



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

The stove, oven, and sharp utensils are no longer forbidden, and teens are no longer dependent on parents for every meal and snack. It's an excellent learning opportunity, encompassing knowledge as varied as dietary planning and culinary arts - even chemistry. But it's important that young people understand the safety rules for food preparation, cooking, storage, and cleanup.

Related KidsHealth Links

Articles for Teens:

Cooking Tips and Resources

KidsHealth.org/teen/food_fitness/nutrition/whats_cooking.html

Food Safety

KidsHealth.org/teen/food_fitness/nutrition/food_safety.html

Salmonellosis

KidsHealth.org/teen/infections/intestinal/salmonellosis.html

Smart Snacking

KidsHealth.org/teen/food_fitness/nutrition/healthy_snacks.html

Smart Supermarket Shopping

KidsHealth.org/teen/food_fitness/nutrition/grocery_shopping.html

What Do Food Labels Really Say?

KidsHealth.org/teen/food_fitness/nutrition/food_labels.html

The Food Guide Pyramid

KidsHealth.org/teen/food_fitness/nutrition/pyramid.html

Vitamins and Minerals

KidsHealth.org/teen/food_fitness/nutrition/vitamins_minerals.html

Discussion Questions

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

1. There are certain safety rules for food. What do these rules protect you from? What risks are there for fruits and vegetables? Meats, poultry, and fish? How about potential kitchen safety problems?
2. What can you do to improve food safety while you're food shopping? How about while you're cleaning and cooking the food in the kitchen?
3. Do you know any rules about storing fruits and vegetables? Meats, poultry, and fish? How about storing leftovers? If you store things in the fridge or freezer, how do you safely thaw or reheat them?



Activities for Students

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

Follow the Food Chain

Objectives:

Students will:

- Consider how the foods we eat get from their origins to the kitchen table
- Think critically about what can affect the safety of our food and what we can do to limit the risk

Materials:

- Follow the Food Chain handout (available at: KidsHealth.org/classroom/9to12/personal/nutrition/food_safety_handout1.pdf)
- Pen or pencil
- Library or Internet access

Class Time:

30 minutes

Activity:

Safety comes first with food - even before great taste. And although our food supply is among the safest in the world, the food we see in the grocery store or in our own kitchens can still be spoiled or contain things like pesticides. Take the time to think about where your food comes from. How does it get to you? What happens to it as it grows or as it's prepared?

The handout follows two foods as they go from their points of origin to your lunch bag or dinner table. Do some research and evaluate the potential food safety risks at each stage. For example, what kinds of substances might be sprayed on apples? How does salmon need to be stored? And what you can look for in the grocery store or do in the kitchen to help ensure that your food is safe?

Extensions:

1. One way to improve food safety is to consider where it comes from. Write your answers to these questions on the back of your handout: What do farmers do differently if they're growing apples organically? What other factors might you consider if you're shopping for farmed salmon instead of wild Alaskan salmon? How are these food chains different from the ones you did in the handout?
2. What's your favorite food? Mac and cheese? Steak? Corn on the cob? On the back of your handout, draw another chain and show how this food gets from its origin to you.



Recipe Readiness

Objective:

Students will:

- Evaluate the safety steps required to prepare a recipe as well as to store and reheat the food

Materials:

- Access to recipes in the library, at home, or on the Internet
- A method to print or copy the recipes (printer, photocopier, or pen and paper)
- Pen and paper

Class Time:

45 minutes

Activity:

Do you ever make dinner? Not instant mac and cheese or a frozen dinner - a real meal for the whole family? If you haven't done it yet, you might give it a try (and score some points with your family!). Just get some inspiration from a cookbook or a TV chef, choose some recipes, follow food safety rules, and cook away!

