

Food Safety



Learning in the Kitchen

Acknowledgements

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The NWT Literacy Council is a territorial non-profit group that promotes and supports literacy in all official language of the NWT. Our program areas include Indigenous languages, family literacy, adult literacy and essential skills, youth literacy, and plain language.

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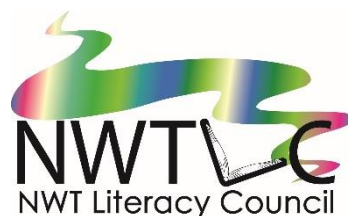
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Overview

This is one of seven modules of *Learning in the Kitchen*.

- Kitchen Safety
- Food Safety
- Nutrition for Health
- Importance of Food
- Reading Food Labels
- Smart Shopper
- Nutrition Games

This module has seven activities. If you do them all it will probably take two sessions. Do some activities before you start cooking and then complete them after, or do them all at once. There is an answer key at the end of the module.

Learning outcomes

At the end of these activities, participants should be able to:

- Define food safety vocabulary.
- Give examples of how we get food borne illnesses.
- Explain the importance of proper food handling.

Embedded literacy activities

- Building vocabulary
- Reading
- Categorizing and matching

Key understandings

- Four key ways to prevent food-borne illnesses: clean, separate, cook, chill.
- Different foods have different levels of risk of contamination.
- Proper food handling to reduce risk of food-borne illnesses—from when we buy food to when we eat it.

How to run your *Learning in the Kitchen* session

- Choose three recipes for this session from *Great Food for Northern Cooks* or ask participants find healthy recipes.
- Choose a main meal, soup or salad, and a dessert or muffin.
- Shop for the ingredients before the session.
- Give the recipes to participants to follow along with.
- Review how to measure ingredients before you start cooking. *Great Food for Northern Cooks* has a great overview of measuring.
- Invite participants to work together to make the recipes.
- Make enough so everyone can take some home for supper.
- Buy containers for participants to take food home in.
- Make a snack for everyone to enjoy at the program.

Videos

All the videos for this module are on your USB drive. If you have a small group, show the videos right on a computer or laptop. If you have a large group, use a projector if one is available.

Activities

Activity 1: Videos (no handout)

Watch one or more videos to introduce the topic and concepts. They are all on the USB drive.

- Food Safety at Home—Info for First Nations
<https://www.youtube.com/watch?v=l5ckZytDpKE&list=PLB5B2FEFE6E5FDD64>
- How to Be Food Safe Canada
<http://www.youtube.com/watch?v=sf7ic4Lhmv8>

Brainstorm these questions:

- What does it mean to be food safe?
- What are the key safe food handling practices?
- Why is it important to be safe when handling food?
- Have you ever had a problem with “unsafe” food?

Activity 2: High-risk and Low-risk Foods (1 handout)

As a group, read the definitions in the handout for high-risk and low-risk foods.

Ask participants to work in pairs.

Ask each pair to cut out the images in the handout and put them in the correct column: low-risk foods or high-risk foods.

Discuss the reasons they chose high-risk or low-risk.



Activity 3: Food Safety Scenarios (1 handout)

The handout describes three situations about food safety.

Ask participants to work in pairs—to read each situation and write down what the food safety issue is.

Discuss their answers as a group.

Activity 4: How Long Can I Keep This? (1 handout)

Cut out the pictures on the following page—different meat, poultry, and fish.

Before you give participants the handout, show them each of the pictures and ask these questions:

- How long do you think you can keep this raw meat / poultry / fish in the fridge?
- How does that change if the meat / poultry / fish is frozen?
- How does that change if the meat / poultry / fish is cooked?

Write down their answers on flipchart paper.

Then give them the handout and ask them to answer the questions.



Activity 5: Matching Columns (1 handout)

Ask participants to match the picture / word in the left column to the definition or phrase in the right column that fits best.

Discuss the answers.

Activity 6: Food Safety Fun (1 handout)

Ask participants do the three activities on the handout.

Discuss the answers.

Activity 7: Food Safety Bingo (1 handout)

Use the words / phrases on the following page to play bingo. Write them down on a flipchart page.

