



# A H E A L T H Y H O U S E

## ***You Can Prevent Food Poisoning!***

The food you eat can make you sick. Many people go to the hospital each year because they get food poisoning. Learn what you can do to prevent food poisoning.

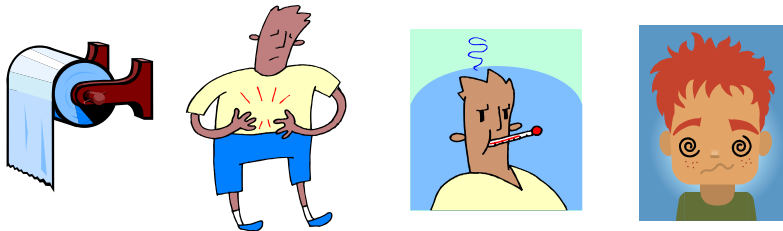
### **When can food become contaminated?**

Food can become contaminated at any time. It can happen when we grow, harvest, process, store, or prepare food. Here are a few examples of how and when food can become contaminated:

- The water we use to grow fruits and vegetables is contaminated with human or animal feces (stool).
- A sick person touches or handles fruits and vegetables with dirty hands.
- The meat you eat was touched with animal or human feces (stool) as the animal is slaughtered (killed).

### **How will you know if you ate contaminated food?**

You may have some of these symptoms.



Diarrhea   Stomach cramps   Fever   Nausea/Vomiting

### **How can you prevent food poisoning?**

These are some tips you can follow:

#### **When Shopping and Storing your Groceries**

- Add cold items to your shopping cart at the end of your shopping trip. Cold items like meat, poultry, seafood, eggs, milk, and cheese need to stay cold. Keep them cold so bacteria will not grow and contaminate the food.
- Put meats in a plastic bag so they don't touch other foods in your shopping cart.
- Put cold food in the refrigerator as soon as you come home from the store. Make sure you:
  - ✓ Put your meat, milk, and fruits on a shelf, not on the inside of the refrigerator door.
  - ✓ Keep eggs in their carton on a refrigerator shelf.
  - ✓ Separate meat from the other food in your refrigerator. This way the juices from the meat will not contaminate your fruits and vegetables.

F.Y.I.

### **Vocabulary**

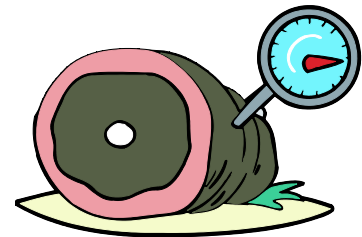
- Contaminate
- Food Poisoning
- Poultry
- Prevent
- Raw

### **See your doctor right away if you have any of these symptoms:**

- high fever (over 101.5°F)
- vomit and cannot keep any liquids down
- diarrhea that lasts more than 3 days
- you are very thirsty (dehydrated)
- you see blood in your stool
- you feel like you are out of breath or can't breathe
- you feel confused or you find it hard to think

## When Cooking

- Wash your hands with soap and warm water before preparing any food. Wash your hands after you touch raw meat.
- Do not prepare food for others if you are sick.
- Be careful not to contaminate your fresh food with bacteria from the raw meat. Bacteria can get into your food from:
  - ✓ Your hands or clothes dirty with juices from raw meats.
  - ✓ The utensils, cutting board, and plates you used with the raw meat.
- Try to use two cutting boards. One for raw meats and one for fruits, vegetables, and other fresh food. Never put fruits and vegetables on the same plate with raw meat.
- Defrost frozen food by leaving it in the refrigerator. You can also thaw food in the microwave or in cold water. If you use cold water, put the food in a sealed plastic bag first.
- Rinse fresh fruits and vegetables in running tap water to get rid of the dirt.
- Cook meat to these temperatures to kill bacteria:
  - ✓ 160 degrees Fahrenheit for ground meat, pork, and ham
  - ✓ 170 degrees Fahrenheit for lamb, veal, and beef
  - ✓ 180 degrees Fahrenheit for poultry
  - ✓ Cook eggs until the yolk is firm.



