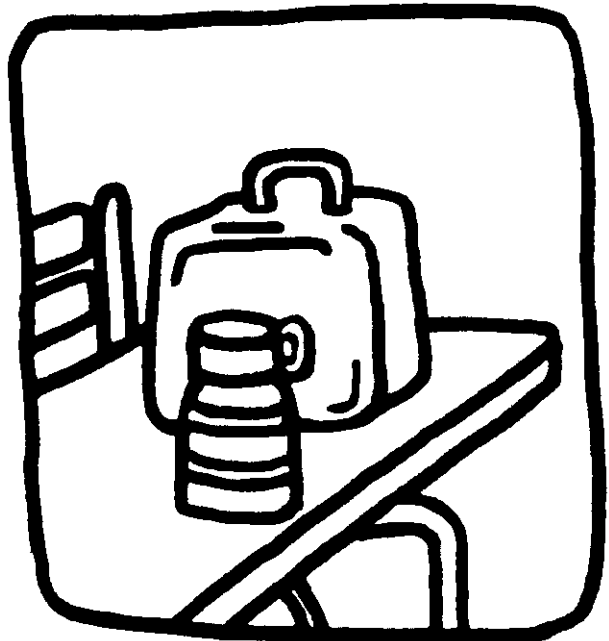


Food Safety at Home, School and When Eating Out

An Activity Book for You to Color





Extension

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Dear Parent,

Each year about 1 in 6 people in the United States gets sick from eating contaminated food. 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 is making this food safety coloring book for children available to you.

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[®]!
STOP GERMS!

