



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

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Associated Country Women of the World and in partnership with Clemson University Cooperative
Extension Service

SCFCL WEBSITE: <http://clemson.edu/fyd/fcl.htm>

Leader Training Guide

Title: Don't Get Bugged – Food Safety for Seniors

Objectives: As a result of this lesson, learners will be able to:

1. Distinguish between safe and unsafe food handling practices.
2. Identify symptoms of a foodborne illness.

Lesson Overview/Introduction:

Here in the US an abundance of food is available to consumers at all times. Most seniors have been involved in preparing food for themselves, their families and others throughout their lifetimes. Federal studies show that seniors do a better job of food handling than any other age group. Even so, when it comes to staying safe you can never know too much.

Much has changed with time. Today we are seeing many instances of food recalls due to outbreaks of foodborne illness. What can consumers do to ensure that their food is safe to eat? This lesson addresses the need for seniors to be armed with knowledge that will help them be confident that their food is safe to consume. A bingo game tests participants' knowledge of safe food handling practices for consumers.

Lesson:

Lead discussion about changes that have taken place over the years related to availability of food.

THEN

- Food was produced close to where people lived.
- Eating at restaurants was done on "special occasions."

NOW

- Food in local stores comes from all over the world.
- Some people are more susceptible to getting sick from bacteria in food (the elderly, young children and immunocompromised individuals).
- Awareness of illnesses caused by bacteria in food has increased.

1. Allow group to add other changes to each list.
2. Introduce and play "Play It Safe" (Food Safety Bingo). Instructions are found in the Suggested Activities section. Decide before the lesson whether to have prizes for everyone. Or give each participant a slip of paper to write their name on. Slips can be collected at the end of the game and entered in a drawing for prizes.
3. Collect slips, pull names, and award prize(s).

4. Conduct evaluation. Evaluation questions: (a) Did you increase your knowledge of food safety? (b) Did you increase your commitment to handling food safely? (c) What is one new food safety practice you will use at home? (d) Comments:

To Your Health – Food Safety for Seniors

True or False

1. Foods containing bacteria that cause foodborne illness always smell bad, taste bad or look bad.
False. Many of the bacteria that cause foodborne illness can't be seen, smelled, or tasted. Some of the symptoms of foodborne illness are diarrhea, vomiting, and stomach cramps. What someone thought was a stomach virus or the flu might have been a foodborne illness.
2. It is safe to prepare raw greens on a cutting board previously used to cut raw chicken if the board was rinsed with water.
False. Uncooked meat juices may contain harmful bacteria that could lead to foodborne illness. Wash cutting boards with hot, soapy water then rinse with hot water. Sanitize the washed and rinsed board with a solution of 1 teaspoon liquid bleach and one quart hot water. Allow to stand for several minutes.
3. A temperature of 40°F or lower is recommended for your refrigerator.
True. Refrigeration slows the growth of bacteria. It does not kill it. Keep your freezer at 0°F. Freezing does not kill bacteria. Check the temperature of your refrigerator and freezer with a thermometer available from variety, grocery or hardware stores.
4. A quick flash of the hands under cold, running water will rinse away bacteria.
False. Hands should be washed with hot, soapy water for at least 20 seconds. Remember to wash before and after handling food and after using the bathroom, changing diapers and after handling pets.
5. It is safe to thaw meat on the kitchen counter.
False. Do not thaw meat, poultry or fish on the kitchen counter. Food should never be left at room temperature to thaw. It is best to plan ahead for slow, safe thawing in the refrigerator. Small items may thaw overnight in the refrigerator. Allow approximately 24 hours for each 5 pounds of weight.
6. Melons that have been cut open and left at room temperature for more than a couple of hours MAY cause foodborne illness.
True. Bacteria from the soil may adhere to the melon and be transferred from the rind to the flesh as the knife passes through the fruit. Also, once cut, the surface can become contaminated and bacteria can grow to harmful levels if left out for too long. Always wash fruit and vegetable thoroughly with cold, running, water just before using.
7. Hard cooked eggs may be safely stored at room temperature if left in their shell.
False. While hard-cooking eggs will kill bacteria such as salmonella, cooking may cause hard-to-see cracks that could allow other bacteria to enter. Remember, bacteria multiply rapidly at room temperature. Hard-cooked eggs should be kept refrigerated. They can be kept safely in the refrigerator for up to one week.

