



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

When your students sit down to eat at a restaurant, in the cafeteria, or at home, they probably aren't thinking much about how their food was prepared, let alone whether it's safe to eat. The following discussion questions and activities can help your students learn how they can be smart in the kitchen.

Related KidsHealth Links

Articles for Kids:

Being Safe in the Kitchen

KidsHealth.org/kid/stay_healthy/food/safe_in_kitchen.html

Food Poisoning

KidsHealth.org/kid/ill_injure/sick/food_poisoning.html

E. Coli

KidsHealth.org/kid/stay_healthy/food/ecoli.html

Botulism

KidsHealth.org/kid/stay_healthy/food/botulism.html

Recipes

KidsHealth.org/kid/recipes/index.html

Articles for Teens:

Food Safety

KidsHealth.org/teen/food_fitness/nutrition/food_safety.html

Gastrointestinal Infections and Diarrhea

KidsHealth.org/teen/infections/intestinal/diarrhea.html

Recipes

KidsHealth.org/teen/recipes/index.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What does food safety mean? Define the term and explain all that it entails.
2. Although a juicy pink steak and raw sushi may be good to eat, it's possible that someone could get sick after eating them. Why? What are the ramifications of not properly handling and preparing food?
3. Do you like to cook? What are your favorite foods to prepare? Think about the last time you prepared food (other than toast!). What steps did you take to prepare the food safely and clean up afterward?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Food Smarts

Objectives:

Students will:

- Discover what food safety is
- Identify the areas of food safety in the kitchen
- Demonstrate how to safely prepare food

Materials:

- Computer with Internet access
- Pen and paper

Class Time:

45 minutes

Activity:

Teen TV has invited you to develop and host a cooking show for people your age. You have decided to devote an entire show to food safety in the kitchen and have asked a food-safety specialist, Bo Tulism, to help you educate teens about this important topic. Read the articles at KidsHealth to learn more about food safety in the kitchen. While writing your show, be sure to address the following topics:

- Food preparation
- Proper clean-up
- Storing leftover food
- Tips for making the process smoother (and fun!)

Finally, think of a name for your cooking show that will appeal to your target audience.

Extensions:

1. Using the recipes at KidsHealth, plan a second episode in which you safely prepare a simple recipe from beginning to end. What tips would you offer along the way to help others have fun and be safe in the kitchen?
2. Now that you've developed your shows, create a commercial that advertises them and stresses the importance of learning about food safety. While working on your commercial, consider how you can best appeal to your audience so they will watch your shows.



Grocery Shopping 101

Objectives:

Students will:

- Discover the importance of selecting food
- Demonstrate how to safely shop for food at the grocery store

Materials:

- Computer with Internet Access
- Pen and paper
- Grocery Shopping 101 handout (available at: KidsHealth.org/classroom/6to8/personal/nutrition/food_safety_handout1.pdf)

Class Time:

45 minutes

Activity:

Shopping for food is easy, right? All you have to do is get the items on the list, pay for it, and go! What else is there to it? Read the articles at KidsHealth to learn how you can best shop for food and what to do with it once you get it home. Next write a weekly grocery list that has at least 20 food items in the order in which they should be placed in the cart. Along with this list, use the Grocery Shopping 101 handout to create a shopping guide with tips for selecting the best veggies, fruits, and meats and for storing the food at home.

Extensions:

1. OK, so now you know what food safety involves. Take some time to evaluate how your family fares with food safety. What precautions do you currently take? What are you doing that might be putting you at risk? List ways you and your family can be safer with food.
2. Your best friend has come down with a serious case of food poisoning. What should your friend do now?

Reproducible Materials

Handout: Grocery Shopping 101

KidsHealth.org/classroom/6to8/personal/nutrition/food_safety_handout1.pdf

