

## Food Safety Myths 2016 Leader Lesson

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### At a Glance:

We all do our best to serve our families food that's safe and healthy, but some common myths about food safety might surprise you.

### Time Required:

Approximately 20 minutes

### Objectives:

Through this interactive lesson, participants will 1) test what they know about food safety 2) have fun being Myth Busters!

### Materials Needed:

6 Myth Buster Handouts included with lesson

Paper and Pencil for all participants

### Teaching the Lesson:

Read or present the program. Then do one or more of the activities at the end of the lesson.



### Introduction

One in six Americans will get sick from food poisoning this year. Most of them will recover without any lasting effects from their illness. For some, however, the effects can be devastating and even deadly. In this lesson, we'll look at some common food safety myths. Our goal is to correct common misconceptions about food safety.

# Food Safety Myths

## The Lesson:

### Who's at Risk?

Food poisoning or foodborne illness can affect anyone who eats food contaminated by bacteria, viruses, parasites, toxins, or other substances. But, certain groups of people are more susceptible to foodborne illness. This means that they are more likely to get sick from contaminated food and, if they do get sick, the effects are much more serious. Some of these groups of people include:

- Cancer Patients
- Children under Five Years of Age
- Diabetes Patients
- HIV/AIDS Patients
- Older Adults
- Persons with Autoimmune Diseases
- Pregnant Women

### The Four Basic Steps to Food Safety

By following these basic rules of food safety, you can help prevent foodborne illness for yourself and others.

**Clean:** Wash hands and surfaces often

**Separate:** Separate raw meat and poultry from ready-to-eat foods

**Cook:** Cook food to the right temperatures

**Chill:** Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)

### Source of Information:

Fight Bac! Partnership for Food Safety Education: [www.fightbac.org](http://www.fightbac.org)

<http://www.foodsafety.gov/keep/basics/myths>

## Activities:

Choose one or more of the following activities to go with the lesson:

### 1. Myth Busters

Distribute the six myth busters handouts. Have different club members read the Myth – and then the Fact. Give club members time to discuss each one before going on to the next one.

### 2. Brain Storm

Read the following situation and then let the club members brain storm answers to the question.

*You are at a big party or celebration and you notice that the food has been sitting out for close to two hours. You are not the hostess but you know the two hour rule (perishable foods should not be kept at room temperature for more than 2 hours) What do you do?*

### 3. True/False Food Safety Quiz

Give all participants pencil and paper. Read the Quiz questions and have participants write True or False for each question. Go over the answers and explanation on the Answer Key.

## Evaluation

Ask the following questions at the end of the lesson.

1. Name at least two things you have learned today about food safety.
2. Identify one or more of the Food Safety Myths that you have heard before.
3. Describe at least one step which you will take to protect your family from food poisoning