

Sink Those Germs! Food Safety



Food Safety Know-How

CLEAN:

Wash hands and food preparation surfaces often.



SEPARATE:

Don't cross-contaminate food items. For example, after cutting meat, wash the knife before using it to cut vegetables, or use a different knife.



COOK:

Cook food to proper temperature.



CHILL:

Refrigerate food promptly.



The Importance of Handwashing

Hand washing is one of the easiest and most important ways to keep you and your child from getting sick.

Wash with warm water and soap for **20 seconds**. Your children are less likely to get sick if they wash their hands properly. Plus, it may become a healthy habit for life! Wash your hands



- after using the bathroom;
- before and after handling or eating food;
- after playing with pets or visiting a zoo;
- after coughing, sneezing, or blowing your nose; or
- whenever they are dirty.

Handwashing Fun

- ✓ Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" (all the way through) while washing hands to make sure your child is washing long enough.
- ✓ Have your child pick out a special soap for washing hands.
- ✓ Help your child reach the sink easily by using a stool.

Clean Kitchen

Always rinse fresh vegetables and fruits before eating, cutting, or cooking them to keep your family safe from germs. This will: keep germs from transferring from the outside to the inside of the fruit or vegetable; rinse off any chemicals that may have been sprayed on the fruit or vegetable.



Physical Fun



- Spray water on children's hands with a spray bottle.
- Explain that the water represents germs that come out of their mouths when they cough or sneeze.
- Have the children touch something (table or chair). What happened?



- Explain that this is what happens when we sneeze into our hands and then touch something.
- What happens if your friend touches it?
Answer: They might pick up the germs and get sick.
- Explain that if you wash your hands after coughing or sneezing in them, the germs will be washed away!

Option: water can be colored with food coloring for effect.

For tips visit us at:



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PUBLICATION HNFE-12INP

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2012

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VT/0513/pdf/HNFE-12INP