8. Most foods that contain mold are safe to eat if all of the mold is removed.
False. *Most moldy foods should be thrown away. Where there is mold growth, bacteria are probably growing too. An exception would be when mold is placed there on purpose, e.g. bleu cheese.*
9. Take-home meals in Styrofoam trays can be left on the kitchen table for more than two hours.
False. *Food should not be left at room temperature for more than two hours.*
10. It is safe to stuff a turkey the day before roasting it.
False. *Stuffing poultry the day before it is to be roasted is not recommended. The cavity of the bird insulates the stuffing and can prevent the stuffing from reaching a temperature that discourages bacterial growth.*
11. Use refrigerated ground meat within one to two days.
True. *For greatest safety, use ground meat within one to two days if it is stored in the refrigerator. Freeze it for longer storage. Freeze in a freezer-quality plastic storage bag or container.*
12. It is safe to eat perishable food that has set out overnight, like rice, if heated until steaming.
False. *Some bacteria may produce harmful toxins that heating won't destroy. Never leave perishable food out of the refrigerator for more than two hours.*
13. Cool leftover foods completely before placing in the refrigerator.
False. *Put leftovers in the refrigerator or freeze promptly after eating. Place food in shallow containers so they cool faster. For thick foods such as stews, puddings, or sliced meats, limit depth to 2 inches. Eat leftovers in a day or two. Freeze if planning to keep longer.*
14. The mayonnaise in a salad is the MOST likely cause for a foodborne illness.
False. *The high acid content of store-bought mayonnaise may inhibit bacterial growth. Other salad ingredients are usually the culprits. Always use good food safety practices when handling other ingredients such as cooked potatoes, tuna, chicken and eggs.*
15. As long as ground meat is cooked brown on the outside, it is safe to eat.
False. *Meat surfaces are exposed to bacteria during processing and grinding distributes bacteria throughout ground meat. Ground meat must be cooked thoroughly; temperature should be 160°F for red meats and 165° for poultry.*
16. Raw oysters may be eaten safely if sprinkled with salt or hot pepper sauce before eating.
False. *Some foods come with hidden hazards. Don't eat raw foods such as raw oysters and undercooked eggs. Don't use raw eggs in recipes for sauces, custards, Caesar salad dressing. Make sure eggs are cooked/pasteurized first. Raw cookie dough and cake batters should not be tasted or saved as a treat.*

Lesson Summary:

Remember, times have changed and our understanding of food and food handling also has changed. Handle food safely to keep yourself healthy. Don't forget to Fight BAC.

- Clean – Wash hands and surfaces often.
- Separate – don't cross contaminate,
- Cook thoroughly, and Chill properly.
- Remember the 2-hour rule and when in doubt- Throw It Out.

Suggested Activities:

Play "Food Safety Bingo". **Instructions:** Each person receives a game card and a pencil. (If drawing for prizes at end of game, give each person a free slip to write their name on.) Instructor reads all 16 items from handout. Participants mark "T" or "F" in the corresponding box on their card. After all items have been read aloud to the group, instructor reads them once more and gives the correct answers. Discuss answers. Participants circle the number for each item they answered correctly. A row of four circled squares horizontally, diagonally, or vertically wins.

Suggested Materials:

- Pencils/pens
- "Play It Safe" cards (Figure 1)
- Prizes such as handwashing bookmarks* (order from the Soap and Detergent Association website: <http://www.cleaning101.com/about/GeneralOrderForm.cfm>), pencils, "The Food Keeper" (FN72- <http://www.clemson.edu/psapublishing/pages/FYD/FN72.PDF> downloadable format), refrigerator thermometers, etc.
*(Note: * Be sure to select SDA Handwashing Bookmarks on order form to avoid confusion with the other bookmark for middle school youth. 1-100 copies are free. Include a \$2 handling charge for all orders.)*
- "To Your Health" Handout for participants (included in lesson)
- Evaluation (Use questions from step 5 of the lesson or add your own)

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Sources/References:

- Lesson adapted from "Don't Get Bugged by a Foodborne Illness" by Alice Henneman, University of Nebraska Cooperative Extension Service
- To Your Health!- Food Safety for Seniors, USDA FSIS and US FDA, Sept. 2006. (<http://www.fda.gov/Food/ResourcesForYou/Consumers/Seniors/ucm182679.htm>)

PLAY IT SAFE

Figure 1. "Play It Safe" bingo card
(Page 5 can be copied with 4 per page.)

1	2	3	4
TF	TF	TF	TF
5	6	7	8
TF	TF	TF	TF
9	10	11	12
TF	TF	TF	TF
13	14	15	16
TF	TF	TF	TF

PLAY IT SAFE!

1	2	3	4
T F	T F	T F	T F
5	6	7	8
T F	T F	T F	T F
9	10	11	12
T F	T F	T F	T F
13	14	15	16
T F	T F	T F	T F

PLAY IT SAFE!

1	2	3	4
T F	T F	T F	T F
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T F	T F	T F	T F
13	14	15	16
T F	T F	T F	T F

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T F	T F	T F	T F
13	14	15	16
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PLAY IT SAFE!

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