

Potential Integration:
ELA

Health

4.NPA.1.2

Carry out measures to prevent food borne illnesses, including hand washing and appropriate food storage and preparation.

Materials Needed:

- Access to technology for all students, Quizlet <https://quizlet.com/546991218/match>
- Copy of He’s Bac! The Storybook, free and downloadable from <https://www.fightbac.org/kidsfoodsafety/curricula-and-programs/> Scroll to the bottom of the page for the book
- Appendix 1 – copies of Graphic Organizer: He’s BAC! The Storybook
- How to Wash Your Hands Poster from the CDC <https://www.cdc.gov/handwashing/posters.html>
- Assessment Activities, from Partnership for Food Safety Education <https://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/>
- Additional resources from the USDA: family activity book https://www.fsis.usda.gov/wps/wcm/connect/e92bd9b4-582d-487f-93d6-d7f4f60d9d9e/BFS_Activity_Book_Color.pdf?MOD=AJPERES

Focus:

Tell students that you’re going to do a quick review of where foods go in the different groups from MyPlate. Have everyone access the Quizlet <https://quizlet.com/546991218/match> and tell them to select the Matching option on the left. The objective is to match the food term with the photo as quickly as possible. Ask students to aim to finish three sets. Allow them to continue playing until every student has completed one or two sets. Ask students if any of the food items were difficult to place in a food group.

Statement of Objectives:

How many of you have had a stomach “bug” (when you had an upset tummy or diarrhea)? Most of us have felt bad because of something we ate at one time. Our lesson today is about ways to prevent food poisoning. By the end of the lesson, you will be able to help keep yourself and your family from getting sick.

Teacher Input:

Read aloud He’s Bac! The Storybook <https://www.fightbac.org/kidsfoodsafety/curricula-and-programs/>

Print and distribute copies of Appendix 1, Graphic Organizer: He’s Bac! The Storybook to students. Have them answer the questions as you read the story. Read aloud He’s Bac! The Storybook <https://www.fightbac.org/kidsfoodsafety/curricula-and-programs/>

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After completing the book, ask for volunteers to provide the correct responses.

Ask students these questions:

- When and how often should we wash our hands?
- How should we wash our hands?

Share these answers to the first question:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Go to <https://www.cdc.gov/handwashing/posters.html> and show students the Wash Your Hands poster. Have students go through each step with you and pretend to wash their hands.

Assessment:

Go to the Partnership for Food Safety Education website(<https://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/>) and scroll down to the Activity Sheets. There are two for grade 3+ and one for grade 4+. Tell students to use their Graphic Organizer to complete the worksheet Food Safety Do's and Dont's and the Crossword puzzle. Review the correct answers.

Closure:

Today, you learned that each of you is the best line of defense against food poisoning. Remember to wash your hands regularly and take precautions to keep food safe.

Appendix 1 Graphic Organizer: *He's Bac! The Storybook*

What was the story about?	Who is BAC?
Where does BAC hide?	What does BAC cause?
What are the rules about CLEAN?	What are the rules about SEPARATE?
What does "under-cooked" mean? What are the rules for keeping hot foods hot?	What are the rules about keeping cold foods cold?
Which of these rules do you need to work on?	