

Child Care Train and Resource Kit

Food Safety Self Study

Lesson Plan

FOOD SAFETY FOR HOME PROVIDERS SELF-STUDY MODULE LESSON PLAN

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Course Design: Self-study

Objectives: Participants will learn:

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

Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.

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.
- **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.

Handouts:

- Food Safety: Keeping Food Safe: The Example is from Chelan-Douglas Health District. Your county probably has one.
- Fight Bac!: Four Simple Steps to Food Safety, U.S. Department of Agriculture (USDA) and U.S. Food & Drug Administration (FDA)
www.fightybac.org

- Food Handler's Manual from your particular county and information on how to get a food handler's permit. Chelan-Douglas information provided.
- Use That Thermometer!: See Handout file.
- Food Safety Module Record Keeping: See Handout file.
- Food Safety Module text: See Handout file.
- Stars Training Evaluation Form See Handout File.
- Messy Kitchen: This is part of a 1991 Curriculum on food safety by Michigan State University Extension, "Eating Right is Basic 2 4-H," 1985 There is also a citation for Ohio Department of Human Services – Health and Safety in Family Day Care, December 1991
- Pointers For Providers and Parents Not copy or source for this material was provided.

Materials Needed:

- Video: Health and Safety in Family Daycare: Food Safety
- One stem thermometer per person taking the course
- One safe food temperatures magnet per person taking the course.
- Packets for materials to go in

<p>Activity: Self-study module:</p>	<p>Process: Self-study module: Participants are given a packet with all the module items in it, including the video. Using the record keeping form provided, they watch the video and complete the activities in the text. They return the video, the pre and post-tests, the evaluation form and the record keeping form. When they return all of the above, they are issued STARS credit. Chelan-Douglas Health District reports that the self-study module has been very successful in their area as an alternative way of training child care staff.</p>	<p>Time</p>	<p>Materials: Packets containing all of the above items.</p>
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