

LET'S FIGHTBAC®!



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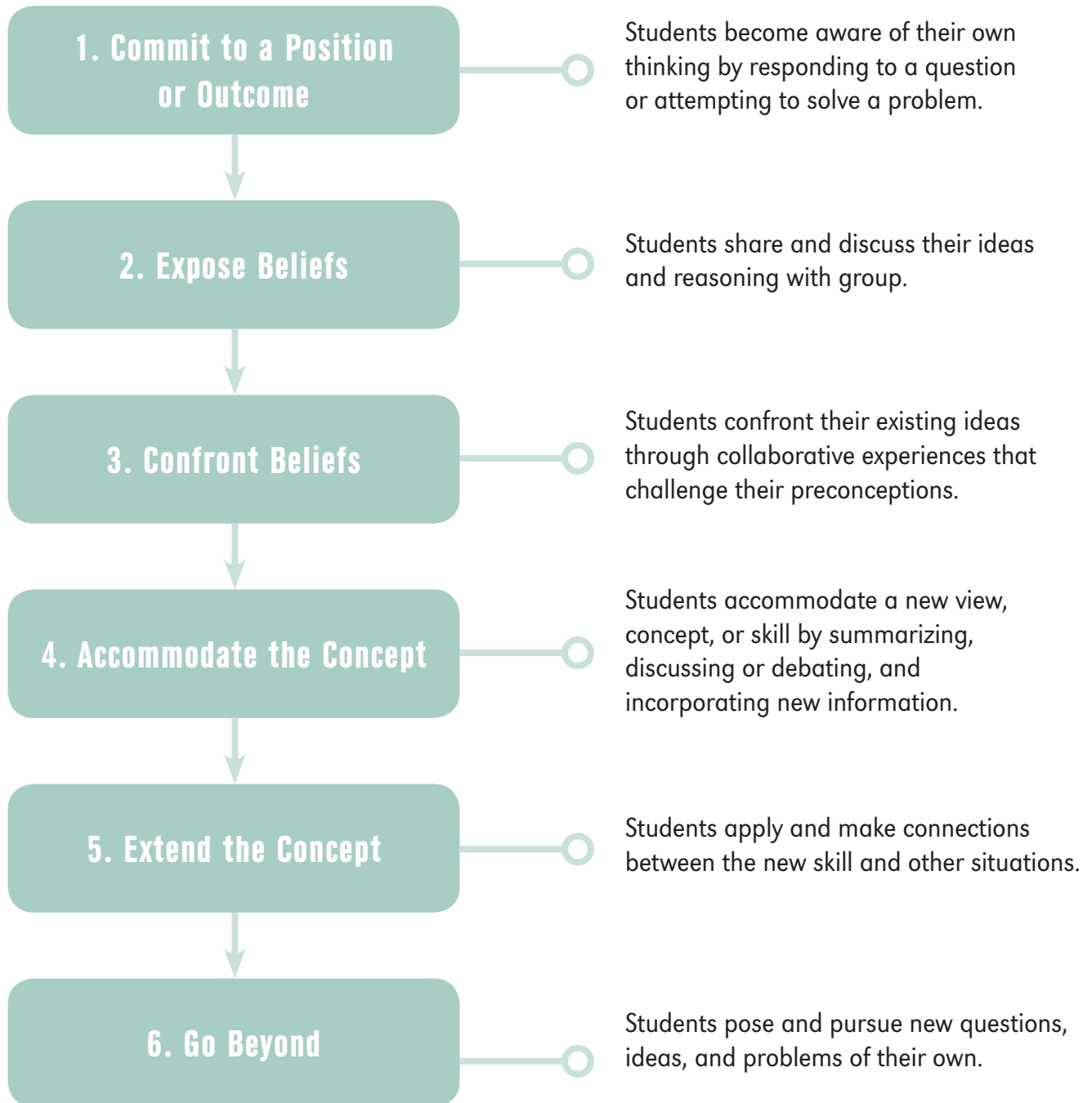
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INTRODUCTION

The “Let’s FightBAC®!” educational program is based on the Conceptual Change Teaching Method (collaborative learning), which is a participant-centered learning process that focuses on behavioral change. The process allows participants to bring personal experiences to the classroom to reveal students’ preconceptions about the topic. The educator/teacher then creates conceptual conflict with those preconceptions. Next, the educator/teacher encourages and guides conceptual restructuring.

