

Food Safety Savvy

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Audience: Teachers, Cooks & Administrators

Preparation Time

Activity 1: 5 min
 Activity 2: 5 min
 Activity 3: 5 min

Duration of Lesson

Introduction: 5 min
 Activity 1: 20 min
 Activity 2: 20 min
 Activity 3: 15 min
 Closing: 5 min

Handout

*Use Disposable
 Gloves Properly*

Goal

To keep children safe from food borne illness.


Participant Objectives

Participants will:

1. State when and how to properly wash hands and surfaces when preparing or serving food.
2. Describe two practices to avoid cross-contamination of foods.
3. Identify the temperature danger zone for the growth of bacteria.
4. Name two practices to keep food out of the temperature danger zone.



Points to Cover/Trainer's Notes

Points to Cover	Trainer's Notes
Risk of food borne illness	<p>Children are at greater risk of food borne illness due to their small body size and developing systems. They need less of a contaminated food to become seriously ill.</p> <p>Typically the first symptoms are nausea, vomiting, abdominal cramps and diarrhea. This is because the toxin enters the body through the stomach and GI tract. People may have a food borne illness and not know that contaminated food/beverages are the cause.</p>
Role of food service staff 	<p>Food service staff selects, prepares, and stores food. It is important that food service workers are not ill when preparing food. They should cover cuts with bandages and single use disposable gloves.</p> <p>All staff should follow hand washing guidelines. Cooks should wear a hair net and take off jewelry when cooking. Jewelry may cause accidents or spread bacteria if not properly cleaned.</p> <p>Clean and appropriate uniforms with no long sleeves that could dip into food should be worn. Per the NYS health code, there should be no bare hand contact with food that will not be cooked before being served. Single use disposable gloves should be worn or a barrier used (such as waxed paper) when handling ready-to-eat food.</p>

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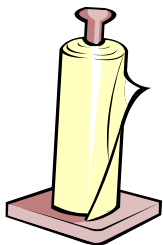
Potentially hazardous foods

Some types of foods pose more of a risk for causing food borne illness than others. High risk foods include animal products such as meat, poultry, fish, eggs and dairy.

Vegetables and other plant products may be hazardous after cooking, as cooking plant products convert's proteins and carbohydrate into a form more usable by microorganisms.

Cooking also adds moisture which is needed for bacteria to grow. For example, dry uncooked rice is not a potentially hazardous food, but cooked rice is.

Clean: Wash hands and surfaces often



- Hand washing – It is extremely important to wash hands when handling food. NYS DOH states that the use of hand sanitizers is not a replacement for hand washing. Wash hands whenever they are soiled and before beginning food preparation and putting on disposable gloves. Disposable gloves do not take the place of good hand washing.

Wash hands after arriving at work; using the restroom; eating, drinking or smoking; using the telephone; handling inventory; handling raw food; touching or scratching ears, mouth, nose or hair; coughing or sneezing; cleaning tables or washing dirty dishes; handling garbage; touching dirty aprons or using cleaning chemicals.

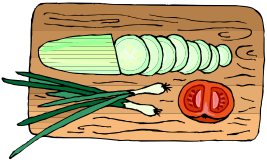

How to wash hands:

- Use running water at about 100°F and liquid soap.
 - Lather hands and exposed arms.
 - Rub hands together for at least 20 seconds. (Sing “Happy Birthday to You” all the way through *twice*.)
 - Wash hands thoroughly, paying close attention to fingernails.
 - Rinse in clean running water. Turn off faucet with the paper towels in your hand.
 - Dry hands using a paper towel or air dryer, not a cloth or apron.
- Washing surfaces – Bacteria need moisture, food particles, and temperature in order to survive and multiply. Wiping cloths can provide the perfect environment for breeding bacteria. Start off each day with a clean and dry wiping cloth. The NYS health code requires that separate wiping cloths be used for food contact and non-food contact surfaces and to be used only for this purpose. All moist wiping cloths must be stored in a sanitizing solution between uses.

