

Fun Nutrition

Prepare to Cook

Purpose:

- Learn about food safety
- Practice washing your hands before and during food preparation.

Equipment and Supplies:

- Black light and extension cord
- Fluorescent lotion (several brands are available)

As youth enter, put a squirt of fluorescent lotion on their hands. Tell them it is a lotion that we are going to do something with later.

Deliver this Lesson: Ask the group some questions, “has anyone ever had food poisoning?” “How did you feel?” Do you know why you got food poisoning?”

You probably got food poisoning because some germs got in the food you ate. Then they got in your stomach and made you sick. UGH!

Here’s what could have happened: You were playing outside with your dog. You came in the house to get a peanut butter sandwich. Germs from the dog were on your hands and next they were on your sandwich. You ate the sandwich. YUMMY!

The germs got in your stomach, where there was food, water and a nice warm place. Germs like all those things, and in that environment they can reproduce really fast. In just a couple of hours, one germ can become over 5,000 germs. Germs produce waste just like you do, so when they have to go to the bathroom, they go right there in your stomach and you get really sick!! UGH!

What could you do to keep from getting sick?

Wash your hands! (You just can’t wash your hands too much.) When do you wash hands?

- after using bathroom, combing hair, sneezing, blowing nose
- before and after eating
- after studying, reading, playing computer games (computer mouse can be keys really dirty)
- after feeding animals, birds or fish

How do you wash your hands?

- Wet hands with warm water
- Use soap and wash palms, back side of hands, wrists, between fingers, up on arms
- Don’t forget to wash your fingernails

How long do you wash your hands?

- 20 seconds
- How long is that? About as long as singing the ABC song or Happy Birthday
- Sing both songs and practice washing

Some people think that using Hand Sanitizers replaces washing hands, but all the studies show that nothing is better than soap and water. If you are out camping or hiking and can’t wash with soap and water, then hand sanitizers are okay.

Let’s see where all you spread germs today. Use black light to show germs where you touched things around the room. Use the black light to show where all the youth touch, around the room and in their immediate area. Show that they are picking up germs everywhere.

Ask participants to wash their hands. Use black light again to show how well they washed their hands. It takes a lot of effort to wash hands and get rid of all germs.

Adapted from Luann Boyer, Family and Consumer Science/Youth Agent Morgan County – Lesson Plan for Food Safety



**COLORADO STATE UNIVERSITY
EXTENSION**

Activities for youth grades 2 - 7. Allow 15-40 minutes. Standard – Life Science
Colorado State University Cooperative Extension 4-H Youth Development