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# PB1591 Food Safety at Home, School and When Eating Out

The University of Tennessee Agricultural Extension Service

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# Food Safety at Home, School and When Eating Out

An Activity Book for You to Color





**Extension**

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Dear Parent,

More than 76 million cases of foodborne illness occur each year. Most of these cases result in a touch of simple "tummy flu." However, young children are especially susceptible to serious consequences from foodborne illness because their immune systems have not fully developed.

Because it is so important for safe food-handling habits to be learned at an early age, University of Tennessee Extension, in cooperation with the U.S. Department of Agriculture (USDA) and The Chef and the Child Foundation, is making this food safety coloring book for children available to you.

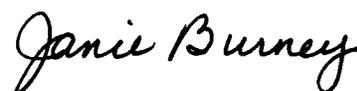
The Chef and the Child Foundation is the philanthropic outreach branch of the American Culinary Federation. It works toward "a healthier tomorrow" for America's children. The USDA is responsible for ensuring that meat and poultry products are safe, wholesome and accurately labeled. The Food and Drug Administration (FDA) is responsible for ensuring that all other foods sold in interstate commerce are safe and accurately labeled.

Each page of this coloring book emphasizes basic safe food handling tips in simple words that small children can understand. The first coloring page features the big green villain "BAC," who is responsible for foodborne illness.

As you know, children are eager to learn, and they absorb information very quickly. With your help, this can be an exciting and fun project. After the book is completed, you can sign and present the enclosed certificate to your child.

Additional information about the safe handling of food can be found at <http://www.foodsafety.gov>.