## After Cooking

It is very important to keep your kitchen clean. Keeping your kitchen clean can prevent bacteria, insects, or rodents from getting into your kitchen. Use a disinfectant to clean counter tops, tables, and stove. Wash the dishes and take out the trash every night. Remember to store any leftovers right away.

## Vocabulary & Definitions

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- Contaminate:** To make something dirty or harmful. For example: “Food becomes contaminated when bacteria grow in it.”
- Food poisoning:** An illness caused by eating or drinking contaminated foods.
- Poultry:** The meat obtained from chickens, turkeys, ducks, or geese.
- Prevent:** To keep something from happening. For example: “By washing your hands regularly you prevent diseases from spreading.”
- Raw:** Food that has not been cooked or treated in any way.

# You Can Prevent Food Poisoning!

## Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> <li>• Dry erase board and dry erase markers</li> <li>• Pencils</li> <li>• Answer Key</li> </ul>	<ul style="list-style-type: none"> <li>• “You Can Prevent Food Poisoning!” Lesson</li> <li>• “Listening Activity” Handout</li> <li>• Skills Practice Worksheet</li> <li>• Pre-Post Workshop Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• 1 hour</li> </ul>

**NOTE TO INSTRUCTOR:** To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Introduce the topic (5 minutes)</li> <li>• Conduct the Pre-Workshop Assessment (5 minutes)</li> <li>• Introduce the new vocabulary (5 minutes)</li> </ul>	<ol style="list-style-type: none"> <li>1. What is food poisoning?</li> <li>2. How can your food get contaminated?</li> <li>3. What can you do to stop food poisoning from happening?</li> </ol> <ul style="list-style-type: none"> <li>• Distribute Pre-Workshop Assessment, and ask them to turn it in when it is complete.</li> <li>• Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use the lesson: “You Can Prevent Food Poisoning!”</li> </ul>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Read the lesson “You Can Prevent Food Poisoning!” (10 minutes)</li> <li>• Identify the vocabulary words in the lesson. (5 minutes)</li> <li>• Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. (25 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor leads guided reading of topic.</li> <li>• Students identify the vocabulary words by circling them in the lesson.</li> <li>• <b>Activity 1:</b> Students have 10 minutes to complete this activity.</li> <li>• <b>Activity 2:</b> Students have 10 minutes to complete this activity.</li> <li>• <b>Activity 3:</b> Students have 5 minutes to complete this activity.</li> </ul>
<b>Concept Check</b>	<ul style="list-style-type: none"> <li>• Conduct Post-Workshop Assessment (5 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>• Students complete Post-Workshop Assessment.</li> </ul>

## Listening Activity: You Can Prevent Food Poisoning!

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### Listening Activity

**Purpose:** To practice listening comprehension

**Time:** 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they need to fill in the blank.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

### True or False?

Statement	True	False
1. It is a good idea to wash my grapes before I eat them.	✓	
2. There is no need to have two cutting boards in the kitchen.		✓
3. I can thaw food in the microwave or in cold water.	✓	
4. I need to wash my hands with warm water and soap after touching raw meat.	✓	
5. I need to cook my pork chops to 160 degrees Fahrenheit.	✓	



# You Can Prevent Food Poisoning! Skills Practice Worksheet

Name \_\_\_\_\_

Date: \_\_\_\_\_

## Activity 1: Let's Read!

Leticia is cooking for the family. Leo, Leticia's baby, is not feeling well. He starts crying so she goes to check on him. His diaper is dirty. He has diarrhea. Leticia changes him really fast because she left the rice cooking on the stove. She comes back to the kitchen. The rice is good. It did not burn. Then she starts cutting lettuce, tomatoes, and cucumbers for the salad. Dinner is ready and finally the family sits to eat. The next day, Leticia and her husband wake up sick. Both have been vomiting and cannot go to work. They have diarrhea as well. They do not understand what happened.

1. Why are Leticia and Jose sick?

\_\_\_\_\_

\_\_\_\_\_

2. How could Leticia have prevented food poisoning?

\_\_\_\_\_


\_\_\_\_\_

## Activity 2: Mark the correct answers

Mark the correct answers. Use the lesson if you need it.


