



## Food Safety is for Everyone Classroom Activities

### Suggested classroom activities

#### Module 1: Food Borne Illness

**\*\***To demonstrate the replication of bacteria over time:

- Buy several plastic or glass containers of graduated sizes (i.e. 1/2 cup, 1 cup, 2 cup, 4 cup, 8 cup, 16 cup, 32 cup size).
- Fill them with candy (i.e. Skittles© or M&M's©, etc.). The candy will simulate bacteria.
- Hide the containers from participants.
- When teaching the section on “Bacterial growth”, show the ½ cup size container. Every twenty minutes or so (you may designate someone in the class to remind you of the time) bring out the next size container, and the next and so on.

#### Module 2: Personal Hygiene

**\*\***Use a black light and *Glo Gel Lotion Base Simulated Germs* to simulate the presence of bacteria on the skin.

When teaching Module 2: Personal Hygiene, try this activity:

- Ask for **3** volunteers.
- Have each volunteer spread the Glo Germ Lotion on their hands.
- Have one wash their hands with water (no soap) for **5** seconds only. Then dry with a clean paper towel.
- Have one wash their hands with soap and water for **5** seconds only. Then dry with a clean paper towel.
- Have one wash their hands for the full **20** seconds with soap and water. Then dry with a clean paper towel.
- Darken the room. Have the volunteers stand together and put the black light over their hands. The first two volunteers who did not wash their hands for 20 seconds with soap and water should show more simulated bacteria on their hands than the volunteer who washed their hands for the full 20 seconds.

**\*\***Although there may be some residue of the Glo Germ Lotion visible on the hands after 20 seconds, this demonstration will show that washing hands with soap, water and friction for **20** seconds removes more bacteria than washing for less than **20** seconds with plain water or soap and water.

Activities for Module 2 continued:

### **Variation:**

You may also have one of the volunteers use gel hand sanitizer instead of water to show how effective the hand sanitizer can be. Then compare with hands that were washed with only water or with soap and water for 5 seconds.

## **Module 3: Cross-contamination**

### **Glo Germ Powder Simulated Germs:**

**\*\***Before participants arrive for class, brush Glo Germ Powder lightly around the room and on objects. Later use the black light to show the presence and spread of simulated germs.

For example:

- Before class, place Glo Germ Powder on a light switch, pencils or sign-in sheet.
- When teaching the section on “Cross-contamination” or at the end of Module 3, place the black light over the participant’s hands and objects to show how easily bacteria can be spread.

## **Module 4: Temperature Matters**

Buy several types of food and appliance thermometers to pass around the room as examples while you are teaching the section on “How to use a food thermometer”. These can be bought at food and variety stores for under \$10.00 each.

When teaching the section on “Cooling foods down”:

- Before class, heat a pot or kettle of boiling water. The hot water may be placed in a thermos to keep it hot until you use it.
- Pour hot water into a shallow dish (i.e. a casserole dish). The sides should measure three inches or less.
- Then pour hot water into a taller container. The sides should be five or more inches.
- Place a food thermometer in each container.
- Have a few of the participants take the temperature of the water in the shallow container and the taller container about every four minutes. Make sure they write the temperature down each time.

**\*\***This demonstration will show that the shallow container of hot water will cool down more quickly than the taller container. This will allow foods to pass through the “danger zone” quickly and allow food to be placed in the refrigerator sooner.

### **Sources:**

“Feeding the Community Safely,” developed by the Maryland Cooperative Extension, University of Maryland, College Park and Eastern Shore and the Purdue Extension Service, Purdue University.

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