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# SAFE FOOD HANDLING

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## FOOD POISONING

Food poisoning (also known as foodborne illness or foodborne disease) is any illness that results from eating contaminated food.

- Usually caused by harmful bacteria and viruses like E.coli and Salmonella
- Symptoms include nausea, vomiting, diarrhea, fever, headache, and stomach cramps.
- May start within hours or even weeks after eating contaminated food
- Sickness lasts 1 to 10 days.
- For some, the effects can be deadly.

Proper food handling and cooking are the best ways to keep us from becoming sick from **bacteria** in foods.

## KEEP FOOD SAFE



- CLEAN:** Wash your hands!
- SEPARATE:** Don't cross contaminate!
- COOK:** Keep hot foods hot!
- CHILL:** Keep cold foods cold!
- and When in doubt, **throw it out!**

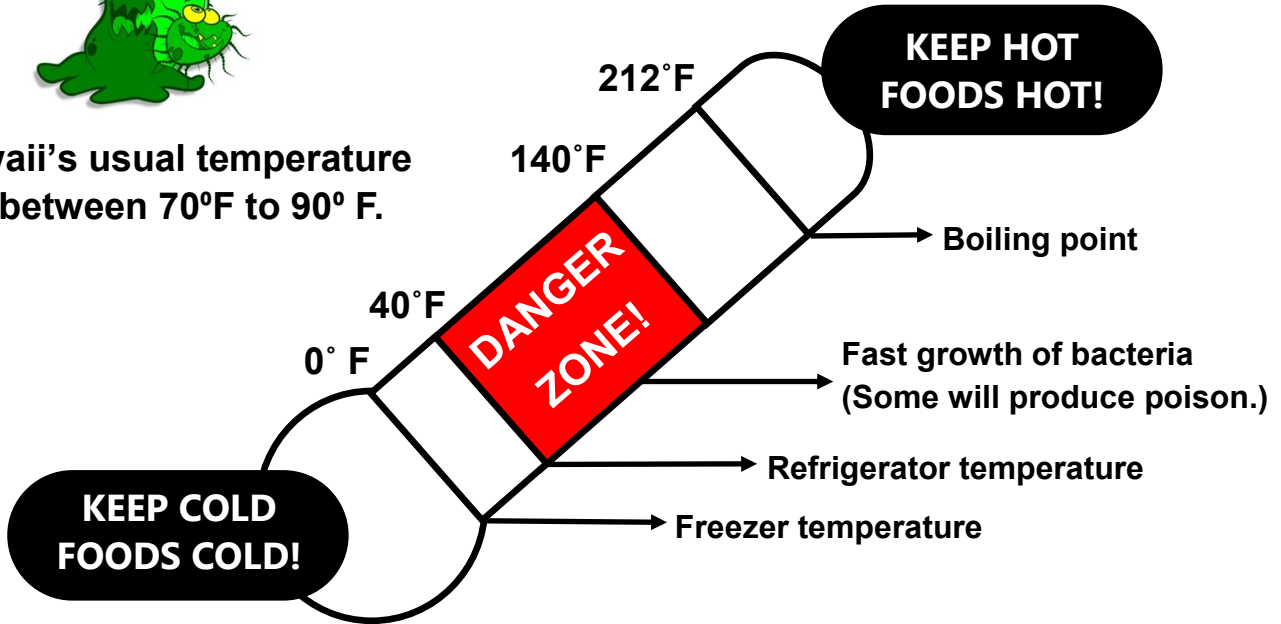


# THE DANGER ZONE

Germs such as bacteria, fungi, yeast and molds are part of our environment. Where there is food, there are **bacteria**.



Hawaii's usual temperature is between 70°F to 90° F.



## Bacteria Multiplies Activity



Listen to a story about how your potluck dish for a picnic at the beach can make your friends and family sick.

Learn how to prevent it from happening.



## Hand Washing Activity



# 1. CLEAN



## WASH YOUR HANDS!

Wash your hands with warm water and soap for at least **20 seconds**

- Before and after handling or eating **food**
- After using the bathroom
- After handling uncooked food
- After handling pets or garbage
- After sneezing, coughing, or blowing your nose



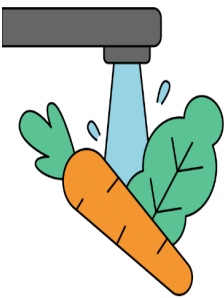
## CLEAN SURFACES

- Put your book bags, books and sports equipment on the floor, not on the kitchen **counter** or the table. Germs from these items could end up on eating surfaces.
- Use clean utensils and plates.
- Wash surfaces that come into contact with food with hot **soapy** water.
- Wash cutting boards, dishes and utensils with hot **soapy** water after preparing each food item.

Avoid handling your **cell phone** and electronic devices during food prep. Keep these items off food preparation and eating surfaces.



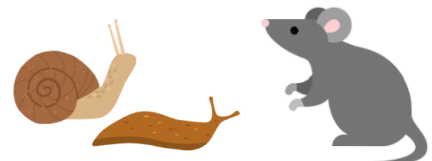
## FRUIT AND VEGGIE HANDLING



- **RINSE** all fruits and vegetables under running tap water.
- **DON'T USE** soap or bleach on produce.
- **CLEAN** each individual leaf. Look for slugs and other unwanted items.
- **SEPARATE** clusters of produce like grapes or broccoli.
- **RUB** waxy-skinned produce under running water.
- **SCRUB** thick-skinned produce with a brush, even if the skin isn't eaten.
- **DRAIN** and **PAT DRY** with a clean paper towel.