CONCEPTUAL CHANGE TEACHING METHOD PROCESS¹



¹Stepans J. Targeting students’ science misconceptions: physical science concepts using the conceptual change model. 1996. Idea Factory, Riverview.

FOOD SAFETY CURRICULUM AND CONCEPTUAL CHANGE METHOD STEPS

CONCEPTUAL CHANGE METHOD STEP	FOOD SAFETY CURRICULUM STEP	TIME SPENT ON STEP
1. Commit to a Position or Outcome	Knowledge assessment	20 minutes
2. Expose Beliefs	Group discussion of current food safety perceptions and practices	30 minutes
3. Confront Beliefs	Group discussion of FightBAC®! food safety principles using food safety kit	30 minutes
4. Accommodate the Concept	Collaborative discussion of food safety scenario, including participant suggestions for avoiding foodborne illness	20 minutes
5. Extend the Concept	Collaborative hands-on application of FightBAC®! food safety principles, including preparing recipes	60 minutes
6. Go Beyond	Group discussion of further application of FightBAC®! food safety principles	20 minutes

EDUCATION PLAN

“Let’s FightBAC®!” is a food safety education program for Native American and Hispanic caregivers who prepare meals for children 10 years and younger. There are four parts:

- Discussion of Food Safety Kit
- The FightBAC®! Discussion
- FightBAC®! Food Handling Concepts
- Food Preparation

Estimated length for entire program: 3 hours

Objectives (Education/M meal Preparation)

As the result of the program, “Let’s FightBAC®!” participants will be able to:

1. Demonstrate proper “Clean” technique (hand washing, surface, and produce).
2. Demonstrate proper “Separate” technique (cross-contamination of raw and ready-to-eat foods via use of utensils, cutting boards, and colanders).
3. Demonstrate proper “Cook” technique through the use of thermometers.

Objective (Pre-/Post-test)

Participants will be able to increase overall knowledge and skills of safe food handling practices when preparing a meal.

SUPPLIES NEEDED

Supplies are estimated for each group based on 3-4 participants per group; a total of 10-12 participants is ideal. (Many of the items listed can be purchased at a “dollar” store.)

- Copies of pre-/post-tests for each participant (for post-test, omit demographic data and print on a different color of paper)
- Folder for each participant
- Cold bag (insulated bag) for each participant
- Pencil for each participant
- Paper for name tent (one for each participant)
- Post-it® Easel Pad
- Sharpie® pen or markers

Food Safety Kit Items for Each Participant

In a folder:

- Food Safety magnet (with cooking temperatures or handout)
- Handout — Hand Washing/Hand Washing clings
- Handout — Food Safety for Families
- Handout — Cleaning and Sanitizing
- Handout — Recipes
- Pre-test (Have a post-test for each person also and devise a method to match the two for each participant.)

Items for cold bag:

- Food thermometer
- Refrigerator thermometer with suction cup
- Cutting board
- Paring knife
- Vegetable brush
- Hand soap
- Dish soap/detergent
- Spray bottle of Lysol® or a package of sanitizing wipes
- Roll of paper towels

Food Preparation Kit

The supplies listed are for one kit. One kit is needed for every 3-4 participants.

