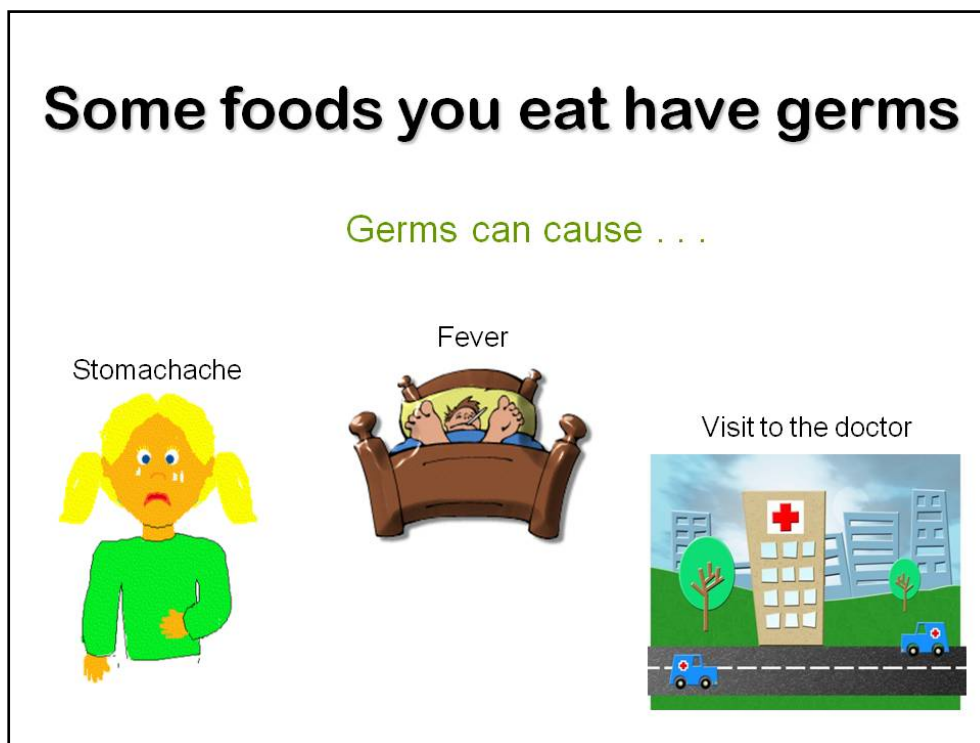


Slide 1

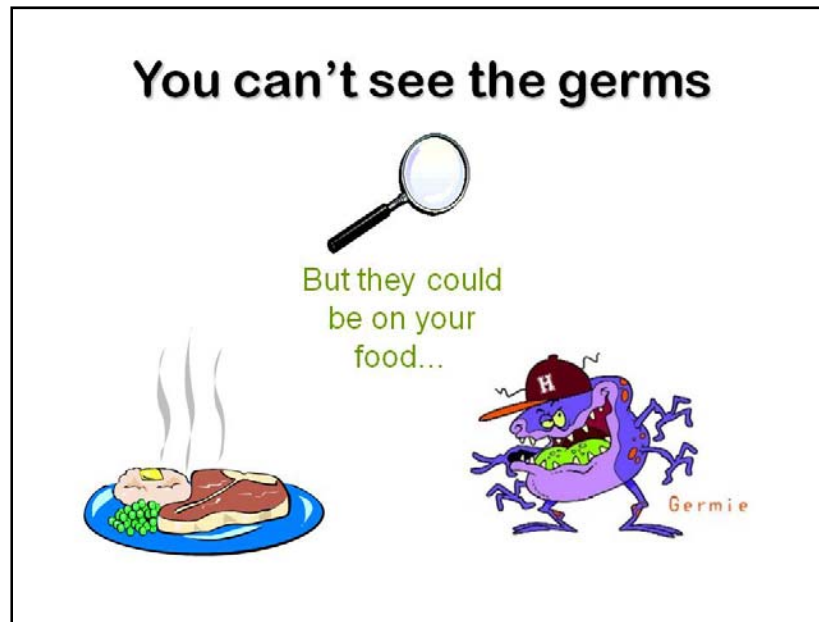


Slide 2



- Have you ever gotten sick from food you have eaten?  
Some of the foods we eat contain germs that can make us sick. You may get a stomachache, fever, diarrhea, vomiting and may even need to go to the doctor.