## RAT LUNGWORM DISEASE

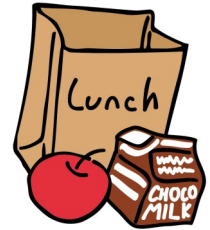
- Wash produce, especially leafy greens.
- Control slugs, snails, and rats.
- Cook snails and freshwater prawns, frogs, crayfish, and crabs thoroughly.



## 2. SEPARATE



- Keep your foods apart when preparing a meal or snack.
- Bacteria from raw food can contaminate safely prepared food or food that won't be cooked, such as raw veggies or salads. Use one cutting board for fresh produce and one cutting board for meat and poultry. **Separate** your raw food from your ready-to-eat food.
- Wash lunch totes or boxes with hot **soapy** water after each use.
- **Don't reuse** sandwich wrappings or paper lunch bags.



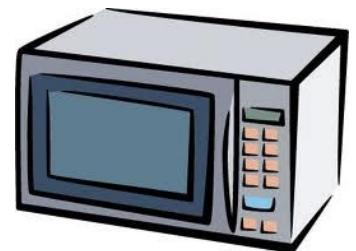
## 3. COOK



### KEEP HOT FOODS HOT!

- Bacteria that cause foodborne illness grow rapidly between 40°F to 140°F.
- Keep hot food at or above 140°F.

### MICROWAVE



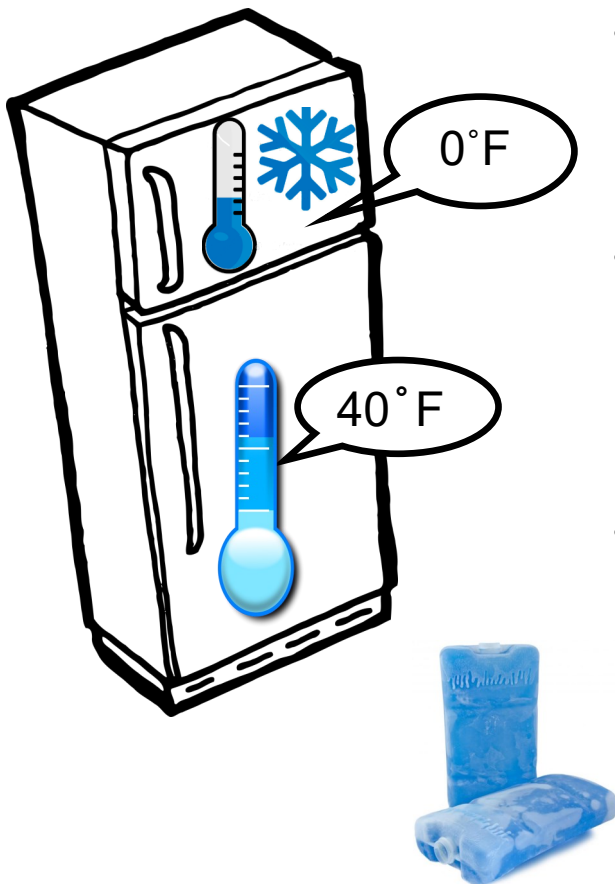
- Cover food before microwaving.
- Use microwave-safe plates, bowls, and utensils.
- Stir and rotate during microwaving for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking to heat food more thoroughly.
- Stir food and make sure there are no cold spots.
- Read package instructions carefully.
- Allow food to cool before eating. If the instructions say to let the food “stand” after the timer goes off, don't skip this step. The food is still cooking.

## 4. CHILL



### KEEP COLD FOODS COLD!

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. **Cold foods should be kept at 40°F or below.**



- Do not leave cold items – like milk, eggs, yogurt, or lunchmeat – out on the counter at room temperature. Put these foods back in the fridge as soon as possible.
- Avoid any perishable food left out overnight, such as pizza, even if it isn't topped with meat. Perishable foods should never be left in the temperature “**Danger Zone**” for more than **2 hours**.
- To keep lunches cold, include at least 2 cold sources in your lunch box. Frozen juice boxes or water bottles can also be used as **ice packs**. Freeze these items overnight and use with at least one other freezer pack. By lunchtime, the liquids should be thawed and ready to drink.

- Remember the “2-hour rule”: **Never leave food out for more than 2 hours**, or not more than 1 hour if the temperature is above 90°F. **When in doubt, throw it out!**



### LEFTOVERS

- Avoid lunchbox leftovers like sandwiches or other refrigerator-type foods that you didn't eat at school. Pack only the amount you'll eat.
- Throw out any leftovers and their plastic or foil wrapping instead of saving them for later.

HAWAII  
FOOD AND LIFESKILLS FOR YOUTH  
**HI-FLY**

**SAFE FOOD HANDLING**

What is one thing you learned in our food safety lesson that you can start doing to make sure the food you eat is you is safe to eat?

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# ACTIVITY: Unsafe Food Practices



Study the picture. Think about the information you learned about keeping food safe.

What would you do to make this situation better?

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