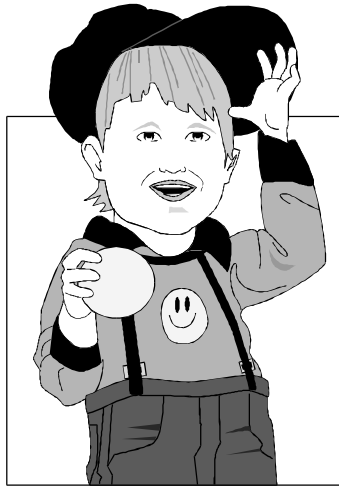


Child Care Training and Resource Kit

Food Safety Self Study

Handouts



Food Safety Study Guide

**Chelan-Douglas Health District
Maternal-Child Program**

Pre-test

Before you do anything else, spend a few minutes and take this quiz. Don't worry about wrong answers. We just want to see how much you know before you go through the study guide. **Return to CDHD envelope provided.**

Circle the letter of the response that best answers the question.

1. Select the appropriate time(s) hands should be washed:

- A. After handling raw food.
- B. After using the toilet.
- C. Before you begin to cook.
- D. All of the above.

2. Which of the following tips should caregivers use?

- 1. It is o.k. to thaw meat on the counter.
- 2. Use a different dish towel to wipe hands and spills, OR use paper towels.
- 3. Leaving food out at room temperature for 4 hours is safe.
- 4. All of the above.

3. What are the important tips for proper food storage to prevent foodborne illness?

- A. Store food in containers with tight fitting lids.
- B. Be cautious of food containers that may be damaged, like dented or bulging cans.
- C. It is okay to put hot food in the refrigerator to cool.
- D. All of the above.

4. When is microwaving food safe?

- A. When microwaving baby food jars.
- B. When microwaving baby bottles.
- C. When thawing meat if meat is cooked right away.
- D. All of the above.

5. Which of the following are true about bacteria, also called germs?

- A. Sometimes cannot be seen, tasted, or smelled.
- B. Grow fast in food at room temperature.
- C. Cause illness and food spoilage.
- D. All of the above.

6. “Creepy Crawlers” carry germs and can cause foodborne illness. They can be prevented if you:

- A. Take away their food...wash dishes, containers, and tables.
- B. Take away their water...by fixing all leaks.
- C. Take away their hiding places...wrap all garbage and store in a covered container.
- D. All of the above.

7. Using a food thermometer does the following:

- A. Measure internal temperatures of foods to see that they are hot enough enough to kill harmful bacteria.
- B. Helps to be sure microwaved foods have been cooked enough.
- C. Be sure meats are cooked to a safe temperature to kill bacteria
- D. All of the above.

Read the following statements and circle the word that best describes how you feel about the statement.

1. Safe food handling and sanitation practices are important for caregivers to consider when caring for children.

Strongly Agree Agree Disagree Strongly Disagree

2. It is important to wash hands frequently during the day.

Strongly Agree Agree Disagree Strongly Disagree

Name

Date

First and Last Name

STARS number

Keep folder of information. Send back the video(s), tests, STARS eval and this sheet.

Activity	Time spent	Comments
1) Do module Pre-test. Mail to CDHD with envelope provided.		
2) View video: Food safety		
3) Do activity sheets 2, 3, 4, 5		
4) Do module Post-test. Do STARS eval. Mail to CDHD with envelope provided.		
5) FYI: Information on getting a food handler's card		

Overview

Food poisoning can be very dangerous for some people. Young children, the elderly and people with certain types of medical conditions can suffer a life-threatening illness if food is not properly handled, prepared, cooked and stored.

As a child care provider, you *must* know about food safety and how it affects the health of the children you care for. This study guide provides information about how you can prevent foodborne illnesses (food poisoning) while preparing and serving food.

You can't see the germs (bacteria, viruses and parasites) that cause food poisoning, but they are there. You must act as if they are always present in the foods you prepare, on your hands, on your counter-tops and cutting boards and on your plates, cups, and utensils --- because they are.

If germs are everywhere, what can be done to make food safe? There are three important things that you will learn to do which keep food safe:

1. Good personal hygiene to keep your germs out of the foods you prepare.
2. Cooking food properly to get rid of the germs already in the food.
3. Storing prepared food properly so germs (bacteria) can't grow.

Doing each of these three things means following some simple steps. These steps aren't hard or complicated, but they must be followed so that you can keep children from getting sick from the foods you prepare.

The Goal

The goal of this self-study guide is pretty simple: **“To keep kids, who eat the foods you prepare, from getting sick”**.

This is a pretty good goal –hey, no one wants to give a child food poisoning – but there are some other concerns that you may want to consider:

- ❖ Reputation. If you own a childcare business, what would happen if there were outbreaks of Hepatitis A or salmonella or e-coli in your children? Do you think parents in the community would want to use your services? Once a business develops a bad reputation, it is very hard to turn that around.
- ❖ Legal Issues. Violations of food handling regulations can result in the loss of a childcare license. Investigations of food poisoning outbreaks can lead to the closure of a childcare business or an in-home daycare. A parent could also decide to sue a childcare provider if the cause of the food poisoning was due to improper food preparation, handling or storage.
- ❖ Financial. If you lose your clients, your license, your job, or become sick yourself, how are you going to pay your bills?

What You Will Get Out Of This Study Guide

Learning Objectives

There are a number of things that you should learn as you go through this Study Guide. These are called *learning objectives*. These learning objectives will help you achieve the goal of “*keeping kids, who eat the foods you prepare, from getting sick*”.

You will learn:

1. To identify the causes of foodborne illness (food poisoning).
2. To identify ways to keep the kitchen sanitary.
3. Why frequent handwashing is important
4. To know when it is important to wash your hands.
5. How to properly store foods to prevent foodborne illness.
6. The proper way to prepare an infant bottle.
7. To recognize the value of safe food practices.

Materials in the Study Guide

This study guide includes a variety of activities that you need to complete. These activities will help you achieve the learning objectives listed above. You will return the tests, the activity work sheets and the videotape when you complete this study guide.

Please check to see that you have the following materials in your study guide packet:

- ✓ Video tape
- ✓ Booklet -- “Keeping Food Safe”
- ✓ Brochure -- Fight BAC!
- ✓ Handout -- “Pointers For Providers And Parents”
- ✓ Handout -- “Food Safety – Parent’s Handout”
- ✓ Worksheet -- “Messy Kitchen”
- ✓ Safe Food Temperatures magnet
- ✓ Handout – Use that thermometer!

Activity One

“Video Title” video tape

It's time to plug in the video tape, put your feet up and take some notes. The first part of the tape is based on a slide show. The second part of the tape will cover a few additional topics on food safety.

NOTES:

Activity Two

“Keeping Food Safe” booklet

“Food Safety – Parent’s Handout”

“Pointers for Providers and Parents”

**Fight BAC! – Four simple steps to food safety
(Order on the Internet)**

Find the handouts listed above. Please spend time reading the booklet and the handouts about proper food handling. As you read through this information, please answer the questions below. Use the back of this sheet if you need more space for your answers.

1. Name one way you can control foodborne illness.
2. There are many times when it is important to wash your hands. List 3 of them.
3. True or false (circle the correct answer): When washing your hands, you should turn off the water as soon as you have finished rinsing your hands.
4. True or false (circle the correct answer): It is okay to use the same knife and cutting board to cut up chicken and vegetables as long as you wipe them off with a dish towel between uses.
5. True or false (circle the correct answer): Bleach is extremely poisonous and should never be used to disinfect kitchen equipment.
6. Why do you think that properly washed dishes should be air dried instead of towel dried?
7. What are two basic rules for proper food storage?
8. True or false (circle the correct answer): Home canned foods should not be served to the children you care for.
9. How long can non-frozen breast milk or opened formula be stored in the refrigerator?
10. What is the proper method for warming a baby’s bottle?

Activity Four

How Food Becomes Unsafe To Eat

Most of the time, food poisoning occurs because of the improper way food is handled. Recognizing how easy it is for food to spoil is an important step in learning how to keep food safe. The story example below will let you practice your knowledge about food safety.

The Case of the Suspicious Chili

Today Beth is going to make chili for the children in her home day care. First thing in the morning, she leaves the hamburger on the counter to thaw before the first child arrives.

Beth uses the time the children are napping to cook. She is so anxious to begin that she forgets to wash her hands. She fries the meat, onion, celery and green pepper and then starts to open the can of tomato sauce. The can looks swollen. She opens it anyway and adds the tomato sauce to the chili. She also adds a can of kidney beans and some water.

The chili is ready. Beth turns off the burner and leaves the chili on top of the stove to cool before putting into containers for the next day's lunch. Three hours later, after the children have gone home, Beth begins to put the chili away in containers. Just as she begins, the dog starts to scratch at the kitchen door to go out.

How could Beth improve food safety? Please write your answer below.

Activity Five

Stem thermometer

Look at the sheet “Use that thermometer!”

Review the section in the brochure “Fight BAC” on ‘Cook: cook at proper temperatures.’

Display the magnet “Safe Food temperatures” for temperatures at which to cook various foods.

Go poke some food!!

Post-test

There is one more thing you need to do before this study guide is complete – another test. Now don't panic, you've taken this test before and you've learned a lot of stuff since then. You'll probably be very pleased with how much you've learned.

Once you've completed the test. Return to CDHD in envelope provided.

Also complete and return STARS evaluation and time keeping sheet.

Circle the letter of the response that best answers the question.

1. Select the appropriate time(s) hands should be washed:

- A. After handling raw food.
- B. After using the toilet.
- C. Before you begin to cook.
- D. All of the above.

2. Which of the following tips should caregivers use?

- A. It is o.k. to thaw meat on the counter.
- B. Use a different dish towel to wipe hands and spills, OR use paper towels.
- C. Leaving food out at room temperature for 4 hours is safe.
- D. All of the above.

3. What are the important tips for proper food storage to prevent foodborne illness?

- A. Store food in containers with tight fitting lids.
- B. Be cautious of food containers that may be damaged, like dented or bulging cans.
- C. It is okay to put hot food in the refrigerator to cool.
- D. All of the above.

4. When is microwaving food safe?

- A. When microwaving baby food jars.
- B. When microwaving baby bottles.
- C. When thawing meat if meat is cooked right away.
- D. All of the above.

5. Which of the following are true about bacteria, also called germs?

- A. Sometimes cannot be seen, tasted, or smelled.
- B. Grow fast in food at room temperature.
- C. Cause illness and food spoilage.
- D. All of the above.

6. “Creepy Crawlers” carry germs and can cause foodborne illness. They can be prevented if you:

- A. Take away their food...wash dishes, containers, and tables.
- B. Take away their water...by fixing all leaks.
- C. Take away their hiding places...wrap all garbage and store in a covered container.
- D. All of the above.

7. Using a food thermometer does the following:

- D. Measure internal temperatures of foods to see that they are hot enough enough to kill harmful bacteria.
- E. Helps to be sure microwaved foods have been cooked enough.
- F. Be sure meats are cooked to a safe temperature to kill bacteria
- D. All of the above.

Read the following statements and circle the word that best describes how you feel about the statement.

1. Safe food handling and sanitation practices are important for caregivers to consider when caring for children.

Strongly Agree Agree Disagree Strongly Disagree

2. It is important to wash hands frequently during the day.

Strongly Agree Agree Disagree Strongly Disagree

Name

Date

Supplemental Materials

Activity Two Answers

1. Name one way you can control foodborne illness. **A:** Good personal hygiene
2. There are many times when it is important to wash your hands. List 3 of them.
A: After using the toilet; after handling raw food; before you begin to cook.
3. True or false (circle the correct answer): When washing your hands, you should turn off the water as soon as you have finished rinsing your hands. **A:** False
4. True or false (circle the correct answer): It is okay to use the same knife and cutting board to cut up chicken and vegetables as long as you wipe them off with a dish towel between uses. **A:** False
5. True or false (circle the correct answer): Bleach is extremely poisonous and should never be used to disinfect kitchen equipment. **A:** False
6. Why do you think that properly washed dishes should be air dried instead of towel dried?
A: Because germs from the dishtowel can spread onto the clean dishes.
7. What are two basic rules for proper food storage? **A:** Keep hot foods hot and cold foods cold; never leave food at room temperature for more than 2 hours.
8. True or false (circle the correct answer): Home canned foods should not be served to the children you care for. **A:** True
9. How long can non-frozen breast milk or opened formula be stored in the refrigerator?
A: 24 hours.
10. What is the proper method for warming a baby's bottle? **A:** Warm bottles immediately before serving. Warm by putting the bottle in a pan of warm water. Do not use the microwave.

Activity Three Answers

The Messy Kitchen

Wash Dishes

Wash tables

Wash counters

Remove garbage

Sweep floors

Wipe up water on the floor

Put all food away

Activity Four Answers

How Food Becomes Unsafe To Eat

Beth could improve food safety by:

1. Washing her hands with hot, soapy water before she touches the food.
2. Not defrosting the meat on the counter. Defrost it in the refrigerator or by placing it in a plastic bag and running it under cold water.
3. Not using bulging, swollen or suspicious cans. They are usually bulging because bacteria have grown in the food and produced gas which pushes the ends of the can out.
4. Not leaving the chili at room temperature for more than 2 hours.
5. Covering the food and refrigerating it so bacteria will not grow.
6. Protecting the chili from the dog by covering and refrigerating it.

Pre and Post-test Answers

Circle the letter of the response that best answers the question.

1. Select the appropriate time(s) hands should be washed:

- A. After handling raw food.
- B. After using the toilet.
- C. Before you begin to cook.
- D. All of the above.**

2. Which of the following tips should caregivers use?

- A. It is o.k. to thaw meat on the counter.
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- C. Take away their hiding places...wrap all garbage and store in a covered container.
- D. All of the above.

Read the following statements and circle the word that best describes how you feel about the statement.

3. Safe food handling and sanitation practices are important for caregivers to consider when caring for children.

Strongly Agree Agree Disagree Strongly Disagree

4. It is important to wash hands frequently during the day.

Strongly Agree Agree Disagree Strongly Disagree

Sample Evaluation Form

STARS Training Evaluation Form

Return to your trainer or mail to STARS at WAEYC, Attn: Trainer Services
841 N. Central Ave. #206, Kent, WA 98032 (253) 854-2565 x15 (800) 727-3107 x15

Title of Training _____ Today's Date _____

Trainer's Name _____

Your Name (Optional) _____ Year of Experience _____

Type of Program: home center school-age other _____

Please rate the following: 4 = strongly agree 1 = strongly disagree

Trainer is knowledgeable about topic 4 3 2

Materials provided were useful 4 3 2

Information was presented in a way that honored my learning style and culture 4 3 2

I can apply this information to the diversity of families I serve 4 3 2

I increased my knowledge as a result of taking this training 4 3 2

Please list 3 ways you will use this information in your work with children and/or families.

2.

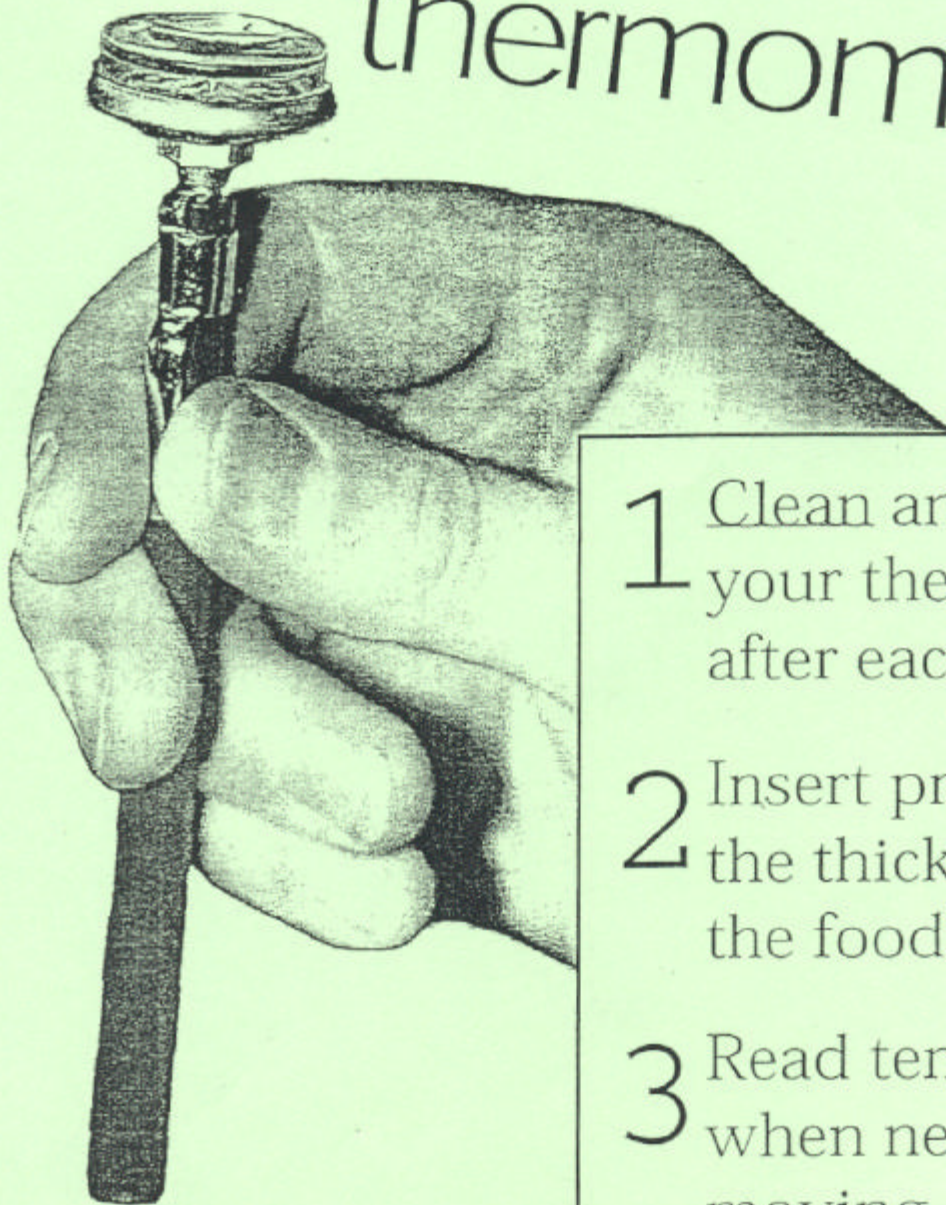
3

What else do you want to tell the trainer?

Thank you for completing this evaluation.



Use that thermometer!



- 1 Clean and sanitize your thermometer after each use.
- 2 Insert probe into the thickest part of the food.
- 3 Read temperature when needle stops moving.

Not hot enough?

SEND IT BACK!