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

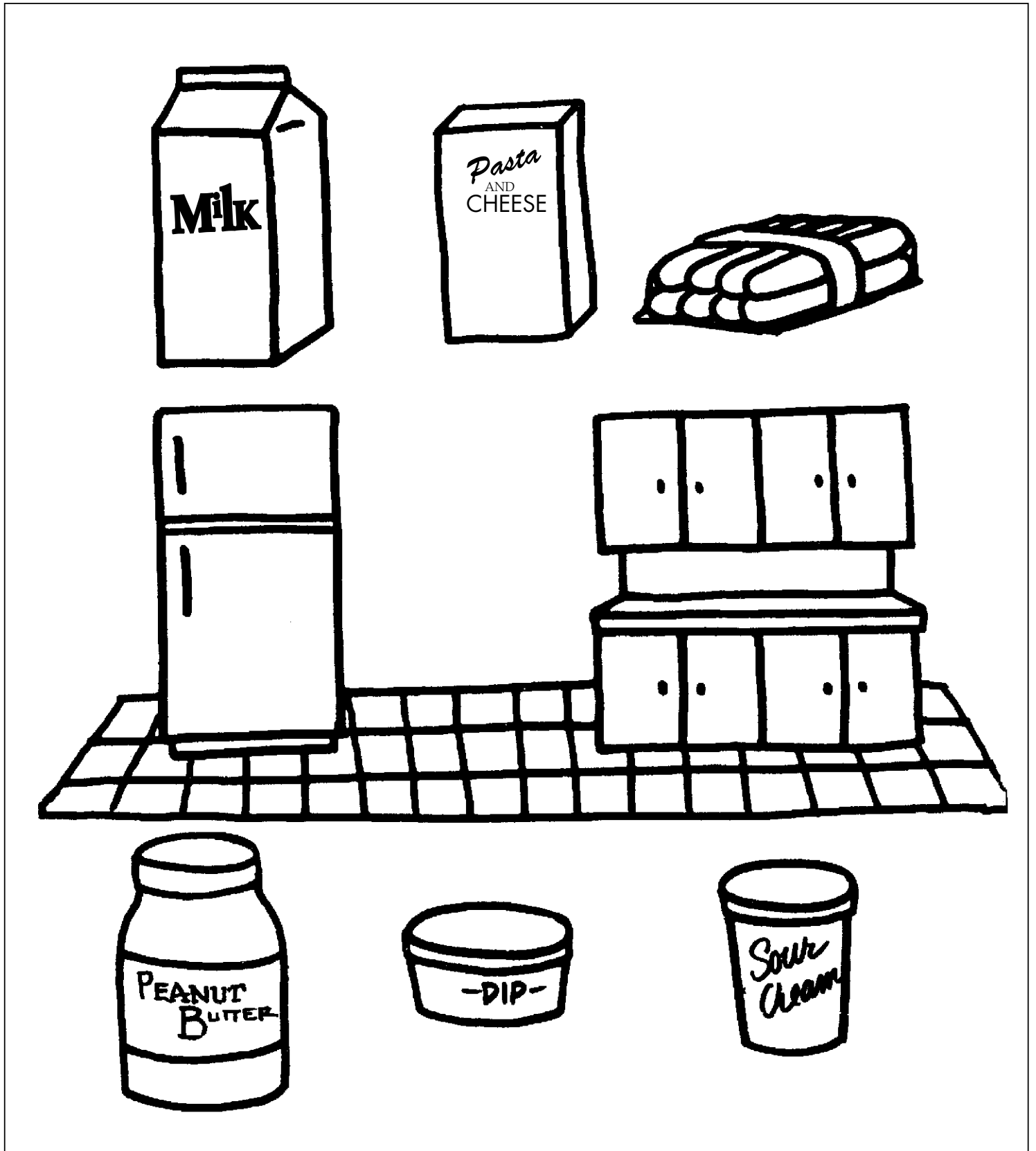


Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them.



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.

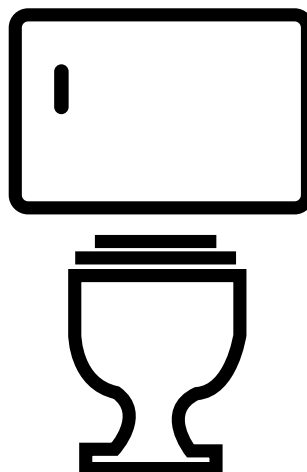


Wash Your Hands After —

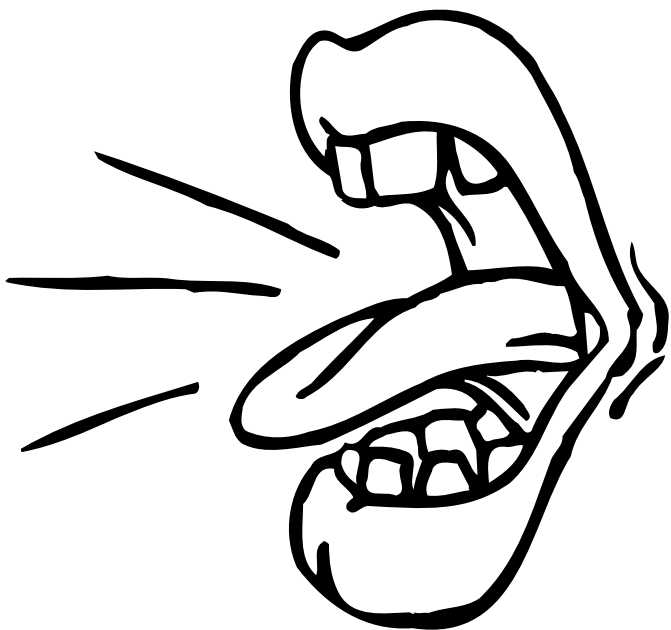
Eating (and before!)