For this activity, choose the three recipes that make up your dinner spread. Pick a main dish, a salad, and a vegetable recipe. You can print or copy them from a cookbook, a home recipe file, a magazine, or the Internet. On a separate sheet of paper, list all of the safety considerations for each recipe. Include what you'll do when you buy, clean, prepare, and cook the food. Don't forget to explain how you'll keep it safe with kitchen appliances, cutting boards, and knives.

Extensions:

1. On the same paper, answer these questions: After you make dinner, what food safety steps will you take when you clean up the kitchen?
2. How will you safely store the leftovers? How long will they last, and what's the safest way to reheat them?

Reproducible Materials

Handout: Follow the Food Chain

KidsHealth.org/classroom/9to12/personal/nutrition/food_safety_handout1.pdf

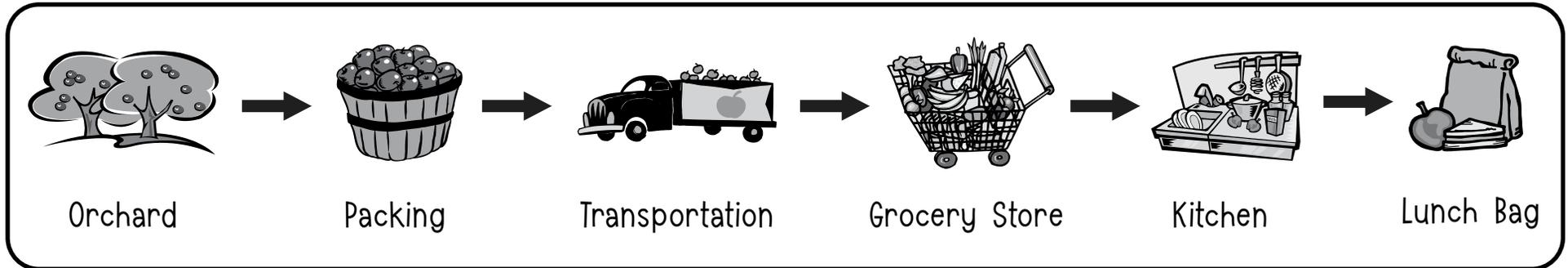


Name:

Date:

Follow the Food Chain

Instructions: One flowchart shows the steps that an apple takes as it goes from the tree to your lunch bag. The other flowchart shows the steps that a wild Alaskan salmon takes as it goes from the waters of Alaska to your dinner table. List the potential food safety risks at each step, and explain what you can look for in the grocery store and what you can do in the kitchen to minimize any risks.



Your shopping tips:

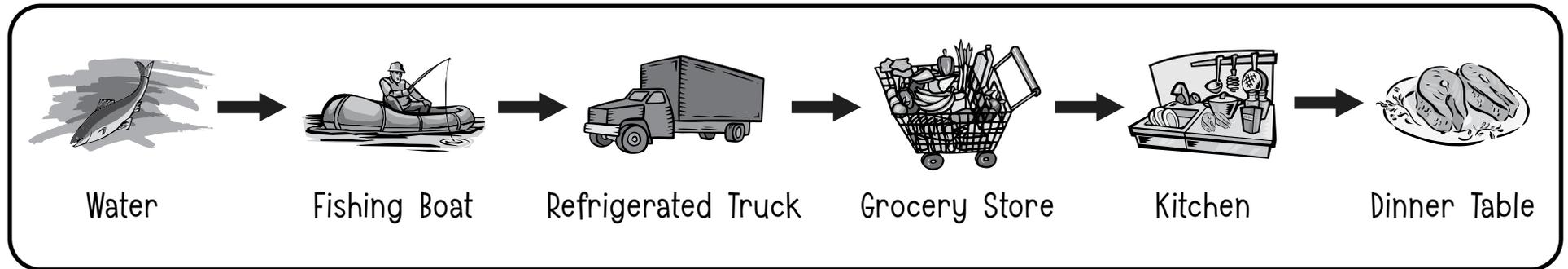
Your kitchen tips:



Name:

Date:

Follow the Food Chain



Your shopping tips:

Your kitchen tips:
