

Child Care Training and Resource Kit

Food Safety

Lesson Plan

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FOOD SAFETY LESSON PLAN

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Course Length: 2 hours

Objectives: Participants will:

- Identify the causes of foodborne illness.
- Identify potentially hazardous food.
- Demonstrate proper handwashing technique and identify appropriate times to wash hands.
- State the difference between cleaning and sanitizing and demonstrate the appropriate way to do both.
- List the principles of cross-contamination and identify how to prevent its occurrence.
- State proper temperatures and methods for cooking, hot-holding, cooling, reheating and thawing of different foods and identify the danger zone.
- Demonstrate how to calibrate and use a food thermometer.
- State how to keep infant food safe.

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How to use the Child Care Training and Resource Kits: Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the internet and the web address is included in the lesson plan file. Those files on the CD are in color.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

Food Safety

Overheads: See the Overhead file.

Handouts:

- Examples of Potentially Hazardous Foods: See the Handouts file.
- Infant Food Safety Policy: See the Handouts file.
- What Parents Can Do...: See the Handouts File.
- Recipe for Success: Prepare and Serve Food Safely: See the Handout file.
- Use a Stem Thermometer in Child Care: See the Handout file.
- When a Fly Lands On Your Fries: See the Handout file.

Materials Needed:

- Overheads: See Overhead file.
- Food Handler Test and Cards: If able to offer it in your county.
- Stem thermometer for each participants
- Danger Zone Cooking magnet

<p>Activity: Welcome and Introductions</p> <p>Lecture:</p> <p>Questions and Answers:</p> <p>Food Handler's Permit test.</p>	<p>Process:</p> <p>Welcome and Introductions: Brief introductions and explanation of the class. Be sure to do Classroom logistics, lights, lavatories, breaks etc.</p> <p>Lecture: Using overheads and teacher notes with activities, proceed through class.</p>	<p>Time: 5 minutes</p> <p>90 minutes</p> <p>10 minutes</p> <p>15 minutes</p>	<p>Materials: Welcome and Introductions: Handout packets.</p> <p>Lecture: Overheads</p> <p>Food Handler's Test: test and cards</p>
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