



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.

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

These activities can 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

Handwashing

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
- Identify the areas of food safety in the kitchen
- 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 at least 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, and why getting food poisoning is definitely something to avoid.
2. Have a staff person from the cafeteria speak to the class about all the food safety rules that have to be followed.

Reproducible Materials

Handout: Grocery Shopping 101

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



Quiz

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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. Hfi`Y`cf`ZU`gY.``Hgi`ga`Uf`h`bch`hc`k`YUf`Ubrnł`]b[`h`U`hgi`V][`UbX`^`ccgY`k`\Yb`nıci`f]Y`VĚc_]b[ž
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