

La Familia / Casa y Campo Project Promotora Program



Nutrition Lesson # 5: Clean, separate, cook, refrigerate!

By the end of the lesson the participant will have:

- Reviewed how to clean, cook, and store food to keep from getting food poisoning

Materials for participants:

- Handout: *Cómo mantener los alimentos en buenas condiciones en el hogar*
- Handout: *Factores Sobre la Seguridad de los Alimentos: Principios Basicos en la Preparación de los Alimentos Seguros*
- Coloring book and crayons: *Seguridad de los Alimentos*

Materials for demonstration:

- Refrigerator thermometer

Help the participant review ways to avoid food poisoning:

Assessment:

- Have you ever known someone who suffered from food poisoning? What happened to them?
- What causes food poisoning?

Activities:

Review handout, *Cómo mantener los alimentos en buenas condiciones en el hogar*.

Reflection:

- What are four ways to keep bacteria out of your food?

Help the participant learn how long to store foods in the refrigerator:

Assessment:

- How long can you store (poultry, meat, eggs, milk, etc.) before they will spoil?
- Why does spoiled food make you sick?

Activities:

Review handout, *Factores Sobre la Seguridad de los Alimentos* (emphasize the section on length of time of storage of foods).

Use the refrigerator thermometer to check the family's refrigerator. If it is not cold enough, turn the control to make it colder. If the control will not make it colder, suggest that she (1) try to get her landlord to fix it, and (2) not keep perishable food in it very long.

Give crayons and coloring book, *Seguridad de los Alimentos*, to the participant for her child(ren).

Reflection:

- What did you learn about food safety that you didn't know before?
- What will you do differently based on what you have learned?