One each:

- Bin (to hold recipes and items needed for meal preparation)
- Laminated copy of each recipe (found on Recipe Handout)
- Paper plates
- Plastic spoons and forks
- Paper towels (for spills/messes)
- Dish towel
- Dish cloth
- Hot pad
- Bottle of dish soap/detergent
- Waste paper basket with trash bag
- Glass measuring cup (2 cup)
- Can opener
- Food thermometer
- Cookie sheet
- Cooling rack
- Skillet or electric frying pan
- Kettle/saucepan to cook pasta
- Colander
- Ladle/serving spoon
- Disposable plastic gloves
- Plastic wrap
- Plastic storage bags (Ziploc® or similar) or plastic containers with lids (for leftovers)

Two each:

- Cutting boards
- Bowls (1 medium, 1 large)
- Paring knives (for vegetable/fruit chopping)
- Slotted spoons (one should be heat resistant for use with skillet)
- Sets of measuring spoons
- Dishpans if no sink is available to wash and rinse dishes

Food Needed for Recipes

- 2 kiwis
- 2 apples, Golden Delicious
- 1 8-ounce package raspberries
- 1 pound strawberries
- 1 12-ounce bag brown sugar
- 1 2-pound bag of white sugar
- 1 8-ounce jar of strawberry preserves (sugar free)
- 1 package whole wheat tortillas (10 per package)
- 1 can butter-flavored cooking spray
- 1 2-ounce container cinnamon
- 1 16-ounce package spiral pasta
- 1 pound chicken breasts
- 1 1-ounce package taco seasoning
- 1 8-ounce package shredded Cheddar cheese
- 1 large green pepper
- 1 medium onion
- 1 medium tomato
- 1 2½-ounce can sliced ripe olives
- 1 16-ounce bottle Catalina® or Western® salad dressing
- 1 16-ounce can black beans (optional, not included on recipe)
- 1 bag ice to chill salad

LESSON

Before the Program

- Arrange the tables and chairs in a square; participants will sit around the outside.
- Place on the tables one folder and one Food Safety Kit for each participant. (Participants can set aside their kit to take home; they do not need to take any of the items out of this kit to complete the lesson).
- Write the key concepts of FightBAC®!—clean, separate, cook, chill—on one sheet of the Post-it® Easel Pad. This will be used in “The FightBAC®! Discussion.”
- Participants can complete the pre-test before the session begins. When participants have completed the pre-test, collect it.

Introduction

Estimated length: 15-20 minutes

When participants attend the program, they will sit around the table like a family.

Give each participant a name tent to write his/her name on and decorate if they wish. These activities will let you and your assistant(s) get to know the participants and help put them at ease.

Dialogue goes as follows:

- You may know each other but I don't. Please tell me something about yourself.
- Please share your name.
- How many children do you have?
- What do you do for a job?
- What activities are you involved in with your children? For yourself?
- What is your family's favorite meal or food?

Discussion of Food Safety Kit

Estimated length: 30-40 minutes

Present an overview of what will be happening during the “Let's FightBAC®!” program. Then, use the Food Safety Kit to discuss and evaluate preconceptions participants have about food handling practices.

Create a group chart using a sheet from the Post-it® Easel Pad. Label the sheet with the following:

- Name of item
- How is it used?
- Why it is not used?

Fill in the chart during the discussion of each item in the Food Safety Kit.

Introduce each item in the Food Safety Kit by removing them one at a time from the cold bag.

- Food thermometer
- Refrigerator thermometer with suction cup
- Cutting board
- Paring knife
- Vegetable brush

- Hand soap
- Dish soap/detergent
- Spray bottle of Lysol® or a package of sanitizing wipes
- Roll of paper towels

Once the contents of the Food Safety Kit have been introduced, engage the participants by asking the following questions:

- Which items are familiar to you?/How do you use this item?
- Which items are unfamiliar to you?/What do you think this is used for?
- Which of these items do you have at home?
- Which items don't you have?
- Which of these might you use instead of (name an item) in the kit?
- Why would we use (name of item)?

