



## FOOD SAFETY

### OBJECTIVES:

- Understand what germs and pesticides are and how they get on our food
- Teach students to wash hands as well as the fruits and vegetables they eat

### LET'S GET STARTED! (10 MINUTES):

- Define what germs and pesticides are and how they get on the food we eat
- Teach the students the importance of washing fruits and vegetables as well as washing their hands

### STORY (15 MINUTES):

- Read story about Boss learning about food safety and the importance of washing your hands and the food you eat

### WRAPPING UP (5 MINUTES):

- Review what pesticides and germs, mean

## LET'S GET STARTED!

- Learning how to properly wash produce and hands in this week's lesson! Although overlooked sometimes, washing fruits and vegetables and your hands are extremely important to learn how to do in order to prevent unwanted germs and pesticides!
- Begin by defining what pesticides and germs are and how they can get on our food, then explain what organic means and how it is different from other foods.

### DIALOGUE BOX

- Many foods that we buy from the grocery store, especially fruits and vegetables, have a substance sprayed on them called a pesticide. A pesticide is used to kill insects and other organisms which feed on the fruit or vegetable that is being grown.
- Pesticides are very dangerous and should not be consumed, but a lot of people do consume these toxins because they do not wash their fruits and vegetables before eating them!
- There are also germs that get on our fruits and vegetables, and are even on our hands if we do not wash them regularly!
- A germ is a microorganism that can potentially cause and spread disease! There are a lot of people that touch produce before it gets to the grocery store, and all of the germs that are on those people's hands will get on your food!
- Whether it is germs, pesticides, or both that are on your fruits and vegetables, it is important to wash them to get all of that harmful stuff off before you consume it into your body!

After discussing the importance of washing fruits and vegetables, now start explaining the importance of properly washing the hands

Use the Keeping the Germs Away! handout that give steps to properly washing produce as well as hands

### DIALOGUE BOX

- Washing hands is also an important thing to do before you eat!
- Use this handout as a guide to learn how to properly wash your hands as well as your fruits and vegetables!

## STORY

- Read story about Boss learning the importance of washing your fruits and vegetables, as well as your hands

## WRAPPING UP

- Ask students if they have any last questions on the lesson about food safety
- Remind them briefly about the importance of washing produce and their hands before eating to remove off all of the pesticides and germs

### Boss Learns the Importance of Washing

One day before lunch, Boss and his friend all got up to go to the bathroom to wash their hands before they ate. Washing hands before eating is something their teachers and parents had been teaching them since they were little. They washed them with lots of soap and used warm water just like they had been taught. As they left the bathroom to go back to class, Boss thought of something interesting. He wondered if you were supposed to wash your food, especially fruits and vegetables, before you eat them just like we do our hands? He asked his friend Jake, "Do you think we should wash our fruits and vegetables before we eat them as good as we do our hands before we eat? I do not always wash my fruits and vegetables, but I have heard before that it is important you do to get all of the germs off. What do you think Jake?" His friend turned to look at him and said, "Well fruits and vegetables have a lot of pesticides on them! Pesticides are chemicals that farmers spray on the food to keep bugs from eating them! These chemicals are not made for humans to eat, which is why you should wash your food before you eat it!" Boss asked, "If I wanted to start washing My food, how do I do it? Do I just use water to wash my fruits and vegetables that I get from the store?" Jake replied, "You should wash your fruit and vegetables the same way you wash your hands, with soap and warm water. Think of it this way, when you just wash your food with water, it is kind of like you are spreading the germ around rather than cleaning them off. The soap and warm water will break almost all of the germs

and pesticides off of the fruit or vegetable that you want to wash! You also do not want to wash your fruits and vegetables until you are ready to eat them because sometimes your food can go bad if you wash them too early!" Confused Boss asked, "why does hat happen?" and his friend explained, "This happens because some of the chemicals that are used on fruits and vegetables are also used to help the food last longer! So when you wash those chemicals off too early, your food will begin to go bad since it no longer has that chemical on it that was helping it stay fresh!" Boss was stunned when he heard that there was a chemical that helped the food stay fresh for a longer period of time! He said, "I knew people washed their fruits and vegetables before they ate them, but I had no clue all the reasons why! From now on I am going to start washing my fruits and vegetables right before I eat them! I do not want all of those chemicals and pesticides in my body because I want to be the healthiest I can be! I am going to think of it in the same way I wash my hands because I don't want to spread germs! Thanks for sharing what you know about washing food and how to do it properly! I am glad I now know how to properly have food safety!"