1. Give each participant a blank bingo card. The handout section has blank cards with 25 spaces, 16 spaces, and nine spaces. Choose the size appropriate for the group.
2. Ask each participant to fill in the blanks of the bingo card with words from the list, in random order.
3. Decide if the bingo is one line, four corners, blackout, etc. Play more than once.
4. Call out the words. As you do this, ask participants to say what each word means for food safety, or explain it yourself.
 - Example: wash hands—Important to wash hands with hot soapy water for 20 seconds before and after you handle food to help prevent bacteria spreading.

Words and phrases for food safety bingo

Add to the list if you want.

perishable	cutting board	wash hands	separate
defrost	thermometer	cross-contamination	discard
two hours	bacteria	chill	food-borne illness
high-risk foods	low-risk foods	safe cooking temperature	unsafe food handling
clean	cook		

Handouts

Activity 2: High-risk and Low-risk Foods

Work with a partner.

Cut out the photos on the following two pages.

Place each one in the correct column: high-risk foods or low-risk foods.
It's okay to guess.

Discuss your answers.

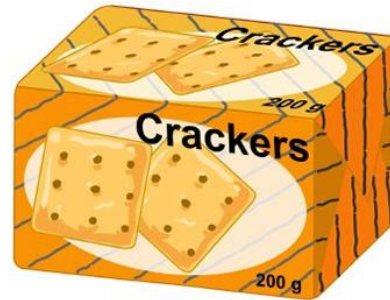
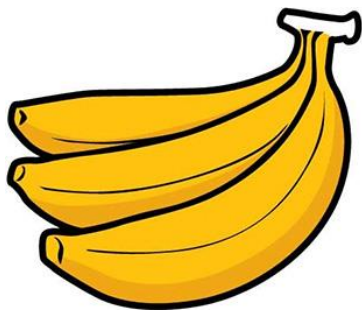
Did you know?

All foods can cause food-borne illness.

High-risk foods are foods that can easily support the growth of harmful bacteria. We usually keep high-risk foods in the fridge or freezer.

Low-risk foods do not need refrigeration until we open the package. Or they may not need refrigeration at all. These foods tend to contain lots of sugar, salt, or acid, and not too much water.

Foods can get contaminated during production, processing, or packing.





High-risk foods	Low-risk foods

Activity 3: Food Safety Scenarios

Work with a partner. Read each scenario and write down the food safety issues. Discuss your answers.

Scenario 1

Lisa is making caribou stew for a community feast. She forgot to take the caribou out of the freezer and she needs to thaw it by 3:00 pm. She takes it out of the freezer and leaves it on the counter to thaw.

When it is thawed she washes her hands and then cuts the meat into bite-sized chunks to cook. She also needs to cut up vegetables. She uses the same cutting board to cut up carrots, onions, and celery. She browns the meat and then adds her vegetables. She adds water and simmers for two hours.



Food safety issues

Scenario 2

Tim goes to the grocery store to do the shopping for the week for his family. He buys a variety of foods: chicken, ground beef, fruit, vegetables, and other things.

When he packs his grocery bag, he puts all the fruit in the bag with the chicken. When he gets home, he notices that the football game is on. He decides to watch the game before he puts the food away.

When he finally gets around to putting the food away, he leaves out the chicken for supper that night.

**Food safety issues**

Scenario 3

Shane made chicken soup for supper. There is a lot left over for lunch tomorrow. He doesn't have room in the fridge to store the soup, so he leaves it on the stove for tomorrow.

The next day, he reheats the soup. He makes sure it boils before he and his family eat it for lunch.

**Food safety issues**

Activity 4: How Long Can I Keep This?

Use the information in the table on the following two pages to answer these questions.

1. How long can you keep fresh chicken in the fridge?

2. How long can you keep fresh fish in the freezer?


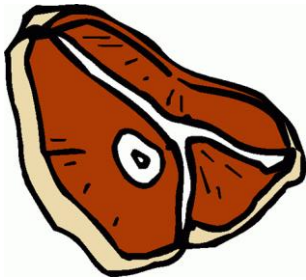
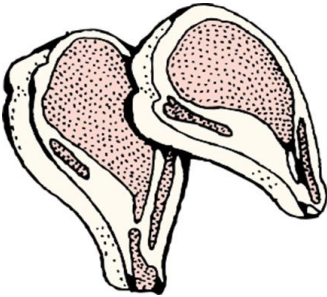

3. How long can you keep ground beef in the fridge?




4. What three meats can you keep in the fridge for 3 to 5 days?

5. How long can you keep seafood in the freezer?

6. What meat or seafood lasts longest in the fridge?






How long can I keep this?

Meat / fish / poultry	Fridge	Freezer
<p>Ground: beef, veal, pork, lamb, turkey</p> 	1 to 2 days	3 to 4 months
<p>Steaks</p> 	3 to 5 days	6 to 12 months
<p>Chops</p> 	3 to 5 days	4 to 6 months
<p>Roasts</p> 	3 to 5 days	4 to 12 months

Meat / fish / poultry	Fridge	Freezer
Poultry: chicken, turkey, duck 	1 to 2 days	1 year
Fish 	1 to 2 days	2 to 3 months
Shrimp or scallops 	1 to 2 days	3 to 6 months

Activity 5: Matching the Columns

Match the picture / word with the definition. Write the number of the picture beside the definition that fits best. The first one is done.

Words		Definitions
<div>1</div> bacteria		<div>6</div> This surface should be cleaned immediately after you use it with raw poultry.
<div>2</div> food-borne illness		<div></div> Put meats in the fridge before this is past.
<div>3</div> perishable foods		<div></div> Do this when in doubt, if you don't know if food is safe or not.
<div>4</div> eating utensils		<div></div> The best way to test how well meat is cooked.
<div>5</div> throw away		<div></div> Important to do this when you put food in the fridge.

Words	Definitions
<p>6</p>  <p>cutting board</p>	<p>A person may get this when bacteria build up on food and they eat that food.</p>
<p>7</p> <p>two hours of time</p> 	<p>This is found on the surface of some food; you can't see it.</p>
<p>8</p> <p>food thermometer</p> 	<p>You must eat these foods fresh or keep them cold.</p>
<p>9</p> <p>separate</p> 	<p>To change from frozen to unfrozen.</p>
<p>10</p> <p>thaw, defrost</p> 	<p>Knives, forks, and spoons.</p>

Activity 6: Food Safety Fun**Part A: Scrambled Words**

Unscramble these words.

siwhang snadh	
erefze	
dofo rhmetreomet	
gfeirroater	
frdeost	
iaactber	
hsapeeribl	








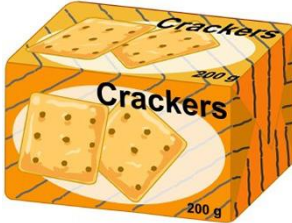
Part B: Food Safety Mistakes

Find six food safety mistakes in this picture and list them.



Part C: Food Storage

Check where to store each item. Discuss your answers.

Item	Storage	Item	Storage
bag of potatoes 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	bananas 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
cereal 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	ice cream 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
mayo opened 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	milk 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
cans of tuna 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	box of crackers 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer

Item	Storage	Item	Storage
flour 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	tub of yogurt 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
apples and oranges 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	bag of carrots 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
fresh, raw fish 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	bag of onions 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
eggs 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	frozen mixed veg 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer

Item	Storage	Item	Storage
can of beans 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	raw ground beef 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
lettuce, cabbage 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	bacon 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
cheese 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	broccoli, celery 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer
bread 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer	frozen chicken 	<input type="checkbox"/> cupboard <input type="checkbox"/> fridge <input type="checkbox"/> freezer

Part D: Food safety crossword

Use these clues to complete the crossword on the following page.

