



Lesson Plans

Food Safety in Child Care Centers Video Lesson

Lesson Overview

Lesson Participants: CACFP personnel and child care center staff

Type of Lesson: Video lesson delivered in short face-to-face training session

Time Needed to Conduct the Lesson: 45 minutes

Lesson Description: This video lesson discusses food safety in child care centers. Many suggestions and best practices are described.

Lesson Objectives

At the completion of the lesson the participant will be able to

- identify ways to prevent cross contamination.
- understand the importance of personal hygiene, especially handwashing, in preventing the spread of germs.
- taste test foods safely.
- identify the temperature danger zone.
- identify cleaning vs. sanitizing.
- use disposable gloves properly.

Get Ready to Train

The format for the CARE Connection lesson plans includes an overview, preparation checklist, lesson-at-a-glance with timeline for conducting the lesson, instructor's script, and lists of references and other resources. The instructor will use the script to present the lesson to the participant. Each script gives directions to the instructor—**DO, SAY, ASK**—to deliver the lesson.

Before the day the lesson is to be presented:

- Study the Instructor's Script and be prepared to tell it in your own words.
- Preview the video and be familiar with the answers on the video viewing guide.

The lesson can be presented in the child care center, media center, or classroom.

CARE Connection Section 6, Video Lesson 1: *Food Safety in Child Care Centers* has a run time of approximately 20 minutes. Allow a few minutes to get started and allow 15 minutes for follow-up discussion after the video.

The video may also be used as a substitute lesson for an employee who was not present for the face-to-face training or to review material for an employee needing additional information.

Preparation Checklist

Directions: Use the Preparation Checklist to get ready for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
	<p>Gather Materials</p> <p>Materials Needed:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> • Instructor’s Script
<input type="checkbox"/>	<ul style="list-style-type: none"> • CARE Connection Section 6, Video Lesson 1: <i>Food Safety in Child Care Centers</i>. • The video file may be viewed online at www.nfsmi.org or downloaded as a Windows Media Video (WMV) file to be viewed on a computer. The CARE Connection video lessons are also available on a two DVD set from the National Food Service Management Institute.
<input type="checkbox"/>	<ul style="list-style-type: none"> • <i>Food Safety in Child Care Centers</i> Video Viewing Guide and answer key
<input type="checkbox"/>	<ul style="list-style-type: none"> • Pens or pencils (one for each participant)
<input type="checkbox"/>	<ul style="list-style-type: none"> • Session Evaluation/Feedback Form (one for each participant)(optional)
<input type="checkbox"/>	<ul style="list-style-type: none"> • Video file or DVD player and monitor
	<p>Prepare for Lesson</p> <p>Before the Training:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> • Study the instructor’s script and be prepared to present the lesson in your own words.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Preview video and be familiar with answers to the video viewing guide.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Make enough copies of the video viewing guide for each participant.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Make copies of Session Evaluation/Feedback Form (one for each participant). You may use the sample NFSMI evaluation form linked here or develop your own. (optional)
<input type="checkbox"/>	<ul style="list-style-type: none"> • Make arrangements for equipment to play the video file or DVD.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Set up room.

	On Training Day:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Have video file loaded and ready to view.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Place pens or pencils on tables (one for each participant).
<input type="checkbox"/>	<ul style="list-style-type: none"> • Distribute the video viewing guide to each participant.
	On the Instructor's Table:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Instructor's Script
<input type="checkbox"/>	<ul style="list-style-type: none"> • Instructor's copy of <i>Food Safety in Child Care Centers</i> Video Viewing Guide and answer key
<input type="checkbox"/>	<ul style="list-style-type: none"> • Session Evaluation/Feedback Forms (optional)

Lesson at a Glance (45 minutes)

Time	Topic	Task	Materials
5 minutes	Introduction and Overview	Introduce topic Handout video viewing guide.	<ul style="list-style-type: none"> • Instructor's Script • Video viewing guide
20 minutes	<i>Food Safety in Child Care Centers</i> video lesson	Show video.	<ul style="list-style-type: none"> • Video file and appropriate equipment
15 minutes	Discussion	Use video viewing guide to review and discuss.	<ul style="list-style-type: none"> • Script • Video viewing guide
5 minutes	Session evaluation/feedback	Conduct a short evaluation of the lesson. (optional)	<ul style="list-style-type: none"> • Sample evaluation/feedback form or standard form used in your child nutrition program

References

National Food Service Management Institute. (2010). *CARE Connection Curriculum*.
University, MS: Author.

Internet Resources

<http://www.fns.usda.gov>

<http://www.nfsmi.org/>

Instructor's Script

Introduction and Overview (5 minutes)

Introduce Lesson

SAY:

The U.S. Department of Agriculture's Child and Adult Care Food Program, often known as CACFP, was created to assist in improving the nutrition of children in child care.