For proper cleaning, all surfaces (counters, cutting boards, etc) should be washed, rinsed, and then sanitized. Thermometers

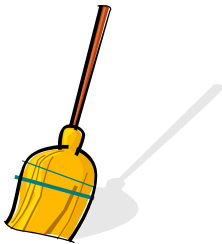
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<p>Clean: Wash hands and surfaces often (continued)</p>	<p>should be cleaned and sanitized between uses. Bleach can be used to prepare a sanitizing solution. NYS health code calls for a 50 PPM solution (1 Tbsp. unscented household bleach in 1 gallon of water).</p>
<p>Separate: Don't Cross-contaminate</p> 	<p>Definition – Cross-contamination occurs when bacteria are transferred from one surface or food to another.</p> <ul style="list-style-type: none"> • Refrigerator – Separate raw meat, poultry, and fish from fruits and vegetables. Be sure to store raw meat on the bottom shelf so that meat juices can not contaminate other foods. • Cutting boards – Always wash cutting boards and utensils with hot soapy water after use. NYS DOH recommends using different colored cutting boards for different types of food, such as green for fresh fruits and vegetables and red for raw meats and poultry. This will help to eliminate accidents caused by forgetting to clean a cutting board which may result in cross-contamination. NYS DOH also states that there is no difference in regard to bacterial growth between using a plastic cutting board and a wooden cutting board. Never place cooked food on a surface which previously held raw meat or seafood. • Sink – Do not wash raw poultry in the sink. Contaminants could get onto other foods put in the sink. Instead, use a paper towel to remove any surface moisture. Discard the paper towel after use and wash your hands.
<p>Cook: Cook to proper temperatures</p>	<ul style="list-style-type: none"> • Cook meat, fish and poultry to the proper temperatures. Use a thermometer to check the internal temperature. It is the only reliable way to determine that food is properly cooked. • Keep hot food hot. Avoid the “Danger Zone” of 41°F – 140°F where bacteria multiply rapidly. Use only hot-holding equipment that can keep foods at 140°F or higher. Measure the internal temperature of food every hour. • Discard food that has been in the danger zone for more than 1 hour. • Reheat previously cooked foods to 165° F.
<p>Chill: Refrigerate promptly</p> 	<ul style="list-style-type: none"> • Keep cold food cold. Use thermometers to check that the temperature of cold food is 40°F or lower. • Rapidly cool food that has been cooked prior to service. Divide food that needs to be cooled into uncovered 2 inch shallow pans. Do not stack pans until the food is cold. NYS health code requires food to be cooled to 70°F within 2 hours and to 45°F within an additional 4 hours for a total cooling time of 6 hours.

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<p>Chill: Refrigerate promptly (continued)</p>	<ul style="list-style-type: none"> Defrost frozen food in the refrigerator, not at room temperature.
<p>Keeping classrooms food safety savvy</p> 	<p>When transporting food to classrooms, use containers with covers or cover food with wrap or foil to prevent debris from falling into food.</p> <p>Assure that the classrooms have the necessary equipment for a safe mealtime environment:</p> <ul style="list-style-type: none"> Supply of clean dry cloths or paper towels to wipe up spills immediately during the meal service. Available brooms, mops, paper towels, sanitizing solution to clean tables, chairs, floor after mealtime. Child-size pitchers, bowls and serving utensils. Children are less likely to contaminate food if they can easily handle dishware and utensils. Additional items should be supplied to replace any serving utensils accidentally contaminated during the meal service. <p>Serve food as soon as it is delivered to the classroom. Letting the food stand gives it time to enter the temperature “danger zone” where bacteria grow.</p> <p>REMEMBER: Any food that has been sent to the classroom must be discarded at the end of the meal. This includes milk that was sent to the classroom and not consumed. No food that was served at one meal can be brought back to the kitchen for later use.</p>

Activities

Activity 1: Are Your Hands *Really* Clean?

Activity 2: Calibrating Thermometers

Activity 3: Developing a Food Safety Savvy Action Plan – Clean, Separate, Cook, Chill

Closing

1. Review participant objectives.
2. Discuss the next class.

References

Building Mealtime Environments & Relationships

NYS Department of Health – State Sanitary Code Subpart 14-1

Serving It Safe



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Activity 1: Are Your Hands Really Clean?

Preparation Time: 5 min

Activity Time: 20 min

Supplies

fluorescent Glo Germ gel
copies of *Use Disposable Gloves Properly*
handout

Equipment

Glo-Box black light



Preparation Prior to Class

1. Photocopy appropriate number of handouts.
2. Set up the Glo-Box black light.
3. Review steps in the Glo Germ demonstration process.

Implementation

1. Explain the importance of sanitation and good food safety practices, especially when feeding children. (See: Risk of food borne illness*)
2. Discuss the role that the child care center staff play in preventing food borne illness. (See: Role of food service staff)
3. Ask for four volunteers to participate in the Glo Germ demonstration.
4. Direct the volunteers to rub their hands with the Glo Germ gel.
5. Ask one volunteer not to wash her hands at all. Direct one volunteer to quickly rinse her hands under running water without using soap. Have another volunteer wash her hands as she typically does. Instruct the last volunteer to wash her hands using proper hand washing steps for at least 20 seconds. (See: Clean: Wash hands and surfaces often)
6. Direct the participants to hold their hands in the Glo-Box.
7. Discuss with the group the differences between the volunteers' results.
8. Pass out the *Use Disposable Gloves Properly* handout.
9. Review proper hand washing steps and the appropriate use of disposable gloves referring to the handout. (See: Clean: Wash hands and surfaces often)
10. Discuss when it is appropriate to wash hands while working at the child care center. (See: Clean: Wash hands and surfaces often)

Additional Discussion during the Activity

Emphasize that in addition to keeping hands clean, it is also important to keep surfaces clean. Wash hands after using cleaning and sanitizing chemicals. (See: Clean: Wash hands and surfaces often)

Adapted from Serving It Safe

* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

Use Disposable Gloves Properly



- ✓ Wash hands before and after use of disposable gloves.
- ✓ Wear gloves when preparing and serving ready-to-eat foods such as fresh fruits and vegetables, sandwiches, and salads.
- ✓ Change gloves frequently and between tasks.
- ✓ Never handle money and food while wearing the same gloves.
- ✓ Change gloves after sneezing, wiping nose, touching hair, or other contact with germs.
- ✓ Never re-use gloves.
- ✓ Dispose of soiled gloves after use.

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Activity 2: Calibrating Thermometers

Preparation Time: 5 min

Activity Time: 20 min

Supplies

glasses of crushed ice
pitcher of water
sanitizing solution and paper towels
or sanitizing wipes

Equipment

dial or digital thermometers, including a
PDT digital thermometer, for each pair of
participants
thermometer wrenches



Preparation Prior to Class

1. Review procedures for calibrating the PDT 300 digital thermometer, checking the internal temperature of food and sanitizing thermometers.
2. Set out a thermometer, glass of crushed ice, pitcher of water and sanitizing wipes to use for the demonstration.
3. Ask participants to bring all thermometers used at the child care center to the class.

Implementation

1. Review the definition of potentially hazardous foods. (See: Potentially hazardous foods*)
2. Explain the temperature “danger zone” and why it is important to keep hot food hot and cold food cold. (See: Cook: Cook to proper temperature, Chill: Refrigerate Promptly)
3. Review directions for checking the internal temperature of food using the PDT 300 digital thermometer as well as all types of thermometers being used at the child care center.
4. Explain that thermometers should be calibrated every day and whenever they are dropped to assure that they are accurate.
5. If participants use dial thermometers, demonstrate the ice-point method for calibration. Perform the following procedure, explaining each step:
 - Fill a glass with crushed ice and add water until it is full to create a slush ice solution.
 - Place the thermometer in the center of the glass, not touching the sides or the bottom.
 - Agitate the glass to distribute the ice. Check the indicator on the thermometer and wait until it stops.
 - The temperature should register 32°F. If it doesn't, adjust the calibration nut by holding it with pliers or a wrench and turning the face of the thermometer to read 32°F.

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Activity 2: Calibrating Thermometers

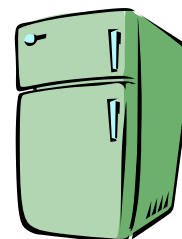
Preparation Time: 5 min

Activity Time: 20 min

6. Tell participants that now you will be demonstrating how to calibrate digital thermometers including the PDT 300 digital thermometer.
 - Fill a glass with crushed ice and add water until it is full. Digital thermometers such as the PDT 300 digital can only be calibrated in a slush ice solution or a water bath. Do not calibrate it in any other manner.
 - Immerse the stem of the thermometer to at least $\frac{1}{2}$ its length in the slush ice solution.
 - Wait for the reading to become stable within one or two degrees.
 - Press and hold the D-H button for 8 seconds to begin calibration.
 - CAL will be displayed for two seconds and calibration at 32°F is completed.
 - NOTE: CAL will display at any time the D-H key is pressed for 8 seconds, but the thermometer will not be recalibrated unless the tip is inserted in ice water.
7. Distribute sanitizing wipes or sanitizing solution and paper towels, thermometer wrenches and a PDT 300 digital thermometer to each pair of participants.
8. Distribute glasses of slush ice solution to participants and have them practice calibrating both their center thermometers and the PDT 300 digital.
9. Ask participants if they found the PDT 300 digital thermometer easier to calibrate than the thermometer their center is currently using.
10. While participants are practicing, explain that thermometers should be stored in sanitizing solution and sanitized between uses with wipes or a solution and paper towels (See: Separate: Don't cross-contaminate). Review how to make a sanitizing solution (See: Clean: Wash hands and surfaces often).
11. Follow up with a discussion of when they should check the temperature of food throughout the day at the child care center.
12. Ask the group to state the temperature “danger zone” and to name one time when the temperature of a food should be checked.

Additional Discussion during the Activity

- Discuss procedures for quickly chilling food that has been prepared in advance of service. (See: Chill: Refrigerate Promptly)
- Discuss how to defrost food. (See: Chill: Refrigerate Promptly)
- Discuss importance of serving food as soon as it is delivered to the classroom. (See: Keeping classrooms food safety savvy)



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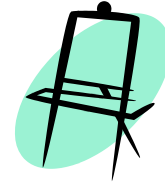
Activity 3: Developing a Food Safety Savvy Action Plan – Clean, Separate, Cook, Chill

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel
easel pad
markers



Preparation Prior to Class

Assemble the easel and place a pad on the easel.

Implementation

1. Begin by reviewing the four basic food safety practices that will decrease the risk of food borne illness listed in the trainer's notes: Clean, Separate, Cook, Chill.
2. Introduce the purpose of the brainstorm, which is to share practices that would improve food safety in the child care center.
3. Review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others
 - It is okay to build on someone else's idea
 - Yell out your ideas
 - We will discuss ideas later
4. Record participant responses to icebreaker and brainstorming questions on the Post-it pad.
5. Start with an icebreaker: What steps does food go through as it travels from kitchen to classroom at the child care center?
6. Then, move into the brainstorming questions. Use prompts, if necessary, to move conversation along:
7. What daily routines could you practice in the kitchen to help improve food safety?
 - Wash hands frequently.
 - Do not wear jewelry when preparing food.
 - Use disposable gloves for contact with ready-to-eat food.
 - Keep hair covered when preparing food.
 - Rinse all produce.
 - Use separate cutting boards for produce and meat/fish/poultry.
 - Chill food quickly by separating into small batches in shallow pans.
 - Use a thermometer to check the internal temperature of potentially hazardous food.
 - Clean and sanitize all surfaces regularly.
8. What can staff do to keep food safe in the classroom?
 - Put food in covered containers or cover with wrap when transporting it to the classroom.

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Activity 3: Developing a Food Safety Savvy Action Plan – Clean, Separate, Cook, Chill

Preparation Time: 5 min

Activity Time: 15 min

- Serve food immediately when it is delivered to the classroom.
 - Stock classrooms with cleaning supplies for spills during mealtime.
 - Stock classrooms with additional utensils, serving bowls, and dishware to replace any that may become contaminated during mealtime
 - Discard all leftover food, including milk, that has been delivered to the classroom.
9. What can teachers have children do to keep food safe in the classroom?
- Have children wash their hands.
 - For family-style meals, teach children how to serve themselves without contaminating serving dishes and/or utensils.
 - Use child size plates and utensils to make contamination less likely.
10. After the brainstorming is over, ask each participant to name one change they can make in their daily routine to improve food safety in the child care center.

