

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.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>



Grades 6 to 8 • Personal Health Series

Food Safety

These activities will help your students learn how to handle food safely.

Related KidsHealth Links

Articles for Kids:

Food Poisoning

KidsHealth.org/en/kids/food-poisoning.html

What Are Germs?

KidsHealth.org/en/kids/germs.html

Why Do I Need to Wash My Hands?

KidsHealth.org/en/kids/wash-hands.html

The 5-Second Rule

KidsHealth.org/en/kids/5-seconds.html

Being Safe in the Kitchen

KidsHealth.org/en/kids/safe-in-kitchen.html

Take a Look at Cooking

KidsHealth.org/en/kids/look-at-cooking.html

Articles for Teens:

Cooking Tips and Resources

TeensHealth.org/en/teens/whats-cooking.html

Food Safety

TeensHealth.org/en/teens/food-safety.html

Food Poisoning

TeensHealth.org/en/teens/food-poisoning.html

Hand Washing

TeensHealth.org/en/teens/handwashing.html

The 5-Second Rule

TeensHealth.org/en/teens/5-seconds.html

Smart Supermarket Shopping

TeensHealth.org/en/teens/grocery-shopping.html

Discussion Questions

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

1. What does food safety mean? Where do food safety rules apply?
2. What can happen if food isn't properly handled, cooked, or stored?
3. Do you like to cook? What are your favorite foods to prepare? 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.

5-Minute Cooking Show

Objectives:

Students will:

- Learn about food safety
- Demonstrate how to safely prepare food

Materials:

- Kitchen (at home or at school)
- Video recording equipment

Class Time:

2 hours

Activity:

After reading the KidsHealth.org articles related to food safety, work with a partner to create a 5-minute video that shows 5 to 10 food safety tips while preparing, cooking, cleaning up, and storing one or more recipes.

Extensions:

1. In small groups, make brief music videos that explain why the "5-second rule" is false, or why getting food poisoning is definitely something to avoid.
2. Ask a chef from the school cafeteria or a local restaurant speak to the class about all the food safety rules.
3. Create a Top Ten Food Safety Tips poster to hang on school walls, or an infographic to share on social media.

Reproducible Materials

Quiz: Food Safety

[KidsHealth.org/classroom/6to8/personal/nutrition/food_safety_quiz.pdf](https://www.kidshealth.org/classroom/6to8/personal/nutrition/food_safety_quiz.pdf)

Quiz Answer Key: Food Safety

[KidsHealth.org/classroom/6to8/personal/nutrition/food_safety_quiz_answers.pdf](https://www.kidshealth.org/classroom/6to8/personal/nutrition/food_safety_quiz_answers.pdf)



Name: _____

Date: _____

Quiz

1. To avoid food poisoning, people need to _____ foods properly.
 - a) sniff, handle, and eat
 - b) prepare, cook, and store
 - c) cut, chop, and dice
2. Symptoms of food poisoning include
 - a) upset stomach, halitosis, premature balding, and joint pain
 - b) upset stomach, stomach cramps, diarrhea, and fever
 - c) upset stomach, hysterical blindness, anemia, and dandruff
3. True or false: It's OK to eat chicken, turkey, or ground meat if it's a little pink inside.
4. True or false: You should wash all fruits and vegetables before eating them.
5. True or false: You should always wash your hands with soap and water **before** you begin preparing or cooking food, and **before** and **after** handling raw meat, poultry, egg, and fish products.
6. Always use these when handling hot pots, pans, or baking trays:
 - a) magnets
 - b) potholders or oven mitts
 - c) dish towels
7. You should never put _____ in a microwave.
8. Types of germs are:
 - a) filth, muck, dirt, and grime
 - b) bacteria, fungi, protozoa, and viruses
 - c) infections, illnesses, sicknesses, and diseases
9. True or false: If food doesn't touch the floor for more than 5 seconds, it's safe to eat.
10. True or false: It's smart not to wear anything that's big and loose when you're cooking, because baggy sleeves or clothes could catch fire or get caught in mixer beaters or other equipment.



Quiz Answer Key

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6. Always use these when handling hot pots, pans, or baking trays:
 - a) magnets
 - b) potholders or oven mitts
 - c) dish towels
7. You should never put aluminum foil or any metal in a microwave.
8. Types of germs are:
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 - b) bacteria, fungi, protozoa, and viruses
 - c) infections, illnesses, sicknesses, and diseases
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