OR

Remove each item from the bag individually and ask similar questions about the item. Continue until all items have been discussed.

The FightBAC®! Discussion

Estimated length: 20-30 minutes

To educate the participants on the FightBAC®! food handling practices, tell a story about the “stomach flu.” (If a recent foodborne illness outbreak has occurred, use that outbreak as the story.) In this step, you will create conceptual conflict with the food safety preconceptions of the participants.

Here is a sample story (add local examples from recent reports if possible):

It has been a busy season for the stomach flu—the nasty, highly contagious bug that has led officials from California to Washington D.C. to close schools, issues alerts, and launch massive cleaning efforts. The microbial culprit, norovirus, affects one in 15 Americans every year. It causes sudden vomiting, diarrhea, and stomach cramps that continue for a very unpleasant 24 to 48 hours, but usually does not require medical intervention.

The U.S. Centers for Disease Control and Prevention in Atlanta says about half of the cases of food poisoning are caused by norovirus, which has gained infamy as the cause of outbreaks on cruise ships, college campuses, nursing homes, daycares, and other gathering places. In one month, at least 85 students fell ill at George Washington University in Washington, D.C., plus 186 at Rider University and about 100 at Princeton University, both in New Jersey. Norovirus also has hit hundreds of students in elementary, middle, and high schools. Several schools, as well as several retirement centers, in Omaha have reported outbreaks.

After telling the story, ask questions pertaining to the story. Write the answers on another Post-it® sheet. Label the sheet:

- Cause of problem
- How to prevent the problem

Questions to ask:

- What is the issue or problem described in this story?
- What are the symptoms of the stomach flu?
- What are possible causes of the problems? (Write participants' answers on the Post-it® sheet.)
- What are some things that might help prevent future outbreaks? (Write participants' answers on the Post-it® sheet.)

These questions will allow you to use the participants' ideas to deliver the message of the FightBAC®! food handling concepts.

FightBAC®! Food Handling Concepts

Estimated length: 15-20 minutes

The key points of the FightBAC®! Food handling concepts have been covered throughout the program and will be reinforced in this part of the lesson. Use the PowerPoint presentation to make a flip chart for the presentation (English: www.ianrpubs.unl.edu/epublic/live/ec494/build/ec494powerpoint.pptx or Spanish: www.ianrpubs.unl.edu/epublic/live/ec494/build/ec494powerpointspan.ppt).

The FightBAC®! food handling concepts are used to prevent food poisoning (foodborne illness) in the home.

- Food poisoning (foodborne illness) occurs when food is not cooked thoroughly, when raw and ready-to-eat foods are improperly handled, and when hand washing practices are inadequate.
- Symptoms of food poisoning (foodborne illness) can appear several hours after contamination or may take days. Symptoms include vomiting, diarrhea, fever, and nausea.

The ways you can prevent food poisoning (foodborne illness) are the FightBAC®! food handling concepts. The four key concepts are clean, separate, cook, and chill. We will discuss each separately.

HOW DO YOU PREVENT FOOD POISONING?

Four key concepts:

- Clean
- Separate
- Cook
- Chill



Nebraska **EXTENSION**

The first key concept is **CLEAN**.

It is extremely important to wash your hands to prevent food poisoning (foodborne illness). Ask participants:

- Why should we wash our hands when handling food?
- When should we wash our hands?
- How should we wash our hands?

Times when you need to wash your hands include:

- When you enter the kitchen
- After using the restroom
- After sneezing or coughing
- After handling raw meat
- After changing a diaper, taking out the trash, or using the phone.

CLEAN Hand Washing

Always wash:

- When entering the kitchen
- After using the restroom
- Sneezing or coughing
- Handling raw meat
- Changing a diaper

How do you wash your hands?

