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Food Safety: What Do the Guidelines Say?

(A Dietary Guidelines for Americans Focus Area)

Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Tips for Eating Wisely on a Limited Budget*

1. Everyone can make healthy food choices regardless of his or her budget.
2. Make a grocery list and save money by buying sale items and using coupons.
3. Prepare and eat meals with friends to save money and share good company.

Review Healthy Steps from last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember:

It is important to acknowledge and discuss participants' successes, progress and challenges.

Materials Needed for this Session: *Temperature Rules for Safe Cooking and Handling of Foods handout*

Tips for this Session

1. Practice tips in session to ensure comprehension and encourage use.

When hand-washing is discussed in the participant handout, have participants practice the 20-second hand-washing protocol by simulation and gauging time (e.g. watching a clock's second hand or counting to 20 using, "1 Mississippi, 2 Mississippi," etc.)

- ##### 2. If you use the Suggestion for Topic Introduction,
- write the riddle on the board or flip chart before the session begins. Make the game more fun by offering a small prize to the person who solves the riddle first. Since several people may solve it at once, you may want to have a small prize for everyone. Make it simple, like a pack of sugar-free gum or a diet soda. (Answer to Riddle: It takes 20 seconds to sing "Happy Birthday" twice, which is the recommended time to wash hands).

3. If possible, plan ahead for an outing to put the learning into action.

Arrange in advance for an outing to a grocery store. Have participants focus on separating raw, cooked and ready-to-eat foods and other items in their cart to avoid cross contamination.

General Tip

Give positive verbal and/or nonverbal feedback for relevant participation.

Make a conscious effort to acknowledge all relevant input from participants, both verbal and non-verbal. Use words such as "great observation" or "very useful" and thank participants for contributions such as reading aloud, passing out handouts, assisting other participants, sharing their thoughts and feelings, and attending the session.

Also use non-verbal gestures including making eye contact, smiling, and nodding your head to make sure that participants know that you hear their opinions and thoughts.

Suggestion for Topic Introduction and Relevance to Participants

“I have a riddle for you today. What does the song, ‘Happy Birthday’ and food safety have in common? Does anyone have any ideas?”

“I’m not going to tell you now, but you will find out during this session. When you believe you know the answer please feel free to speak out.”

“Today we’re going to talk about food safety and what the Dietary Guidelines for Americans say about this topic.”

Topic Assessment

1. C 2. D 3. C 4. B

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 18: Tips for Eating Wisely on a Limited Budget



Main Learning Points of Session 18

What were the main learning points of Session 18? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Everyone can make healthy food choices regardless of his or her b_____t.
2. Make a g_____y list and save money by buying sale items and using coupons.
3. Prepare and eat meals with f_____s to save money and share good company.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

1. **Yes.** How did it go? _____

2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. **I didn't choose a small healthy step.**

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. How long should you wash your hands for thorough cleansing?

- A. At least 5 seconds
- B. At least 10 seconds
- C. At least 20 seconds
- D. At least 30 seconds

2. The 4 C's of food safety are:

- A. Can, chill, clean, and close.
- B. Careful, clean, chill, and can.
- C. Cut, cook, close, and cut-out contamination.
- D. Clean, cook, chill and cut-out contamination.

3. Who is responsible for food safety?

- A. Only the people who package food.
- B. Only someone who cooks food.
- C. Everyone.
- D. No one can take on that responsibility.

4. If in doubt, ask someone to taste it for you before you throw it out.

- A. True
- B. False

Topic Assessment



5. I am confident that I understand food safety.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Food Safety: What Do the Guidelines Say?

Objective for this Session

1. Identify at least 2 ways to avoid food borne illnesses.
2. Identify and recite the “4Cs” related to food safety.
3. Learn a proper hand-washing method to help avoid food contamination.

Food that has not been washed or has bacteria can make you ill. For example, have you, or anyone you know, ever become very ill (for example, upset stomach, diarrhea, vomiting, and abdominal cramps) after eating a particular food or meal?



Yes No

Food safety is everyone’s responsibility. The people who produce and sell food are responsible for food safety. You are responsible for your own food safety. Everyone can take simple steps to avoid illnesses caused by food.

Main Learning Point #1

Everyone can take simple steps to avoid illnesses caused by food.



How can the topic of food safety help you?

Food Safety: What Do the Guidelines Say?

