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

- 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

- Take a Look at Cooking

**Articles for Teens:**

- Cooking Tips and Resources
  TeensHealth.org/en/teens/whats-cooking.html

- Food Safety

- 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

Quiz Answer Key: Food Safety
KidsHealth.org/classroom/6to8/personal/nutrition/food_safety_quiz_answers.pdf
Personal Health Series
Food Safety

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 __________________________ under 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.

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