Wash & sanitize countertops



Nebraska **EXTENSION**

Explain how to properly wash hands. Refer participants to the Hand Washing Steps handout that is inside their Food Safety Kit folder. Stress that it is not only important to wash hands, but it is important to wash and sanitize counters and tables before and after each use (see handout: Making Sanitizing and Disinfecting Solutions).

Question: What is in our Food Safety Kit that can help us wash and sanitize our food preparation surfaces?

Answers include:

- **Dish soap/detergent.** Use warm soapy water to clean counters and tables. Let counters and tables air dry.
- **Dish cloth.** Discuss how to use clean cloths, proper laundering, etc.
- **Paper towels.** These may be used instead of dish cloths.
- **Lysol spray or sanitizing wipes.** Once counters and tables have air dried, sanitize using Lysol spray or a solution of bleach and water (1 teaspoon bleach to 1 gallon of water). Note: From our research, we found that many people may not be using sanitizing solutions properly. A discussion of proper use of sanitizing solutions should follow. Refer participants to the handout included in their folder.

Another way to prevent food poisoning (foodborne illness) is to **SEPARATE**.

- It is always important to wash hands especially after handling raw meat.
- It is essential to separate raw meat from ready-to-eat foods such as fruits and vegetables. This prevents cross-contamination.

Question: How would we keep foods separate to prevent cross-contamination? What in our Food Safety Kit can help us?

Answers include:

- **Cutting boards.** Use a different cutting board for each item.
- **Paring knives.** Use different cutting knives for each item.

Question: What if you only have one knife or cutting board?

Answer: Wash and dry them before using them again.

The next concept is **COOK**.

When cooking meat, such as chicken, turkey, ground beef, or beef, it is essential that it is cooked thoroughly.

Question: What is in our Food Safety Kit to help ensure food is properly cooked?

Answer: Food thermometer. To ensure meat is cooked thoroughly, use a food thermometer to check the temperature of the meat.

When checking the temperature of meat, insert the thermometer in the center diagonally. To what temperatures do we cook different meats to ensure they're done and safe to eat?

- Chicken 165° F (74° C)
- Beef 145° F (63° C)
- Leftovers 165° F (74° C)

You have a magnet in your Food Safety Kit to remind you of the proper temperatures to cook meat. (*Note: If magnet is not available, refer participants to the Safe Cooking Temperatures handout, which is in their folder.*)

The last concept is **CHILL**.

The proper way to thaw frozen foods, especially meats, is:

- **In the refrigerator** at temperature below 40° F.
- **By submerging** under clean, drinkable, and cold running water.
- **In a microwave oven.** If you choose to defrost food in the microwave, you must cook it immediately.

When cooling foods to store in your refrigerator, cool food rapidly. You can do this by dividing food into smaller shallow containers and chill.

SEPARATE

Separate raw meat from ready to eat foods such as fresh fruits & vegetables



How do you separate?

- Use separate cutting boards and knives
- Wash and sanitize cutting boards and knives between uses

Nebraska **EXTENSION**

COOK

Ensure that meats are cooked thoroughly by using a food thermometer

- How do you use a food thermometer?

Temperatures

- Chicken 165°F
- Hamburger & ground beef 160°F
- Beef 145°F
- Leftovers 165°F



Nebraska **EXTENSION**

CHILL

How do you thaw frozen foods?

- In the refrigerator (<40°F)
- Submerging under clean, cold running water
- In the microwave
 - Must cook right away!
- Especially important for meats

Cooling foods

- Must cool foods rapidly
- Divide into small batches and chill in shallow containers
- * Note: 4 Day Throw Away



Nebraska **EXTENSION**

Question: How long should you store food in the refrigerator once it is chilled?

Answer: The recommendation is to store foods (leftovers) in the refrigerator for no more than 3-4 days. Remember: **4 Day Throw Away!**

The Food Safety for Families handout, in their folder, contains this information.

Food Preparation

Estimated length: 45 minutes

Divide participants into groups of 2-3. Call participants' attention to the Food Preparation Kit on each table. Explain that each kit contains the equipment they will need to prepare one of two recipes. The recipes are Southwest Pasta Salad and Fruit Salsa. Assign each group one of the recipes.

Ask each group to take a look at the recipes provided on the Recipes handout inside the Food Preparation Kit and examine what is needed to make the recipes.

Ask participants to keep in mind some of the food handling practices just discussed as they prepare the recipe.

Discuss proper hand washing using the Hand Washing Steps handout. After explaining/demonstrating how to properly wash hands, ask participants to wash their hands. After each participant washes their hands, ask them to sanitize their workspace. Once finished, ask them to begin preparing their assigned recipe.

Fruit Salsa Recipe

Ingredients

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, peeled, cored, and diced
- 1 8-ounce package raspberries, diced (or frozen)
- 1 pound strawberries, diced (or frozen)
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor (sugar-free strawberry preserves can be used)
- 10 10-inch flour tortillas
- 1 can butter flavored cooking spray

Cinnamon Sugar: Combine 1 cup of sugar and 1 ½ tablespoons cinnamon. Place in a salt shaker.

Directions

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar, and fruit preserves.
2. Cover and chill in the refrigerator at least 15 minutes.
3. Preheat oven to 350° F.
4. Coat one side of each whole wheat tortilla with butter flavored cooking spray.
5. Cut into wedges and arrange in a single layer on a large baking sheet.
6. Sprinkle wedges with desired amount of cinnamon sugar.
7. Spray again with cooking spray.

8. Bake in preheated oven for 8-10 minutes.
9. Repeat with remaining tortilla wedges.
10. Allow to cool approximately 15 minutes.
11. Serve with chilled fruit mixture.

Recipe adapted/modified from *cdkitchen.com*

Southwestern Pasta Salad

Serves 8-10

Ingredients

- 1 package (16 ounces) of spiral pasta
- 1 pound of chicken breast
- $\frac{3}{4}$ cup of water
- 1 envelope of taco seasoning
- 2 cups (8 ounces) of shredded Cheddar cheese
- 1 large green pepper
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 can (2 $\frac{1}{4}$ ounces each) sliced ripe olives, drained
- 1 bottle (16 ounces) Catalina or Western salad dressing
- Optional: 1 16-ounce can black beans

Directions

1. Cook pasta according to package directions.
2. Dice raw chicken into small pieces.
3. In a skillet, cook diced chicken over medium heat until the chicken reaches 165°F.
4. Add water and taco seasoning to chicken; simmer uncovered for 15 minutes.
5. While the chicken simmers, dice vegetables.
6. Chill chicken (place bowl containing the chicken on ice).
7. Rinse pasta in cold water.
8. Place pasta in a large bowl, add chicken, cheese, onion, tomato and olives; mix well.
9. Add dressing and toss to coat.
10. Cover and refrigerate for at least 1 hour.

Recipe adapted/modified from *tasteofhome.com*.

Once the recipes are prepared, ask participants to take a plate and serve themselves and enjoy the meal together. While participants are enjoying the meal, ask questions about the session.

- When you were preparing the fruit salsa, what items from the Food Safety Kit did you use?
- When you were preparing the pasta salad, what items from the food safety kit did you use?
- How did you use each of those items?
- How does this compare to what was said in our original list (the chart filled out during “Discussion of Food Safety Kit”)?
- What changes should be made to the original list?
- Thinking back to our scenario about the stomach flu, what safe food handling practices can you identify that would prevent a foodborne illness from happening in your home?

- Which safe food handling practices did we implement while making our meal?
- What do we need to do with the leftovers?

Discussion about the session:

- What are your thoughts about how the session went?
- What did you like?
- What didn't you like?
- What will be easy for you to implement at home?
- What things might be difficult to implement?
- How will you overcome those difficulties?

EVALUATION

After discussing the session, ask participants to complete the post-test (on paper a different color than the pre-test; demographic data omitted). The post-test will allow comparison with the pre-test and provide measure of knowledge gained as a result of this educational program.

Acknowledgement

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SAFE COOKING TEMPERATURES

Let's FightBAC®!
Handout

Internal Temperature	
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160° F
Turkey, Chicken	165° F
Fresh Beef, Veal, Lamb	
Medium Rare	145° F
Medium	160° F
Well Done	170° F
Poultry	
Chicken & Turkey, whole	165° F
Poultry breasts, roast	165° F
Poultry thighs, wings	165° F
Duck & Goose	165° F
Stuffing (cooked alone or in bird)	165° F
Fresh Pork	
Medium	160° F
Well Done	170° F
Ham	
Fresh (raw)	160° F
Precooked (to reheat)	140° F
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160° F
Seafood	
Fin Fish	145° F or flesh is opaque & separates easily with fork
Shrimp, Lobster & Crabs	Shells red & flesh opaque
Clams, Oysters & Mussels	Shells are open
Leftovers & Casseroles	165° F

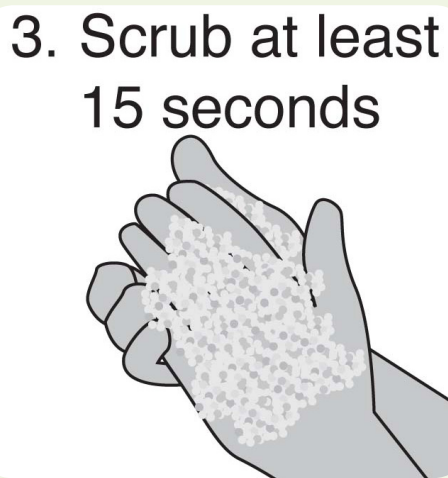
TEMPERATURAS DE COCINADA SEGURAS

Let's FightBAC®!
Handout

Temperaturas Internas	
Carne Molida y Mezclas de Carne	
Carne de Res, Cerdo, Ternera, Cordero	160° F (71° C)
Pavo, Pollo	165° F (74° C)
Carne Fresca de Res, Ternero, Cordero	
Termino Medio Crudo	145° F (63° C)
Termino Medio	160° F (71° C)
Termino Cocido	170° F (77° C)
Aves de Corral	
Pollo y Pavo, enteros	165° F (74° C)
Pechuga de ave de corral, rostizada	165° F (74° C)
Muslo y alas de ave de corral	165° F (74° C)
Pato y Ganso	165° F (74° C)
Relleno (cocinado solo o dentro del ave)	165° F (74° C)
Cerdo Fresco	
Termino medio	160° F (71° C)
Termino Cocido	170° F (77° C)
Jamón	
Fresco (crudo)	160° F (71° C)
Pre-cocido (para recalentarlo)	140° F (60° C)
Huevos y Platillos con huevo	
Huevos	Cocine hasta que la yema y clara estén firme
Platillos con huevo	160° F (71° C)
Mariscos	
Aleta de Pescado	145° F (63° C) La carne del pescado es opaca y se separa fácilmente con el tenedor
Camarón, Langosta, y Jaiba	La cáscara esta roja y carne esta opaca
Almejas, ostiones, y mejillones	Las conchas se abren
Sobras, y sopas de macarrón	165° F (74° C)

HAND WASHING STEPS

Let's FightBAC®!
Handout



FOOD SAFETY FOR FAMILIES

FOUR SIMPLE STEPS TO FOOD SAFETY

Let's FightBAC®!
Handout

Bacteria (germs), viruses, and tiny parasites are everywhere in the environment. They are organisms that you can't see, smell, or taste. In fact, they can contaminate food and cause life-threatening illness.

Foodborne illness strikes everyone, especially young children, pregnant women (and endangers their unborn babies), older adults, and persons with weakened immune systems. Ask yourself if you want yourself and those you care about to be sick.