(continued)

According to the 2005 USDA Dietary Guidelines, there are 5 important ways to avoid food-borne illnesses:



- 1. Keep everything clean.** Wash hands, wash food-contact surfaces such as cutting boards, and wash fruits and vegetables. To avoid spreading bacteria to other foods, don't rinse or wash meat and poultry.

It is important to wash your hands often. Wash your hands before you prepare food, before you eat food and after you use the restroom. Wash all food contact surfaces, including the refrigerator, appliances, cutting boards and utensils. Unlike meats and poultry, wash fruits and vegetables before preparing or eating them.

- 2. Separate raw, cooked, and ready-to-eat foods while shopping, preparing or storing foods.** For example, do not place a packet of raw meat on your vegetables or fruit in a grocery cart or in the refrigerator. Also, use different cutting boards for meats and for fruits and vegetables.

- 3. Cook meat, poultry and fish to kill germs.** Food should be cooked to a safe temperature (see attached picture of food thermometer for temperature rules and safe cooking and handling of foods). Bacteria can multiply fast, so keep cold foods cold and hot foods hot. Store food within two hours of serving.

- 4. Chill (refrigerate) food that can spoil.** Chill food that can spoil as soon as you bring it home, and defrost foods properly. Timing is everything. Keep the refrigerator at less than 40 degrees and the freezer at 0 degrees. Meats or other frozen foods should be safely thawed by defrosting in the refrigerator. This may take from one to two days in a refrigerator, depending on what you are thawing. Do not thaw foods on countertops at room temperature because bacteria grow quickly.

Tip: When you are shopping in hot weather, food can spoil while in the car or when you are walking home. When you buy groceries, have a plan to go home and refrigerate them.

Food Safety: What Do the Guidelines Say?

(continued)

5. Buy pasteurized milk (in cartons at the grocery store) and products made with pasteurized milk. Avoid raw or partially cooked eggs and raw or undercooked meat and poultry (chicken or turkey). Bacteria are more common in foods like runny eggs, undercooked poultry, dough and batters (such as cookie or cake dough or batters).

One way to remember the key recommendations for food safety is to memorize the 4Cs: **Clean, Cook, Chill** and **Cut-out Contamination**. Reciting these words a few times will help us memorize them. Let's do that now.

Main Learning Point #2

The 4Cs are: clean, cook, chill and cut-out contamination!

Food related illnesses often are caused by using the same cutting boards, surfaces or utensils for cutting meat, poultry and uncooked foods. To avoid this, wash your hands before, during and after touching raw meat, poultry, eggs or seafood.

Hand washing is something we can all do to avoid spreading germs. At least 20 seconds should be spent washing your hands with soap and clean, running water. This may sound like a short time, but it takes 20 seconds to sing "Happy Birthday" twice. Dry your hands with a clean cloth or paper towel.

Main Learning Point #3

At least 20 seconds should be spent washing your hands with soap and clean, running, warm water.

Food Safety: What Do the Guidelines Say?

(continued)

Finally, a word about leftover foods. Most of us do not want food to go to waste, and some of us love to eat leftovers. Leftovers should be stored within two hours after serving. Refrigerated leftovers may become unsafe within three to four days. Label and date leftovers. If you are not sure how long a food has been kept, it is best to throw it away.

Test your knowledge. If you are at a gathering and food has been sitting out for at least four hours, would it be safe to eat?



Yes No

Although the food may still look tasty after three or four hours, it may not be safe to eat. For example, not all bacteria cause food to change color or smell badly. Be safe and avoid food illnesses.

Main Learning Point #4

If in doubt, throw it out!

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about how he or she practices food safety.
- 3. PRACTICE.** I will practice hand washing before I prepare or eat a meal using the 20-second hand washing tip. I will sing “Happy Birthday” twice to myself or count to 20.
- 4. OTHER** (Choose Your Own “Small Healthy Step”): _____

Temperature Rules for Safe Cooking and Handling of Foods

Safe Cooking and Holding Temperatures for Food

Bacteria multiply rapidly between 40°F and 140°F, doubling in number in as little as 20 minutes. To keep food out of this danger zone, keep cold food cold and hot food hot. Keep cold food in the refrigerator, in coolers, and on the service line on ice. Set your refrigerator no higher than 40°F and the freezer at 0°F. Keep hot food in the oven, in heated chafing dishes, or in preheated steam tables, warming trays, and/or slow cookers. Use a clean thermometer that measures the internal temperature of cooked food to make sure meat, poultry, and casseroles are cooked to the temperatures as indicated in the figure.

