Food Safety
Fight Bac
Special Needs Students- Any Grade

I. Nutrition Education Objective:
   Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.
   Objective: As a result of Pennsylvania’s SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:
   1. Practicing food safety

II. Pennsylvania Educational Standards:
   A. 11.3 Food Science and Nutrition
   B. 1.6 Speaking and Listening
   C. 10.1 Concepts of Health
   D. 10.2 Healthful Living

III. Outcomes
   A. Students will recall that germs/bacteria can cause illness
   B. Students will list techniques to avoid spreading germs
   C. Students will demonstrate proper hand washing technique
   D. Students will prepare a healthy snack using proper food safety techniques

IV. Materials
   A. Visuals: Fight Bac! or Hand washing Posters
   B. Activities: Listed in Developmental Section under Procedure
   C. Food Tasting
   D. Supplies: as needed to prepare and serve food tasting
   E. Gloves
   F. Hand wipes/gel
   G. Reinforcement that conveys the appropriate nutrition message
   H. Caregiver Newsletter: Handwashing and Food Safety
   I. Extension lessons (noted at end of lesson)

V. Procedure
   A. Introductory
      1. Welcome
         a. Welcome students to this nutrition lesson, review last lesson (if applicable).
         b. Introduce yourself and the topic of the day – “Keeping food safe to eat”
      2. Icebreaker - Go around the room and have each student name one place we find germs. If they can’t think of anything, explain that they will be able to name lots of places by the end of this lesson.
3. Refer to the Fight Bac! Poster, if available for the lesson.
4. What is a germ? / What are bacteria?
   a. Very tiny things that can live on our hands, in our bodies, on our food
   b. Can make us sick
5. Where do they come from?
   a. Can escape our bodies when we cough, sneeze, or have a runny nose
   b. Can also get them from food that is not clean
   c. Germs can also live in bathrooms, on our pets, in the garbage etc.
6. How can we prevent getting germs?
   a. Wash hands
   b. Wash food
   c. Keep our clothes and hair clean
7. Refer to the Fight Bac! Poster and discuss the follow (if poster is available)
   - Explain that Bac is a germ or bacteria
   - There are four rules we should remember to fight or get rid of Bac. If we do these things, we can avoid spreading germs and getting sick – **Clean, Separate, Chill, Cook.**
   - Brainstorm reasons why each of these might be important to avoid or kill germs
   - **Clean** – washing germs off our hands and our fruits and vegetables
   - **Separate** – keeping germs that might be in our meats or on our fruits and vegetables away from the other foods. Can mention some bacteria that the students might have heard of before and where they could be found (Salmonella in chicken and eggs, E coli in beef). Assure the students that not ALL meat or produce contains these germs.
   - **Chill** – put food in the refrigerator to stop the bacteria from growing. Especially things that spoil easily like milk, eggs, and meats.
   - **Cook** – cook foods properly to kill any bacteria that might be in it, especially meat. Eating raw or undercooked meat could be dangerous.

**B. Developmental**

Activities are marked high functional (HF), low functional (LF), or both (B) for a quick guide; however, it may vary depending on class. At least one of the following activities should be completed during the lesson. More than one is appropriate if time allows. Activities should be selected based on the needs and skill level of your students. Refer to the explanations of each activity at the end of the lesson plan.

- Activity 1 (B): How Well Do We Wash Our Hands?
- Activity 2 (B): Germs Germs Everywhere!

**C. Food Tasting**

1. Students should wash hands or use antibacterial wipes/gel if no sink is available.
2. If students are helping prepare the snack, distribute gloves.
3. Prepare and distribute food tasting.
4. Clean up area properly.

**VI. Conclusion**

A. Thank the participants for their time and answer any questions they may have.
B. Distribute caregiver newsletter.
C. Distribute reinforcements and explain the reasoning for the reinforcement.
D. Remind teacher of extension lessons that correspond with this lesson in their binder.
VII. Extension lessons *(Located in Special Needs Binder)*

*These activities should be given to the classroom teacher for use after the lesson. These activities will reinforce the concepts learned during this food safety lesson. They can also be used during the lesson if desired.*
Activity 1 Lesson Plan
How Well Do We Wash Our Hands?

Materials Needed:
- Glowbug potion
- Portable black light (check batteries!)
- Place to wash hands (school bathroom)
- Hand washing poster

Procedure:
1. Explain that the Glowbug potion bottle contains pretend germs that will help us see where tiny germs can hide
2. Dispense some potion onto each participant’s hands and have everyone rub the potion into their hands like lotion
3. Explain that the black light is a germ detector. Scan each student’s hands to show them where the pretend germs are lurking.
4. Have all students wash their hands. Do not guide their technique in any way.

E. Scan hands again with the germ detector

F. Discuss:
   b. Are there still germs on our hands? Why?
   c. What could we have done better to get rid of them?
   d. How should we have washed our hands? (use poster)
      i. Wet hands under warm water.
      ii. Add soap to help kill the germs.
      iii. Scrub for 20 seconds or more (sing happy birthday song 2 times).
      iv. Scrub the front and back of hands, between fingers, under nails, around wrist.
      v. Rinse well under warm water.
      vi. Dry hands with clean towel.

G. Try washing hands again using our new techniques. See if you can get the germs off better this time. Then the teacher can either re-distribute potion or have them try to rid their hands of the first potion.

H. Scan the students’ hands again using germ detector.

I. Discuss the results. Did more germs go away?

J. We must remember to wash our hands lots of times during the day. Brainstorm ideas of when our hands might be dirty and in need of washing. Examples:
   e. After playing with pets  e. After take out the garbage
   f. After using the bathroom  f. After blow your nose, sneeze, or cough
   g. After playing outside  g. Before we touch our food
Activity 2 Lesson Plan
Germs, Germs, Everywhere!

Materials Needed:
- Glowbug potion
- Portable black light (check batteries!)
- Germ spreading item (pencil, pen, etc)
- Hand washing poster

Procedure:

1. Explain that the Glowbug potion bottle contains pretend germs that will help us see where tiny germs can hide.

2. Explain that the black light is a germ detector that will show us where germs might be hiding. Scan each student's hands to show that, right now, their hands are germ free.

3. Dispense some potion onto the germ spreading item, spreading it all over the item to cover it. Can tell the students to pretend someone has just sneezed or coughed on the item when no one was looking to show that germs have been passed onto it.

4. Have the students pass the item to each other, making sure everyone touches it at least once.

5. Scan the students' hands again. What do they see? (They should have glowing spots where they picked up the Glowbug potion).

6. This activity shows how easily germs are spread. If you borrow a friend's pencil or eraser, you might be passing germs to each other. It is ok to share, but remember that we need to wash our hands many times during the day to get rid of these germs.

7. Review proper hand washing techniques using the poster.