

# Understanding Basic Food Safety

## Curriculum Overview

### Designed for:

- Middle school students
- High school students in culinary arts, food science or nutrition courses

### Length:

The activities in this curriculum require between 8 to 10 hours to complete. With supplemental materials, this curriculum can be adapted to a longer block of time.

### Goal:

To help participants understand basic food safety and handling techniques through a variety of hands-on activities.

### Synopsis:

The curriculum helps participants learn about important food safety and handling techniques that may be used in at home and in culinary occupations. It introduces four key aspects of food safety: clean, separate, cook and chill. The lessons integrate hands-on activities throughout each lesson. Glo Germ™ Gel and UV lights are used in an interactive proper handwashing techniques lab activity. A Food Safety Poster Set for each cooking lab station is provided for an easy visual reference to participants to use during various activities. Participants lead an investigative team during a foodborne illness outbreak simulation activity to track down the source of contamination. Food Safety Trivia Cards are used to provide a fun small group and class-wide activity that provides review prior to the post-test.

These lessons include facilitator instructions, slide presentation and pre and post-summative assessment. The lessons and activities include objectives, materials required and approximate class time.

### Issues Addressed:

- Basic food safety – clean, separate, cook, chill
- Proper handwashing technique
- Common pathogens
- Foodborne illnesses
- Food supply chain
- Foodborne illness outbreak investigation
- How bacteria grows
- Safe temperatures and food handling techniques
- Cross-contamination prevention
- Culinary and food service careers

### Curriculum Components:

- Teacher's guide – complete lessons, including detailed steps of activities, time and materials needed, student worksheets and instructor information on each lesson
- Student materials
- Assessment tools
- Microsoft PowerPoint presentation slides

### Learning Objectives:

#### Lesson 1 – Introduction to Basic Food Safety

- Understand how to safely clean, separate, cook, and chill food to prevent foodborne illness
- State why handwashing is so important
- Demonstrate how to do a thorough handwashing according to recommended guidelines

**Lesson 2 – Foodborne Illnesses**

- Define key vocabulary terms relating to foodborne illness
- Understand common food pathogens and where they are found
- Learn how to prevent common foodborne illnesses

**Lesson 3 – Preventing Foodborne Illness Outbreaks**

- Identify the steps in the food supply chain that make food vulnerable to contamination
- Determine how foodborne illness outbreaks are investigated and how to determine the source of the contamination

**Lesson Four – The Temperature Danger Zone**

- Understand the relationship of time and temperature to food safety
- Identify the temperature danger zone
- Learn to cook foods at the proper temperature
- Learn to cool foods at the proper temperature

**Lesson Five – Preventing Cross-Contamination**

- Describe how cross-contamination occurs
- Identify ways to prevent cross-contamination
- Practice safe food handling techniques in a cooking lab activity

**Lesson Six – Exploring Culinary and Food Service Careers**

- Identify several professions in the culinary and food service fields
- Consider if any of the occupations covered in class are appropriate for them

**Lesson Seven – Post Summative Assessment**

- Assess their understanding of information presented throughout the course.