

4-H Foods & Nutrition Wednesday

Week 5 Challenge

Food Safety

“When in doubt, throw it out”

Guidelines

- The Danger Zone
 - Keep hot foods hot and cold foods cold
 - The danger zone where bacteria multiply and grow is between 41 and 140 degrees Fahrenheit
- Thawing Meat
 - Thaw frozen meat in the refrigerator on the bottom shelf or in the microwave on low-power or defrost mode
 - Never thaw raw meat at room temperature
- Cross-contamination
 - Occurs when harmful substances or microorganisms are transferred from one food product to another
 - Steps to stop cross-contamination
 - Wash hands before working with food
 - Use different cutting boards for meat, vegetables, and fruit
 - After working with raw foods, clean the workspace before getting out a different type of food

Food Safety Experiment

1. Rub a slice of bread on the kitchen counter and leave it there for 30 minutes
2. Place it in a zip-top plastic sandwich bag
3. Add one teaspoon of water to the bag, then seal the bag
4. Keep the bag in a dark warm place (like a cabinet near the refrigerator, oven, or dishwasher) for 3 to 5 days. Be sure to tell the rest of your housemates what it is and where you put it!
5. Look at the bread every day through the plastic. If you have a magnifying glass, use it to look at the mold growth. Discard the bag and its contents after you have completed the experiment. **DO NOT TASTE THE BREAD!**

Recipes for Marinated Beef and Mama’s Chicken and Rice are included on the Geary County 4-H webpage at https://www.geary.k-state.edu/4-h/virtual_foods_lessons.html.

Questions to think about:

Describe what you saw growing on the bread.

How can you prevent bacteria and mold from getting on the food you eat?

Why do you think it is important to follow food safety guidelines?

How can you teach others about food safety guidelines?



K-State Research and Extension is an equal opportunity provider and employer.