Sincerely,

  
Professor  
Family and Consumer Sciences

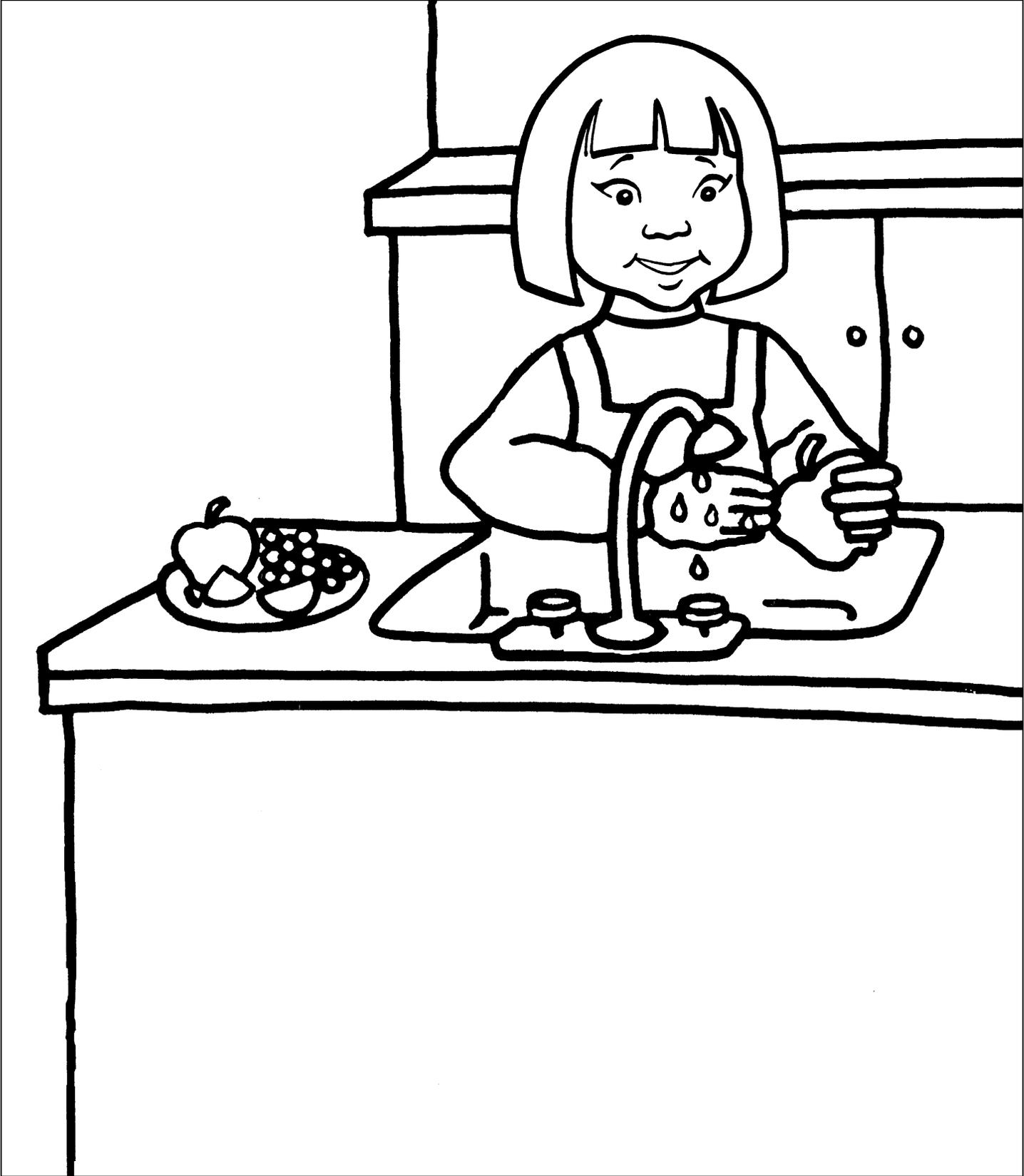


**FIGHT BAC<sup>®</sup>!**  
**STOP GERMS!**

Wash and dry your hands before you make or eat a snack or meal.

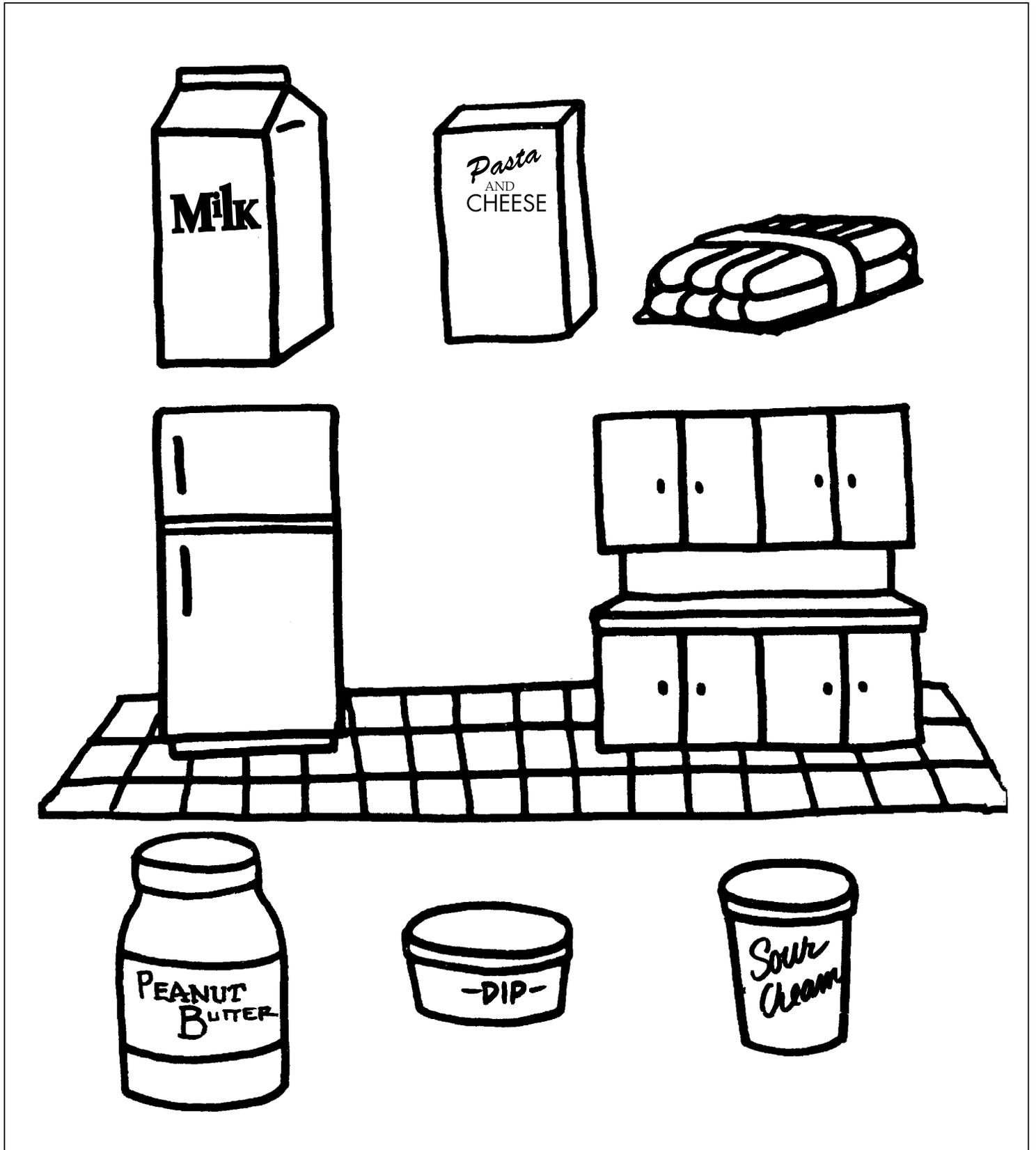


Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them.



