

: Healthy practice: food preparation and serving

- **Handout A-5, “Preparing and Serving Food to Children in Your Care”**
- **Handout A-6 “When a Fly Lands on Your Fries...” Use for anticipatory set (capturing attention). Discuss as a class.**

Use **Handout A-5** as a tool for reflecting on food handling practices. Have students complete the handout based on the teacher’s presentation. Not all participants may see themselves as responsible for keeping food safe, but best practice recommendation is that *everyone is knowledgeable*.

If a Foods Lab is available you could have your students arrange to bring in children between the ages of 2-8 and have them help prepare prearranged snacks. Children can help by serving. See **Handout A-7, “Meal Planning Guide Information Sheet.”** Have students prepare by planning a one day menu for children using **Handout A-8, “Meal Planning Guide.”**

Option 6: Healthy practice: food preparation and serving

This activity could be used as a requirement or for extra credit

Resources Needed

- Internet required: <http://www.foodworkercard.wa.gov>.
- **Use the Food Worker Card website to access your local Health Department’s website to take the Food Handler’s Online test.**

There is a 45 minute tutorial before taking the test. The test takes approximately 20-30 minutes. (Allow a minimum of 60 minutes.) Students may print their cards out in class if they have a debit or credit card to pay with, otherwise they may pay and pick it up at the Health Department within five (5) days. (Verify the five days with your Health Department.)

Preparing and Serving Food to Children in Child Care

Complete the following list of the recommended procedures for preparing and serving food:

<u>Food Purchasing</u>	
<u>Food Storage</u>	
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Food Preparation and Handling

- Wash all _____ and _____ before use. Wash tops of _____ before opening.
- Thaw frozen foods _____ or put quick-thaw foods in plastic bags under cold _____ for immediate preparation. DO NOT thaw frozen foods by allowing them to _____.
- Use a _____ to check internal temperatures of the following foods to be sure they have been _____ (refer to WAC 170-295-3190) and to a minimum internal temperature of:
 - Ground beef or pork sausage - _____
 - Pork - _____
 - Fish and seafood - _____
 - Poultry - _____
 - Stuffing - _____ in a separate pan (do not cook stuffing inside poultry)
 - Eggs - _____
 - Beef (not ground) and lamb - _____
- Prepare these _____ foods as quickly as possible from _____, serve _____, and _____ leftovers immediately:
 - 1.
 - 2.
 - 3.
- Prevent the growth of _____ by maintaining all potentially hazardous foods at temperatures lower than _____ or higher than _____ during transportation and while holding until served. _____ multiply most rapidly between 45°F and 140°F.
- Cover or _____ foods during transportation.
- Never _____ a spoon that has been used even once for tasting.
- Make sure each serving bowl has a _____ or other _____.
- Reserve food for _____ at safe temperatures in the kitchen.

<ul style="list-style-type: none"> Any food that has been served to the children must be _____. Place foods to be stored for _____ in _____ and _____ or _____ immediately to bring temperature rapidly to _____ or lower. Leftovers or _____ held in the refrigerator must be discarded after ____ days. _____ should not be sent home with children or adults because of the hazards of _____ during transport. Keep lunches (_____) brought from home in the refrigerator until lunch time. 	
<p>Wash all raw _____ before use. Wash _____ before opening.</p>	
<p>Thaw frozen foods in the _____ or put quick-thaw foods in _____ under _____ for immediate preparation. DO NOT thaw frozen foods by allowing them to _____.</p>	
<p>While cooking, use a _____ to check internal temperatures of _____ to be sure they have been cooked evenly (including _____).</p>	

Preparing and Serving Food to Children in your Care
TEACHER'S KEY

<u>Food Purchasing</u>	
Check the use by, sell by or expiration date on foods	
Keep packages of raw meat separate from other foods, particularly foods that are eaten fresh. Raw meat must be stored <u>below</u> other food in the refrigerator	
Make sure that refrigerated foods are cold to the touch and frozen food is rock-solid.	
Take foods straight back to the center / FCCH to the refrigerator; never leave food in a hot car.	
Do not use home-canned foods or food from dented, rusted, or bulging cans or cans without labels.	
<u>Food Storage</u>	
Store all perishable foods at temperatures that will prevent spoilage (refrigerator temperature of 45°F or lower, freezer temperature of 10°F or lower).	
Place working thermometers in the warmest part of the refrigerator and freezer (near or in the door shelf) and check them daily	
Store non-refrigerated foods in clean, rodent- and insect-proof, covered metal, glass, or hard plastic containers.	
Store containers of food above the floor (about 6") on racks or other clean slotted surfaces that permit air circulation.	
Store all food items separately from nonfood items.	
Use an inventory system: the first food stored is the first food used.	
Pay close attention to the expiration dates, especially on foods that can spoil easily.	
All food that has been opened, or is not in its original package, must be stored in air-tight containers, labeled with the contents and the date it was opened	

Food Preparation and Handling

- Wash all raw fruits and vegetables before use. Wash tops of cans before opening.
- Thaw frozen foods in the refrigerator or put quick-thaw foods in plastic bags under cold running water for immediate preparation. DO NOT thaw frozen foods by allowing them to stand at room temperature.
- Use a thermometer to check internal temperatures of the following foods to be sure they have been cooked evenly (refer to WAC 170-295-3190) and to a minimum internal temperature of:
 - Ground beef or pork sausage - 155F
 - Pork - 150F
 - Fish and seafood - 140F
 - Poultry - 165F
 - Stuffing - 165F in a separate pan (do not cook stuffing inside poultry)
 - Eggs - 140F
 - Beef (not ground) and lamb - 140F
- Prepare these potentially hazardous foods as quickly as possible from chilled products, serve immediately, and refrigerate leftovers immediately:
 1. Meat salads, poultry salads, egg salads, seafood salads and potato salads
 2. Cream-filled pastries, and
 3. Other prepared foods, containing milk, meat, poultry, fish and/or eggs.
- Prevent the growth of bacteria by maintaining all potentially hazardous foods at temperatures lower than 45F or higher than 140F during transportation and while holding until served. Bacteria multiply most rapidly between 45°F and 140°F.
- Cover or completely wrap foods during transportation.
- Never re-use a spoon that has been used even once for tasting.
- Make sure each serving bowl has a spoon or other serving utensil.
- Reserve food for second serving at safe temperatures in the kitchen.
- Any food that has been served to the children must be thrown away.
- Place foods to be stored for re-use in shallow pans and refrigerate or freeze immediately to bring temperature rapidly to 45F or lower.
- Leftovers or prepared casseroles held in the refrigerator must be discarded after 2 days.

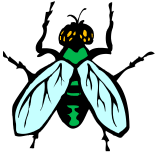
- Leftover foods should not be sent home with children or adults because of the hazards of bacterial growth during transport.
- Keep lunches (with perishable foods) brought from home in the refrigerator until lunch time.

Wash all raw fruits and vegetables before use. Wash tops of cans before opening.

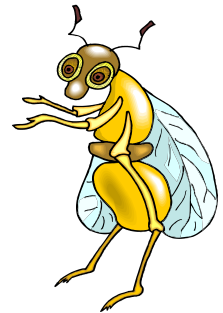
Thaw frozen foods in the refrigerator or put quick-thaw foods in plastic bags under running water for immediate preparation. DO NOT thaw frozen foods by allowing them to stand at room temperature.

While cooking, use a thermometer to check internal temperatures of **all cuts of meat** to be sure they have been cooked evenly (including hamburger, chicken, pork and veal.)

When a Fly Lands on your Fries



Flies can't eat solid food so they soften it by vomiting on it.



Then they stamp the vomit and some germs into a liquid.



**When it gets runny, they suck it up, often voiding it in the process.
When they've finished eating it's your turn.....Bon Appetit!!**

