

**Lesson 2 - Food Safety**

**Purpose:** To demonstrate the importance of food safety.

**Instructor’s Note:** Personal hygiene and proper food handling are very important to ensure food safety.

**Important tips:**

- Personal hygiene – hands and nails should be washed before and after preparing food.
- Buy only government inspected meat, poultry and pasteurized milk.
- Use leftovers within three days or freeze them to use later.
- Thaw foods in the refrigerator or in the microwave, not at room temperature.
- Prepare raw meat away from other foods. Never put cooked meat on the same plate that was used for raw meat.
- Cook hamburger and other ground meat until cooked through and no trace of pink remains (160°F/70°C for ground beef, and 175°F/80°C for ground chicken/turkey).
- Cook poultry until no trace of pink remains (180°F/82°C for whole stuffed chicken/turkey and 170°F/77°C for chicken/turkey pieces).
- Never refreeze food that has been thawed unless you have cooked it first.

**Tip:** Go to [www.canfightbac.org](http://www.canfightbac.org) for more information on food safety and the *FightBAC!*® Program. Printable fact sheets are available on this site.

**You will need:**  
Flip chart or white board

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**Activity 1**

**Literacy Stage 1**

1. Talk to learners about food handling and personal hygiene. Tell them that hands and fingernails must always be washed before and after cooking. Explain that sometimes hands need to be washed during food preparation as well.

Wash Hands After:

- blowing their nose
  - handling raw or unwashed food
  - smoking
  - touching a pet
  - going to the toilet
  - changing a diaper
  - answering the phone
2. Write a “Wash Hands After” list on a flip chart or white board. Talk about each suggestion that is made.
  3. Ask learners to copy down the list.



**Wash Hands**

**Lesson 2 - Food Safety continued...**



**Tip:** For more information of food safety visit [www.canfightbac.org](http://www.canfightbac.org)

**You will need:**

- Ground beef
- Cook top and fry pan
- Spoon

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**Literacy Stage 2**

**Activity 2**

1. Tell learners about food safety in the kitchen and what they can do to keep their food safe.
2. Hand out [Activity Sheet 4.2: Danger in the Kitchen](#). Ask the learners to circle the unsafe things they see in the picture. (See answers on second page of worksheet.)
3. Ask learners to make a list of the unsafe things they found. Discuss what they found.

**Literacy Stage 3**

**Activity 3**

1. Talk about the safe handling of raw ground meats.
2. Hand out [Resource Sheet 4.2: Safe Handling and Cooking of Ground Meat](#). Read it together as a group. Discuss points.
3. Show learners how to cook ground beef safely. Ask them to write the safety rules for handling raw meat. Review with learners.



### Danger in the Kitchen

There are 11 dangerous or unsafe things happening in this kitchen. Circle as many as you can find.





1. sneezing without covering nose and mouth
2. messy hair
3. dirty hands and fingernails
4. dirty apron and shirt
5. unwashed dishes
6. food – uncovered cake and bread, opened tin, chicken left on table
7. dirty towel
8. dirty can opener
9. insects
10. dirty floor, table counter
11. cracked glass

## Safe Handling and Cooking of Ground Meat

Food poisoning can occur when improperly cooked ground meat is eaten. Bacteria that cause the illness are called E.Coli. They are found on the outside surface of raw meat. When meat is ground, the bacteria are mixed all through the meat.

E.Coli bacteria are killed by cooking. If hamburger is not cooked thoroughly in the centre, some of the bacteria are not killed. Freezing ground meat will not kill the bacteria.

This type of food poisoning causes cramps, diarrhea, vomiting and mild fever. If people get very ill from E.Coli bacteria, there may be damage to kidneys and intestines or they may even die.

### Tips for safe meat handling

1. Choose packages of meat that are cold and tightly wrapped without tears or holes.
2. Check labels for a “packaged on” date or “best before” date. Quality and food safety decrease after the “best before” date.
3. Ask the cashier to pack meat with any frozen food items to keep them cold longer.
4. Pick up meat, poultry, refrigerated and frozen foods last. Get these foods home and into a refrigerator or freezer **immediately**.
5. Promptly put store-wrapped meat into the meat compartment or on a plate on the bottom shelf of the refrigerator so it can’t drip onto other foods.
6. Immediately freeze any meat that you don’t plan to use within one to three days.
7. Before handling raw meat, wash hands with soap and water for at least 20 seconds. Remember to wash hands, utensils, cutting board and work surface after handling raw meat. Clean cutting board with hot water and soap after each use.
8. **Never** defrost meat at room temperature. Thaw meat in the refrigerator or microwave. Meat thawed in the microwave should be cooked right away. Do not refreeze thawed meat unless it has been cooked first.
9. Do not put cooked meat on a plate or cutting board that was used for raw meat. Use a clean plate for cooked meat.
10. Prevent cross-contamination by using a separate cutting board for meats and poultry.

Adapted from the Chill Out Meat and Poultry Handling and Storage Guide, a pamphlet from the Canadian Partnership for Consumer Foods Safety Education.