIS, USDA, LSU AgCenter, CDC</li> <li>▪ Be Food Safe Partner's Toolkit USDA, FDA, CDC, &amp; Partnership for Food Safety Education</li> <li>▪ Food Safety for Older Adults-A need-to-know guide for those 65 years of age and older, USDA FSIS</li> <li>▪ Be Food Safe Activity Book, USDA, FSIS;</li> <li>▪ To Your Health Food Safety for Seniors-FDA, USDA, USDA-FSIS September 2006</li> <li>▪ Serving Food Safely – a food safety guide for food handlers working with food recovery agencies- LSU AgCenter/Southern University AgCenter/Mississippi State University Extension Service/ University of Arkansas Cooperative Extension Service</li> <li>▪ A Consumer's Guide to Food Safety-Severe Storms &amp; Hurricanes- USDA Food Safety and Inspection Service</li> </ul>
<b>Total time required</b>	4-6 hours minimum
<b>References</b>	See background information
<b>Lesson Guide Author</b>	FDA/FSIS/USDA/LSU AgCenter Presenter: Sally Soileau, PhD, Nutrition Extension Agent, LSU AgCenter

<b>Lesson Plan</b>		
<b>Desired Learning Outcomes</b>	<b>Instructor Activity</b>	<b>Student Activity</b>
Competency with regard to food safety lesson objectives	<p>Lesson/Fact Sheets/Activity Plans: PowerPoint covering topic on clean, chill, cook, separate; use of thermometers; senior food safety</p> <p>Documents listed as handouts will be provided to students, reviewed and discussed</p> <p>Labs:</p> <p>1. Petri dishes to observe/discuss bacteria photos; resource <i>Serving Food Safely-resource</i>, photos provided.</p> <p>2. Student Activity - Handwashing Lab: The <b>Glo Germ Kit</b> contains a bottle of liquid or gel, bottle of powder and an ultraviolet lamp. The liquid or gel and powder contain the plastic simulated germs, and the lamp illuminates them to test the effectiveness of handwashing practices. For handwashing training, <b>Glo Germ Liquid</b> is rubbed onto one's hands like lotion. For surface cleaning, dust <b>Glo Germ Powder</b> onto surfaces and generally throughout the entire area. Participants wash their hands. One's hands and the surfaces appear clean. The ultraviolet light, however, reveals a different story. The discovery of the remaining germs encourages more thorough/ effective cleaning.</p>	<p>A. Students view and discuss food safety PowerPoint presentation and review food safety documents included with lessons; resources include <i>Keep it Safe</i> USDA Partnership for Food Safety Education; <i>To Your Health Food Safety for Seniors; Is It Done Yet.</i></p> <p>B. Student lessons include interactive labs, fact sheets and learning activity as outlined.</p> <p>C. Visuals are provided with power points, literature and other materials. In addition, other resource materials may be made available for food safety review and future references as they become available from the sources listed in the references or other reliable sources.</p> <p>D. Students will listen, view visual aid/demonstration and/or lab experiences included in lesson plans for each interactive lab opportunity to reinforce learning experience with follows the prepared lessons.</p> <p>Student Lab 1: Petri dishes to</p>

	<p>3. Kitchen thermometers will be calibrated by students using in lab using the ice point method calibration technique. <i>Serving Food Safely</i> – resource.</p> <p>4. Students also will demonstrate thermometer skills in a lab by cooking beef ground meat patty to proper internal temperature using thermometer; resource <i>USDA Is it Done Yet?</i></p> <p>5. <i>Mystery Powders</i> food storage activity to identify 10 “mystery” white unidentified/unlabeled white powders and sharing “guesses” with the group; The <i>Mystery Powders</i> may include salt, sugar, cornstarch, flour, cake mix, baby powder, bath powder, a white cleanser, baking soda, baking powder. They may be in any order as long as the instructor has the key. Other white powders may be substituted. Handout provided in materials.</p>	<p>observe/discuss bacteria photos; resource <i>Serving Food Safely</i>, photos provided.</p> <p>Student Lab 2: Handwashing Lab with blacklight kit; handwashing challenge to emphasize importance of handwashing; may use <i>FNP Hooray for Handwashing</i> handout or other suitable documents.</p> <p>Student Lab 3: Kitchen thermometer Lesson includes ice point method; may use <i>Serving Food Safely</i> or other materials for resource for calibration.</p> <p>Student Lab 4: Properly cooking beef ground meat patty to proper internal temperature using thermometer; resource <i>USDA Is it Done Yet?</i></p> <p>Student Lab 5: <i>Mystery Powders Safe Food Storage Lesson</i> – mystery powers food storage activity to identify 10 “mystery” white unidentified/unlabeled white powders and sharing “guesses” with the group; 10 clear plastic numbered freezer bags have white powders that students are allowed</p>
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		to observe (not open or smell) and then try to identify; actual contents are compared to guesses and the importance of proper food storage labeling is emphasized; mystery powder activity sheet is supplied for this activity;
<b>Evaluation</b> Evaluation questions on food safety for exit exam will be included.	Test questions on food safety included in course exam. Recommend evaluation methods to assess the learning objective (such as facilitated classroom quiz/test, computer-based, open-book assessment, independent or group project).	E. Questions regarding food safety are included on the exit exam for the Master Nutrition Exam.