Using the bathroom



Sneezing, blowing your nose or coughing



Playing with pets



Playing outside

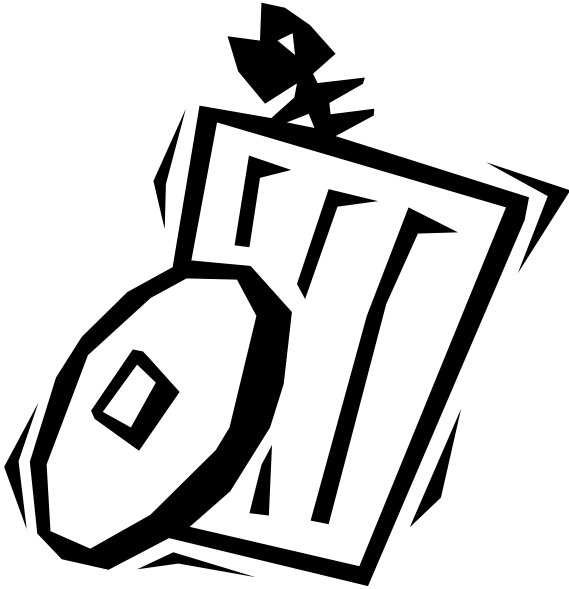


Touching a cut or open sore

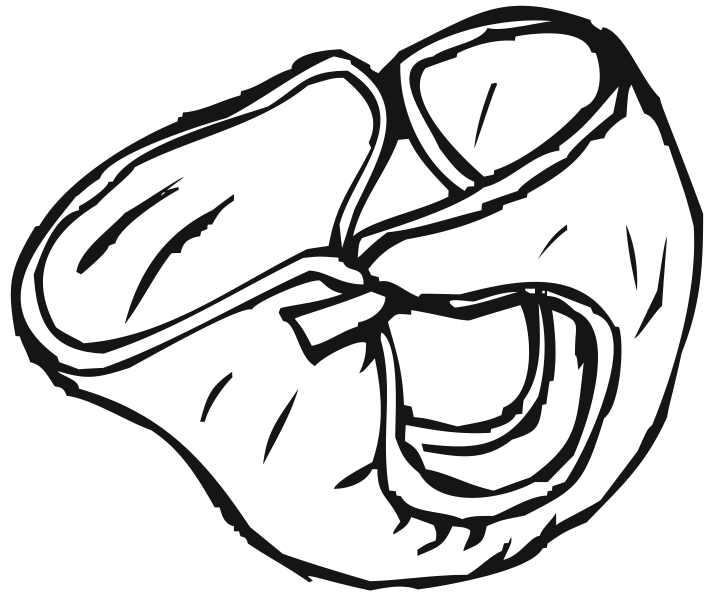


Wash Your Hands After —

Touching the garbage



Changing a diaper.



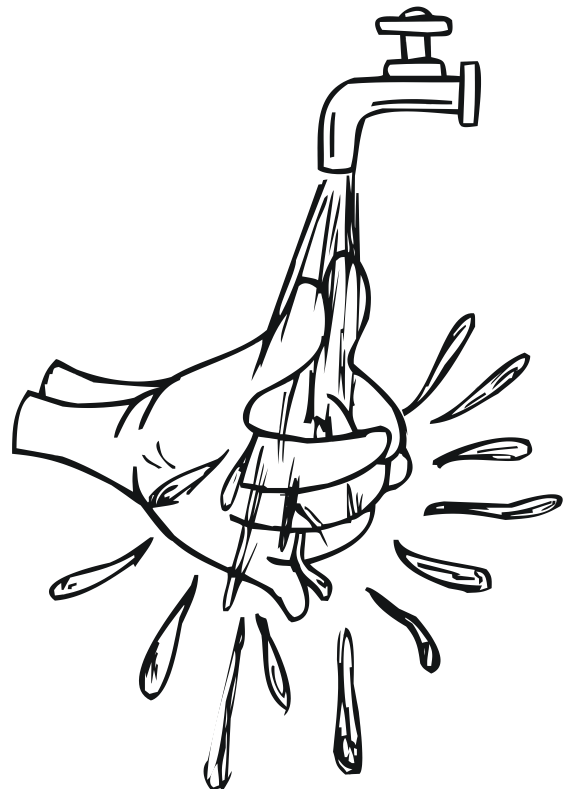
Here's How:

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*

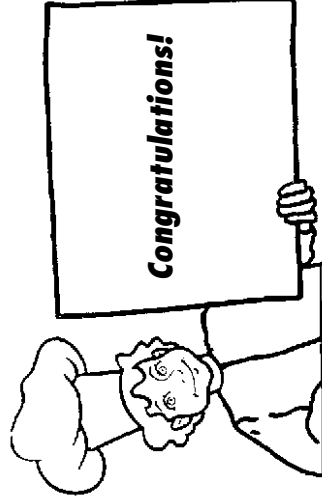
- 1. Mix the ingredients with a spoon. Don't use your finger.*
- 2. Roll into balls.*
- 3. Put on the cookie sheet. Keep in the refrigerator.*

Certificate of Participation

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

On this ____ day of ____, 20__

Signed



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

More information on food safety can be found at the following website:

<http://www.foodsafety.gov>

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Visit the UT Extension website at
<http://utextension.tennessee.edu> and
the Family and Consumer Sciences website at
<http://fcs.tennessee.edu>

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