# Activity Page

What goes in the refrigerator? Draw lines to the refrigerator or the cabinet.



Put backpacks on the floor — not the counter. Keep everything in the kitchen clean.

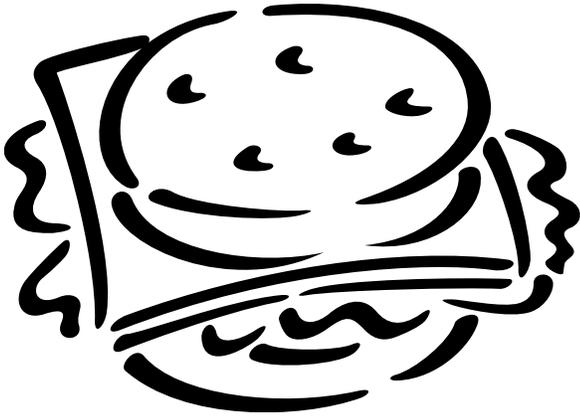


Wash your hands well with soap and water.

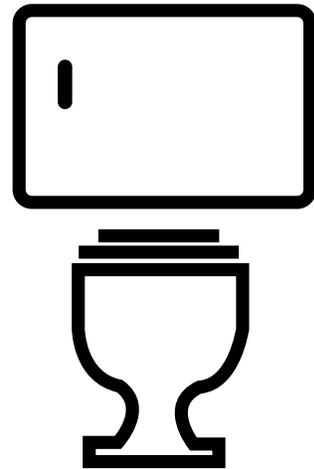


# Wash Your Hands After —

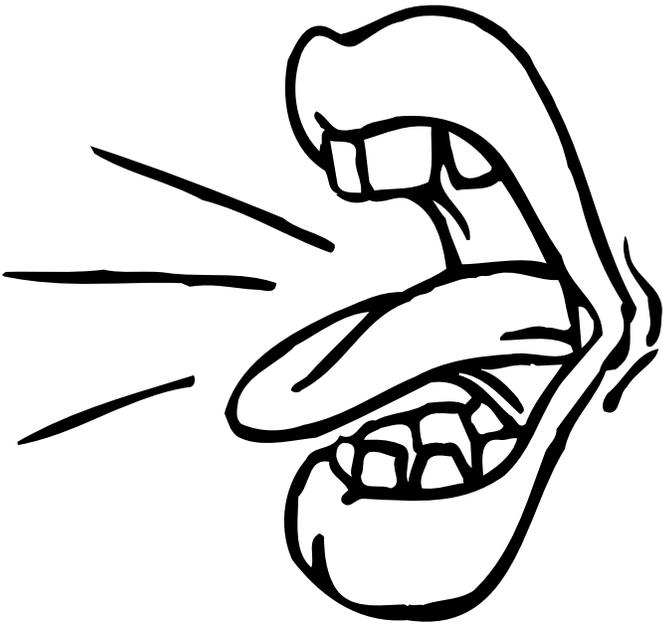
Eating (and before!)



Using the bathroom



Sneezing, blowing your nose or coughing



Playing with pets



Playing outside



Touching a cut or open sore

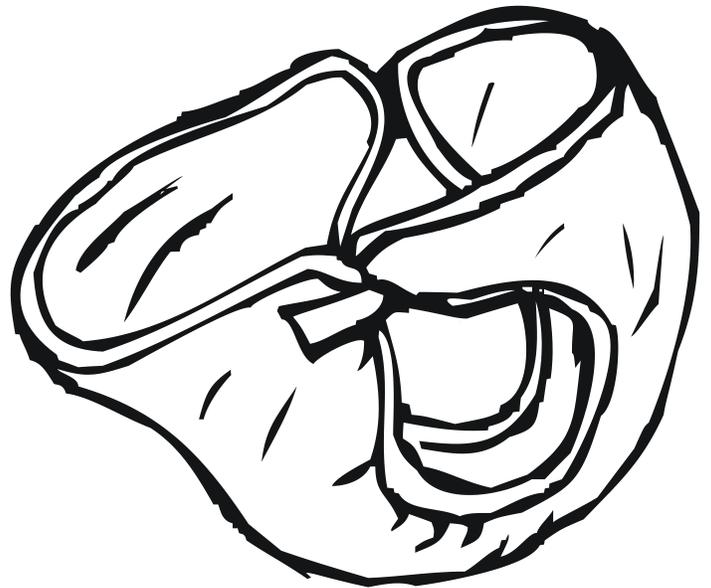


# Wash Your Hands After —

Touching the garbage



Changing a diaper.