Today's video lesson will introduce you to food safety in child care centers.

The lesson describes many best practices for keeping food safe to serve the children in your care and preventing the spread of germs and bacteria.

Good sanitation practices are essential. These practices include personal hygiene, especially washing your hands and washing the children's hands, too. Keeping food preparation areas and equipment clean and sanitized helps prevent cross-contamination.

Using time and temperature guidelines for keeping hot foods hot and cold foods cold helps keep food safe. The temperature danger zone range is the range in which bacteria grows best and it is important to limit the time foods spend in the danger zone. A food thermometer is the best tool for measuring the internal temperature of foods.

Lesson Objectives

SAY:

After this lesson you will be able to

- identify ways to prevent cross contamination.
- understand the importance of handwashing in preventing the spread of germs.
- taste test foods safely.
- identify the temperature danger zone.
- identify cleaning vs. sanitizing.
- use disposable gloves properly.

DO:

Distribute copies of the *Food Safety in Child Care Centers* Video Viewing Guide.

SAY:

While you are watching the video lesson, please fill out the video viewing guide. We will discuss these points after the video.

DO:

Show video.

DO:

After the video, discuss major points on the video viewing guide.

Review Key Points to Close Lesson**SAY:**

The video lesson showed many food safety and sanitation practices for the child care setting. These practices help prevent the spread of germs and foodborne illness. They include good sanitation practices such as washing hands and sanitizing food preparation surfaces and equipment; preventing cross contamination by keeping foods separate as well as storing chemicals separately; and cooking and storing foods at the proper temperatures and out of the temperature danger zone.

Remember to check with your sponsor, state agency, or local government for additional regulations regarding food safety and sanitation in your child care operation.

DO:

Distribute the session evaluation/feedback form (optional, however, feedback on the training provided can help you make decisions on training for the future).

SAY:

Thank you for participating in the lesson today. Please take a few minutes to complete the session evaluation/feedback form. Thank you for your input.

CARE Connection Section 6 Video Lesson 1: *Food Safety in Child Care Centers* **Video Viewing Guide**

1. When bacteria cross from food preparation surfaces to food, from person to food, or from food to food, it's called _____.
2. To keep food preparation areas and equipment safe, _____, _____ and _____ them.
3. Use time and temperature guidelines to keep _____ and _____.
4. Keep raw _____ and _____ separate from other foods, especially fruits and vegetables that will be served raw.
5. Keep leftover food separate from _____ made food.
6. _____ is one of the best things you can do to prevent the spread of germs and bacteria.
7. Hand washing should be done in warm running water for _____ seconds.
8. When should you wash your hands?
9. _____ means to make a dish or surface free from visible food, crumbs, or dirt.
10. _____ means killing harmful germs with either high heat or a chemical solution.

11. How would you taste test food the safe way?

12. The _____ Zone is defined as the temperature range between _____ degrees and _____ degrees Fahrenheit.

13. When do you wear disposable gloves?

14. Leftover foods should be reheated to an internal temperature of _____ degrees Fahrenheit.

CARE Connection Section 6 Video Lesson 1:

Food Safety in Child Care Centers

Video Viewing Guide Answers

1. When bacteria cross from food preparation surfaces to food, from person to food, or from food to food, it's called cross contamination.
2. To keep food preparation areas and equipment safe, wash, rinse and sanitize them.
3. Use time and temperature guidelines to keep hot foods hot and cold foods cold.
4. Keep raw meats and poultry separate from other foods, especially fruits and vegetables that will be served raw.
5. Keep leftover food separate from freshly made food.
6. Hand washing is one of the best things you can do to prevent the spread of germs and bacteria.
7. Hand washing should be done in warm running water for 20 seconds.
8. When should you wash your hands? (allow all possible answers)
Before, during, and after food preparation
after wiping your nose or helping a child blow his nose
after changing a diaper
after petting a cat or other animal
9. Cleaning means to make a dish or surface free from visible food, crumbs, or dirt.
10. Sanitizing means killing harmful germs with either high heat or a chemical solution.
11. How would you taste test food the safe way? Taste a sample using a separate dish and utensil, and move away from the stove or preparation area. (variations on this basic answer)
12. "The Danger Zone" is defined as the temperature range between 41 degrees and 135 degrees Fahrenheit.

13. When do you wear disposable gloves?

Wear gloves when handling ready-to-eat foods that will not be cooked.

Wear gloves when cleaning up bodily fluids or discharge.

14. Leftover foods should be reheated to an internal temperature of 165 degrees Fahrenheit.