

A) Food Safety Key Words

Bacteria

Refrigerator

Discard

Safety

Educate

Seafood

Foodborne

Separate

Improvement

Surface

Invisible

Temperature

Perishable

Thermometer

Processing

Utensils

B) Introduction

Learning Outcomes

At the end of Lesson 5, learners should be able to:

- a) **use** the words that are listed in the Lesson 5 key words list and discuss what they mean in the context of this lesson and in their lives
- b) **give examples** of how we get foodborne illnesses
- c) **explain** the importance of proper food handling
- d) **state** the four *FightBAC!* messages and explain what they mean

Lesson 5 literacy activities

The types of literacy activities found in this lesson are:

- a) **Reading** exercise on “Food Safety”
- b) **Fill-in-the-blanks** with words from the above reading material that are on the key words list
- c) **Word search** - to find the words that are listed in the Food Safety key words list
- d) **Matching-the-columns** exercise
- e) **Reading** exercise - on the four *FightBAC!* messages from the brochure “*Food Safety for Older Adults*” from the website www.canfightbac.org.

Activities are explained further in the lesson. Facilitators may use additional literacy activities to help learners enhance their understanding of food safety.

C) Reading Exercise

Facilitator Notes: According to the SMOG test, the following text is written at about a Grade 9 reading level, or literacy level 2 and may be read using *assisted* or *choral* reading techniques. In *assisted* reading, facilitator and learners take turns reading parts of the text, whereas *choral* reading involves reading together. These techniques are described further in Section 2 of the manual of the Nova Scotia Tutor & Instructor Training and Certification Program.

Learner Activity:**Food Safety**

Canada's food supply is one of the safest in the world and yet about two million Canadians get foodborne illness each year due to unsafe handling of food.

Many improvements have been made in farming, food processing and eating habits, but in many cases there has been little change in the way consumers prepare and handle food.

Foodborne illness is usually caused by invisible bacteria present on foods such as meat, poultry, seafood, eggs, fruit, vegetables, and throughout the kitchen on food wrappings, cutting boards, dishcloths, your hands, etc.

C) Reading Exercise (continued)

The *FightBAC!*TM program is designed to educate people about food safety and its messages are **Clean, Chill, Separate, and Cook.**

The message “**Clean**” refers to washing hands, surfaces and dishcloths often. Proper hand washing may cut back on almost half of foodborne illnesses and reduce the spread of colds and flu.

The message “**Chill**” means it is important to refrigerate or freeze perishable foods, prepared foods or leftovers within two hours. They should be discarded if left at room temperature more than two hours.

The message “**Separate**” means keeping raw meats, poultry and seafood away from other foods, whether they are in your shopping cart or refrigerator in order not to spread bacteria. It is very important to carefully wash cutting boards and utensils when they are used for these foods before working with other foods.

C) Reading Exercise (continued)

“Cook” means cooking foods to the right temperatures to make sure bacteria are killed. Food safety experts agree that using a food thermometer is the best way to ensure foods have been cooked to the right temperatures.

(Adapted from *Food Safety for Older Adults* published by the Canadian Partnership for Consumer Food Safety Education.)

D) Fill-in-the Blanks Activity

Facilitator Notes: Having read the first text, learners are then asked to re-read the same text by filling the blanks with words from the key word list. This activity helps to re-enforce learning from the first reading and to place words in context.

Learner Activity**Food Safety**

Canada's food supply is one of the safest in the world and yet about two million Canadians get foodborne illness each year due to unsafe handling of food.

Many _____ have been made in farming, food _____ and eating habits, but in many cases there has been little change in the way consumers prepare and handle food.

Foodborne illness is usually caused by _____ bacteria present on foods such as meat, poultry, _____, eggs, fruit, vegetables, and throughout the kitchen on food wrappings, cutting boards, dishcloths, your hands, etc.

D) Fill-in-the Blanks Activity (continued)

The *FightBAC!*TM program is designed to _____ people about food _____ and its messages are **Clean, Chill, Separate, and Cook.**

The message “**Clean**” refers to washing hands, _____ and dishcloths often. Proper hand washing may cut back on almost half of _____ illnesses and reduce the spread of colds and flu.

The message “**Chill**” means it is important to refrigerate or freeze _____ foods, prepared foods or leftovers within two hours. They should be _____ if left at room temperature more than two hours.

The message “_____” means keeping raw meats, poultry and seafood away from other foods, whether they are in your shopping cart or _____ in order not to spread _____. It is very important to carefully wash cutting boards and _____ when they are used for these foods before working with other foods.