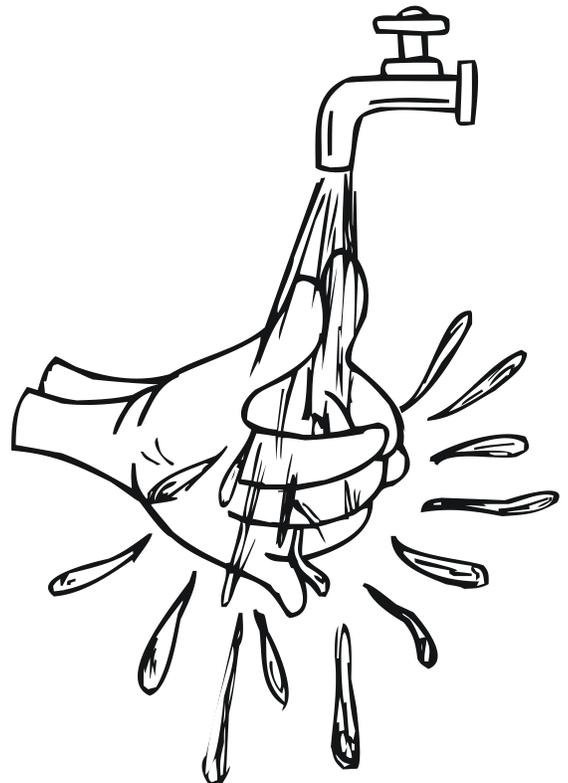
## Here's How:

1. Wet your hands with warm water.

2. Soap and scrub for 20 seconds —  
sing the Happy Birthday song two times.



3. Rinse. Dry with a clean towel.



Use a cooler when you pack a picnic lunch.



# Activity Page

Find the six food safety mistakes.



When you pack a lunch, keep **HOT** foods **HOT** and **COLD** foods **COLD**. A thermos or an ice pack will help.



Put foods like milk, yogurt, lunch meat and eggs back in the refrigerator right away. Don't leave them out on the counter.



You can practice what you've learned about food safety — and enjoy these tasty treats! Wash your hands carefully before you begin.



### ***Grandma's Grahams***

*You will need*

*2 graham cracker squares  
peanut butter  
jelly  
sliced banana  
knife for spreading*

- 1. Take graham cracker square. Spread with peanut butter.*
- 2. Take another graham cracker square. Spread with jelly.*
- 3. Place sliced bananas between the two crackers.*

### ***Peanut Butter Balls***

*You will need*

*½ cup peanut butter  
3 ½ tablespoons powdered dry milk  
A bit of honey  
Spoon for mixing  
Cookie sheet covered with waxed paper*

- 1. Mix the ingredients with a spoon. Don't use your finger.*
- 2. Roll into balls.*
- 3. Put on the cookie sheet. Keep in the refrigerator.*

Recipes courtesy of "What the Kids Are Cooking," Arkansas Professional Chefs & Cooks Assn., The Chef and the Child Foundation.

# Certificate of Participation

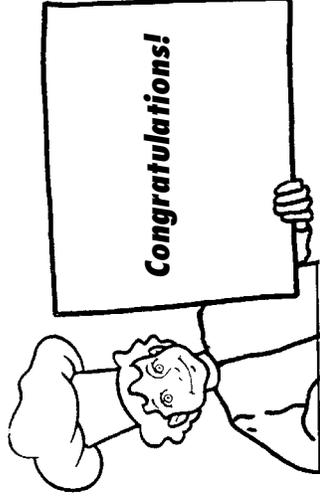
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Is recognized for learning about Food Safety  
by completing this activity book

On this \_\_\_\_\_ day of \_\_\_\_\_, 200\_\_

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Signed



Sponsored by the United States Department of Agriculture and  
The Chef and the Child Foundation

USDA/Food Safety and Inspection Service  
The Chef and the Child Foundation  
FDA/Center for Food Safety & Applied Nutrition

More information on food safety can be found at the following Web site:  
<http://www.foodsafety.gov/~fsg/fsgkids.html>

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Visit the UT Extension Web site at  
<http://www.utextension.utk.edu/> and  
the Family and Consumer Sciences Web site at  
<http://www.utextension.utk.edu/fcs/>

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