### Slide 3



You cannot see the germs but they could be on your food. There are some things you can do keep germs from getting on your food.

- Do you know any ways to protect your food from germs? (Prompt answers as needed.)
  - Keep food in the refrigerator
  - Cook food
  - Wash fruits and vegetables
  - Wash your hands

### Slide 4

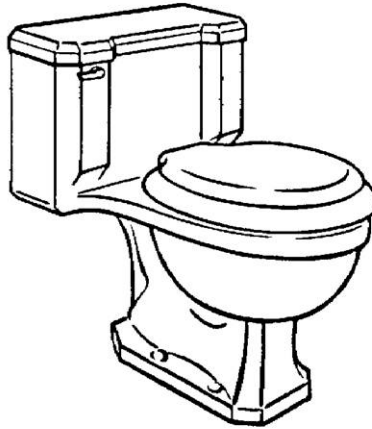


Protect yourself by washing your hands often. When we wash our hands with soap and hot water, germs will run from us (it kills the germs).

If our hands are free of germs they cannot get onto the foods we eat.

Slide 5

**Wash your hands after going to the bathroom**



- When should you wash your hands?

If ever in doubt, always wash. Especially wash when you use the bathroom.

Slide 6

**Also, wash your hands....**



Before you cook



After you sneeze



After you cough

You should always wash your hands when you're planning on touching any food, when you sneeze, or cough. Also wash when you handle any trash or pet animals.

Slide 7

## Protect Yourself From Germs



Cook meat to well done to kill the germs

The illustration shows a chef in a light blue shirt and a yellow apron, focused on cooking. He is standing behind a grill with several patties of meat. One patty is being flipped with a spatula. To the right, a tray holds more cooked patties. The background is a simple light orange circle behind the chef's head.

The next thing you can do to protect yourself from food germs is to cook meat like hamburger, chicken, or fish to well done to kill any germs.

Meat that is well done is much safer for you to eat.

Slide 8



## Keep Cold Foods Cold

The illustration shows a top-freezer refrigerator with both doors open. The interior is filled with various food items: milk, eggs, vegetables, and meat. Two circular callouts with arrows point to the temperature gauges on the inside of the left and right doors, highlighting the importance of maintaining the correct temperature.

Germs will grow on your food if the temperature is not cold enough. Put food away as soon as you get home from shopping. You should also put food in the fridge after you eat instead of leaving it on the counter.

- What foods should be stored in the refrigerator? (Prompt answers as needed.)
  - Fruit
  - Vegetables
  - Meat
  - Milk
  - Yogurt
  - Eggs

Slide 9



It is important to keep hot foods hot. Cooking food can kill germs on the food.

- What foods should be cooked before eating? (Prompt answers as needed.)
  - Hot dogs
  - Chicken nuggets
  - Lasagna
  - Hamburger

Slide 10



Keep your raw food separate from cooked food items to keep from spreading germs.

- What are raw foods?
  - Foods that have not been cooked yet.

Slide 11



Don't use the same knife on raw foods and cooked food.

- Why should we always use clean dishes?
  - So germs don't get on your food

Slide 12



Why should you not eat off another person's plate? Sharing your germs can make others sick.

Slide 13

## When Grocery Shopping....



Don't buy damaged cans



Check eggs for cracks



When you are grocery shopping do not buy any damaged products like cans that are dented, bulging or rusted. If you are buying eggs make sure they have no cracks.

Slide 14

## Check for Expiration Dates



Check all items for expiration dates, if the date has passed do not buy or eat that food. Food that has passed the expiration date is likely to have germs that could make you sick.

## What Can I Do?



Wash your hands before eating.

- What change can you make because of what you learned today?  
Wash your hands before eating.
- Why should we wash our hands before we eat?

# Food Safety BINGO Activity

**Directions:** During the presentation we will discuss these pictures, so when you see them place a bingo piece over the picture. You need to have 5 pictures in a row to win!!!