1. Which foods do you put in your shopping cart last when you go to the grocery store?

<input type="checkbox"/> Meats
<input type="checkbox"/> Milk
<input type="checkbox"/> Vegetables




2. When you are preparing food, do you separate raw meat from food that you do not have to cook, such as fruits and vegetables?

<input type="checkbox"/> Yes
<input type="checkbox"/> No



3. Chicken needs to be cooked until it is at what temperature?

<input type="checkbox"/> 160° Fahrenheit
<input type="checkbox"/> 170° Fahrenheit
<input type="checkbox"/> 180° Fahrenheit



## Activity 3: Listening

Listen to your teacher's instructions carefully and mark the correct answer.

Question	True	False
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>

**Activity 1: Let's Read!**

Leticia is cooking for the family. Leo, Leticia's baby, is not feeling well. He starts crying so she goes to check on him. His diaper is dirty. He has diarrhea. Leticia changes him really fast because she left the rice cooking on the stove. She comes back to the kitchen. The rice is good. It did not burn. Then she starts cutting lettuce, tomatoes, and cucumbers for the salad. Dinner is ready and finally the family sits to eat. The next day, Leticia and her husband wake up sick. Both have been vomiting and cannot go to work. They have diarrhea as well. They do not understand what happened.

1. Why are Leticia and Jose sick?

Leticia changed the diaper on her baby who had diarrhea. She went back to the kitchen to prepare the salad with her dirty hands. Her dirty hands contaminated the salad. Eating the contaminated salad made them sick.

2. How could Leticia have prevented food poisoning?

She should have washed her hands with warm water and soap before touching the food again.

**Activity 2: Mark the correct answers**

Circle the illustrations that represent the correct answer. Use the lesson if you need it.

Correct answers:

1. Which foods do you put in your shopping cart last when you go to the grocery store?

- ✓ Meats
- ✓ Milk

2. When you are preparing food, should you separate raw meat from food that you do not have to cook, such as fruits and vegetables?

- ✓ Yes

3. Chicken needs to be cooked until it is at what temperature?

- ✓ 180° Fahrenheit

**Activity 3: Listening**

	Statement	True	False
<b>Activity 3: Listening</b>  Listen to your teacher's instructions carefully and mark the correct answer.	1 It is a good idea to wash my grapes before I eat them.	✓	
	2 There is no need to have two cutting boards in the kitchen.		✓
	3 I can thaw food in the microwave or in cold water.	✓	
	4 I need to wash my hands with warm water and soap after touching raw meat.	✓	
	5 I need to cook my pork chops to 160 degrees Fahrenheit.	✓	



## You Can Prevent Food Poisoning!

### Pre-Assessment

Date: \_\_\_\_\_

Name: \_\_\_\_\_

1. Can food get contaminated when it is grown, harvested, processed, stored, or prepared?

Circle the correct answer.

Yes

No

2. Eating contaminated food may make you sick and have:

a. diarrhea

b. fever

c. vomiting

d. all of the above

3. When you are buying your groceries, you need to:

choose cold items (meat, eggs) at the very end of your shopping

put everything together in one bag

4. You should cook lamb, veal and beef to 170 degrees Fahrenheit.

True

False

5. You should cook your eggs until the yolk is firm.

Yes

No

Total Correct: \_\_\_\_\_



# You Can Prevent Food Poisoning!

## Post-Assessment

Date: \_\_\_\_\_

Name: \_\_\_\_\_

1. Can food get contaminated when it is grown, harvested, processed, stored, or prepared?

2. Eating contaminated food may make you sick and have:

3. When you are buying your groceries, you need to:

4. You should cook lamb, veal and beef to 170 degrees Fahrenheit.

5. You should cook your eggs until the yolk is firm.

6. How can bacteria from raw meat get into your vegetables when cooking?

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Circle the correct answer.

Yes

No

- a. diarrhea
- b. fever
- c. vomiting
- d. all of the above

choose cold items (meat, eggs) at the very end of your shopping

put everything together in one bag

True

False

Yes

No

Total Correct: \_\_\_\_\_