D) Fill-in-the Blanks Activity (continued)

“Cook” means cooking foods to the right _____ to make sure bacteria are killed. Food safety experts agree that using a food _____ is the best way to ensure foods have been cooked to the right temperatures.

E) Word Search Exercise

Facilitator Notes: In this activity learners are asked to circle the words in the puzzle that are found on the key words list in Section A. Learners may find it helpful to list the keywords in the margin. This activity helps with word recognition and recall. (Answers are found in the appendices.)

Learner Activity

B	Z	W	X	F	E	C	A	F	R	U	S
T	H	E	R	M	O	M	E	T	E	R	R
E	L	B	I	S	I	V	N	I	Z	W	E
C	E	L	B	A	H	S	I	R	E	P	F
D	R	A	C	S	I	D	Q	R	B	C	R
Y	T	N	E	M	E	V	O	R	P	M	I
E	T	F	G	D	O	O	F	A	E	S	G
Z	N	E	T	A	C	U	D	E	I	H	E
W	M	K	F	L	J	R	A	R	U	S	R
B	D	Z	B	A	C	T	E	R	I	A	A
P	R	O	C	E	S	S	I	N	G	Z	T
D	W	E	N	R	O	B	D	O	O	F	O
E	R	U	T	A	R	E	P	M	E	T	R
E	T	A	R	A	P	E	S	Q	R	B	Z
Z	C	F	H	S	L	I	S	N	E	T	U

F) Matching-the-Columns Exercise

Facilitator Notes: In this activity, learners are asked to enter the number of the word on the left hand column that best matches a phrase on the right hand column.

(Answers are found in the appendices.)

Learner Activity

- | | |
|----------------------|---|
| 1. bacteria | a. surface should be cleaned immediately after using with poultry (_) |
| 2. foodborne illness | b. put meats in the fridge before this (_) |
| 3. perishable foods | c. do this when in doubt (_) |
| 4. utensils | d. the best way to test how well meat is cooked (_) |
| 5. improvement | e. important to do this when putting foods in the fridge (_) |
| 6. discard | f. 2 million Canadians per year have this (_) |
| 7. cutting boards | g. found on the surface of some foods (_) |
| 8. two hours | h. these must be eaten fresh or kept cold (_) |
| 9. thermometer | i. means “to get better” (_) |
| 10. separate | j. knives, forks, etc. (_) |

G) Reading Exercise

Facilitator Notes: At the end of Lesson 5 is a copy of the online publication “*Food Safety for Older Adults*” published by the Canadian Partnership for Consumer Food Safety Education. Learners should be invited to read all or parts of the publication and to try the crossword puzzle. The publications are available at www.canfightbac.org.

References and Resources

Title	Information
<i>Egg Facts</i>	The Canadian Egg Marketing Agency has easy to read information on “Egg Handling at Home” on its website at www.eggs.ca/eggfacts/eggstoreeggs.asp
<i>Egg Product Preparation</i>	This is a 10-page fact sheet with practical questions and answers on handling eggs safely. At the United States Department of Agriculture, Food and Inspection Service. www.fsis.usda.gov/opacom/lowlit/medold.pdf
<i>Foodborne Diseases</i>	Easy-to-read information on foodborne diseases and how to prevent them. Obtained from the National Institute of Allergy and Infectious Diseases, National Institutes of Health, U.S. Department of Health and Human Services. www.niaid.nih.gov
Information on chicken	Chicken Farmers of Canada have easy-to-read information on how to handle chicken safely by clicking on “Safe Food Handling” on their website at www.chicken.ca .
Information on pork	Alberta Pork Farmers have easy-to-read information on how to handle pork safely by clicking on “Food Safety & Cooking” on their website at www.albetapork.ca/pdf/cooking_handling/food_safety.pdf

<i>Eat Well, Live Well Lesson: Food Safety for Older Adults</i>	This is another excellent resource to help instructors teach food safety. This lesson plan is taken from “Nutrition for Older Adults’ Health” produced by the Department of Foods and Nutrition, The University of Georgia, and is intended for older adults with low literacy skills. It can be found at www.noahnet.myweb.uga.edu/plansfv.html
<i>Playing it Safe with Eggs</i>	Three pages of large print easy-to-read material on avoiding <i>salmonella</i> infection from eggs. Obtained from the U.S. Food and Drug Administration, Centre for Food Safety and Applied Nutrition (FDA/CFSAN) at www.cfsan.fda.gov
<i>Turkey for Dinner</i>	The Canadian Turkey Marketing Agency has easy-to-read information on how to thaw and prepare turkey, cooking times, etc. on its website at www.turkeyfordinner.ca