Across		Down	
6	Keep cold food cold and hot food _____	1	To wash hands use warm water and _____
7	An ice _____ keeps your lunch cold	2	Raw meat should _____ touch fruit
8	Wash your hands before you _____	3	Germ is another word for _____
9	Bacteria grow rapidly in the danger _____ (rhymes with cone)	4	Use a meat _____ to check the temperature
11	You should keep milk, eggs, and yogurt in the _____	5	You can see bacteria: true or false
12	Slice veggies on a clean cutting _____	10	Wash both of these for 20 seconds to kill germs.
13	Keep food _____ in the fridge.		
14	Bacteria begin to grow on perishable foods within _____ hours if not refrigerated.		
15	Don't leave food out for more than two _____		

Food Safety Crossword

[illegible]

Activity 7: Food Safety Bingo

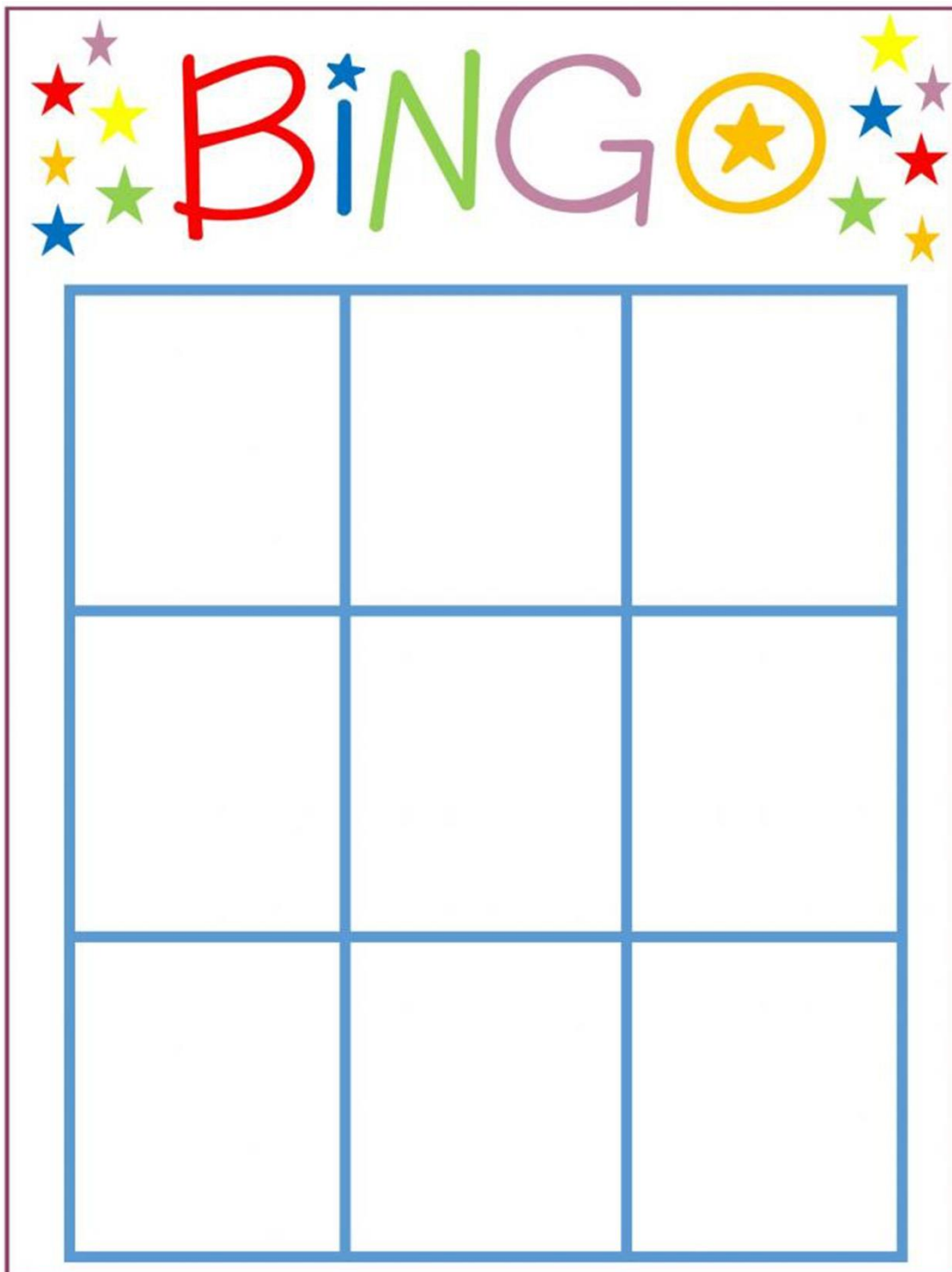
Choose one of the blank bingo cards: 24 spaces (one free spot), 16 spaces, or nine spaces.

