

Outline for Project Report

Food Follies

Food Safety for College Students

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Introduction and Pretest (Slide 1 & 2)

- Introduce self, background and goals for this session
- Give pretest asking students to give “best educated guess” if not known
- Collect pretests for later evaluation
- (Slide 3) Explain that this is a “hands on” seminar where they will be asked to participate, including eating

Why the need? (Slide 4)

- Show stats of foodborne illness annually
- Show video of CBS News – Consumer Report Study emphasizing need for proper handling of poultry- clarify use of sponges {I do not see any inaccurate information in this news clip but would like it reviewed by all.}

The Five C's of Cooking Chicken (Slide 5)

- Discussed in video, will be expanded upon today

Choosing Food (Slide 6)

- “Use by” date (perishable foods) and “Best by” (food quality). Look for latest date possible. Establish date use for quality, not absence of pathogens.
- Items should be well wrapped to prevent leakage
- Raw meat should be bagged separately from fresh produce

Cross Contamination (Slide 7)

- Transportation
 1. With separate bag for raw meat, away from other cold items
- Storage
 1. Plate for meats that might leak
 2. Separate from foods eaten raw
- Work Area
 1. Separate cutting board, knife, utensils from raw and ready to eat foods

Cleaning – Hands and Work Space

Hand Sanitation (Slide 8)

- Get two volunteers from the audience, tell them it's time to roll up your sleeves and get your hands dirty. But first they must get their hands clean. Ask them to wash their hands to help with food prep.

- Give proper techniques for hand sanitation (Slide 8)
 1. Have one student “rinse” hands in hot water, second student wash hands properly.
 2. Use Glo Germ on both students and myself to demonstrate the effects of improper hand washing. See how far the Glo Germ will travel through the audience with hand shaking.
 3. Discuss when hands should be washed and “interruptions” to food prep (Next slide)
- Reiterate hand washing limits (Go back to Hand Washing slide)
- Sanitizer can be effective in getting rid of germs but not in getting rid of debris.

Discuss interruptions to cooking when rewashing hands is necessary. (Slide 9)

Where To Begin? (Slide 10)

- “Mise en place” is a French term meaning “everything in its place”. In the kitchen all you need should be retrieved BEFORE you handle raw meat.
- Read the recipe through and gather all items needed for the recipe. Have students read through recipe being used to ensure that all items are available.
- Show Rachel Ray link or explain how drips and splatters from the chicken contaminate other areas in the kitchen. Blotting with paper towel is best, if needed.

Workspace Sanitation (Slide 11)

(Two new students can be chosen to assist in clean up of work space and two to cook meat OR one of the two originally picked can be assigned to clean up and cooking duties)

1. Pick up debris and wipe up liquid with paper towel.
 - Explain “debris” and why it should be moved. (Slide 12)
 - Distinguish differences between clean and sanitize

2. Spray all items used: (back to Slide 11)

Counters, cutting board, knives (handle too!), sink, faucet handle, soap dispenser

(I put the cutting board and knife in the sink with prepared bleach water. Mise en place! I spray the faucet handle and soap dispenser with Lysol then I start on one end of my counter, working my way down.)

3. Allow product to stand for time stated on label product. (If it states 30 seconds, sing “Happy Birthday” when you start spraying. Once sung twice you can wipe where you started.)
4. Wipe with clean paper towel or air dry.
(Bleach safely dissipates)

Cooking Foods

Temperature Zones (Slide 13)

Discuss steaks VS ground beef contamination

Demonstrate checking meat temp

The Trouble with Temperature (Slide 14)

Some microorganisms grow faster at moderate temperatures so foods need to be kept cold, 41° (5°C) or colder, when raw and then cooked to proper internal temperature. Once cooked, food should stay hotter than 135° (57°C) because bacteria can grow in the “Danger Zone”.

Note bacteria are killed when foods are cooked at temperatures over 150° (65.5C) and micro organisms ARE NOT killed, only lying dormant when foods are put into the freezer. In the “Danger Zone” the temperature is perfect for new bacteria to grow.

Temperature Tips (Slide 15)

1. Parties- keep food held at proper temps for long periods of time by using ice trays and crock pots.
2. Shop with a cooler on hot days
3. Do not thaw leftovers on the counter. Use the refrigerator over a couple of days, the microwave or cold water to thaw foods. (microwave = cook immediately)
 - potluck dinner “Shepherd’s Pie” story (this is a personal story of food poisoning at a church potluck dinner that was traced back to leftover turkey being thawed improperly and baked into a Shepherd’s Pie.)
4. Put leftovers away quickly to keep them out of the “Danger Zone”.
5. Check refrigerator temperature- needs to be 41° (5°C) or colder.

Chilling and Storage (Slide 16)

1. Storage - 41° (5°C) or colder (even in coolers)
2. Transporting from store, home
3. Doors VS interiors
4. Dorm fridge-temp can be raised quickly compared to a full size
5. How to take a reading

Leftovers (Is This Still OK to Eat?, 2010) (Slide 17)

- Dinner out, than a movie... will my leftovers last? Not a good idea unless the car temp will be below 40°!
- Cool quickly
 1. In the fridge 1-2 hrs after cooked. Factor time you sit and eat too!
 2. Divide large portions into smaller containers or shallow to enable even cooling
 3. No hot foods into fridge
 4. Freezer lasts longer (2 days tops in fridge, up to 60 days in freezer)

- Avoid the Enemies- Air and Moisture (Slide 18)

NOTE TO STUDENTS: This section is more on protecting your money and time investment and less on food safety.

1. Sloppy Wrapping – air can get in and condensation can collect causing excess drying or moisture (quality issue, not food safety)
2. Containers
 - Oversized
 - Recycling food containers- not all containers are safe for freezer or for different types of food
 - Smelly stuff sealed tight – fish, onions and some cheeses can “leak” odors into other foods

- Track leftovers and bulk food (Slide 19)
 1. FIFO- First In, First Out
 2. Sniff test? "It smells fine!" you might say but microorganisms don't always cause obvious changes like odor or change in color.
 3. Slimy meat

You've already invested time and money in cooking. Invest a few more seconds in writing the contents and date prepared on stored food.

The Five "C's", revisited (Slide 20)

Go through all five, one by one.

Watch video clip to spot trouble at first and then corrections made. Go back through the 5 C's together.

The Foul Fowl (Slide 21)

Reiterate the need to follow food safety rules to keep foods safe.

Invite students to eat prepared food.

****Post test – I have considered two options:**

1. Give a post test at the seminar, after slide 20, before eating.
2. Send an e-mail with thanks for attending, suggestions for changes and a quick quiz.

Both options have pros and cons. I am leaning toward the second option

Food Standards Agency of the UK

Four "C's video: Cleaning, Cooking, Chilling and Cross-Contamination

- I used the concept of everything beginning with a "C" from this web site. They also had some posters which would be effective for this age group. They would need to be screened for correct information before being used.

<http://www.flyonthewall.com/FlyBroadcast/FSA/BacteriaBiteBusiness/>