Fill in the bingo card with the words your instructor gives you. Write the words in random order.

B I N G O

		★		

BINGO



Answer Key

Activity 2: High-risk and low-risk foods

High-risk foods	Low-risk foods
 <p>(when open)</p>	 <p>(except when open)</p>

Activity 3: Food Safety Scenarios

Scenario 1

- Defrost in fridge, cold water, or microwave
- Cut veggies on a different cutting board than meat

Scenario 2

- Separate food at the grocery store—meat in one bag and fruit and veggies in a separate bag.
- Put away perishable food within two hours of getting home.
Leaving perishable food out can cause bacteria problems.
- Do not leave the chicken out. Put it in the fridge until it is time to cook it.







Scenario 3



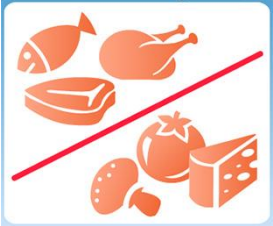

- Always store leftovers in the fridge.

Activity 4: How Long Can I Keep This?

1. Fresh chicken in the fridge: 1 to 2 days
2. Fish in the freezer: 2 to 3 months
3. Ground beef in the fridge: 1 to 2 days
4. Meats in the fridge for 3 to 5 days: steaks, chops, roasts
5. Seafood in the freezer: 3 to 6 months
6. Meat that lasts the longest in the fridge: chicken or turkey

Activity 5: Matching the Columns

Words	Definitions
<p>1</p> <p>bacteria</p> 	<p>6</p> <p>Clean this right away after you use it for poultry or meat.</p>
<p>2</p> <p>food-borne illness</p> 	<p>7</p> <p>Put meat in the fridge before this is past.</p>
<p>3</p> <p>perishable</p> 	<p>5</p> <p>Do this when in doubt, if you don't know if food is safe or not.</p>
<p>4</p> <p>eating utensils</p> 	<p>8</p> <p>The best way to test how well meat is cooked.</p>
<p>5</p> <p>throw away</p> 	<p>9</p> <p>Important to do this when you put food in the fridge.</p>
<p>6</p> <p>cutting board</p> 	<p>2</p> <p>A person may get this when bacteria build up on food and they eat that food.</p>

Words	Definitions
<p>7</p> <p>two hours of time</p> 	<p>1</p> <p>This is found on the surface of some food; you can't see it.</p>
<p>8</p> <p>meat thermometer</p> 	<p>3</p> <p>You must eat these foods fresh or keep them cold.</p>
<p>9</p> <p>separate</p> 	<p>10</p> <p>To change from frozen to unfrozen.</p>
<p>10</p> <p>thaw, defrost</p> 	<p>4</p> <p>Knives, forks, and spoons.</p>

Activity 6: Food Safety Fun**Part A: Scrambled words**

siwhang snadh	washing hands
erefze	freeze
dofo rhmetreomet	food thermometer
gfeirroater	refrigerator
frdeost	defrost
iaactber	bacteria
hsapeeribl	perishable

Part B: Food safety mistakes

Six food safety mistakes

- Mayonnaise in the cupboard (not fridge) with the lid off
- Backpack on the counter
- Cat on the counter
- Milk not in the fridge (and on the floor)
- Sandwich on the floor
- Hotdogs in the cupboard, not in fridge



Part C: Food Storage

Check where to store each item. Discuss your answers.

Item	Storage	Item	Storage
bag of potatoes	cupboard	bananas	cupboard
cereal	cupboard	ice cream	freezer
mayo opened	fridge	milk	fridge
cans of tuna	cupboard	box of crackers	cupboard
flour	cupboard	tub of yogurt	fridge
apples and oranges	cupboard	bag of carrots	fridge
fresh, raw fish	fridge	bag of onions	cupboard
eggs	fridge	frozen mixed veg	freezer
can of beans	cupboard	raw ground beef	fridge
lettuce, cabbage	fridge	bacon	fridge
cheese	fridge	broccoli, celery	fridge
bread	cupboard	frozen chicken	freezer

[illegible]