Be safe by following these four simple food-safety steps:

- **Clean**
- **Separate**
- **Cook**
- **Chill**



CLEAN

○ WASH HANDS AND SURFACES ○



Bacteria (germs), viruses, and parasites can be spread throughout the kitchen and get onto cutting boards, utensils, and countertops.

Here's how to Fight BAC!

- Wash your hands with hot, soapy water before and after handling food and after using the bathroom and changing diapers.
- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Important: Rinse raw produce under running water. Don't use soap or detergents. If necessary, use a small vegetable brush to remove surface dirt.

SEPARATE

○ DON'T CROSS-CONTAMINATE ○



Cross-contamination happens when bacteria (germs), viruses, and parasites are transferred from one food or surface to another. This happens when handling raw meat, poultry, seafood or eggs, and then handling ready-to-eat foods without washing hands and surfaces.

Here's how to Fight BAC!

- Separate raw meat, poultry, and seafood from ready-to-eat foods in your grocery shopping cart and in your refrigerator.
- Use a different cutting board for raw meat, poultry, and seafood products.
- Wash hands, cutting boards, dishes, utensils, and countertops with hot, soapy water after handling raw foods such as meat, poultry, seafood, and eggs.
- Use separate plates for raw food and cooked foods.

COOK

○ COOK TO PROPER TEMPERATURES ○



Foods are properly cooked when they are heated for a long enough time to a high enough temperature to kill harmful bacteria (germs).

Here's how to Fight BAC!

- Use a clean thermometer to measure the internal temperature of cooked food to make sure food such as meat and poultry are cooked to the right temperatures (see chart for proper cooking temperatures).
- Cook eggs until the yolks and whites are firm.
- Important: Use egg substitutes or pasteurized shell eggs if you use recipes in which eggs remain raw or only partially cooked.
- Cook fish until opaque and flakes easily with a fork.
- Cover food, stir, and rotate food for even cooking in a microwave. Rotate the dish by hand once or twice during cooking if there is no turntable.
- Boil sauces, soups, and gravy when reheating.

CHILL

REFRIGERATE PROMPTLY



Refrigerate foods quickly. Set your refrigerator no higher than 40°F and the freezer at 0°F. Check these temperatures occasionally with an appliance thermometer.

Here's how to Fight BAC!

- Refrigerate or freeze perishables, prepared foods, and leftovers within two hours or sooner.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water, or in the microwave.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

SAFE COOKING TEMPERATURES

Internal Temperature	
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160° F
Turkey, Chicken	165° F
Fresh Beef, Veal, Lamb	
Medium Rare	145° F
Medium	160° F
Well Done	170° F
Poultry	
Chicken & Turkey, whole	165° F
Poultry breasts, roast	165° F
Poultry thighs, wings	165° F
Duck & Goose	165° F
Stuffing (cooked alone or in bird)	165° F

SAFE COOKING TEMPERATURES

Internal Temperature

Fresh Pork

Medium	160° F
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Well Done	170° F
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Ham

Fresh (raw)	160° F
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Precooked (to reheat)	140° F
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Eggs & Egg Dishes

Eggs	Cook until yolk & white are firm
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Egg dishes	160° F
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Seafood

Fin Fish	145° F or flesh is opaque & separates easily with fork
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Shrimp, Lobster & Crabs	Shells red & flesh opaque
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Clams, Oysters & Mussels	Shells are open
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Leftovers & Casseroles	165° F
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Developed based on USDA FightBac! information, <http://fightbac.org/>. The Food Safety for Families with Young Children, USDA-CSREES project 2008- 51110-19237 project team includes:

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SEGURIDAD ALIMENTICIA PARA FAMILIAS

CUATRO PASOS SENCILLOS PARA LA SEGURIDAD ALIMENTICIA

Let's FightBAC®!
Handout

Las bacterias (gérmenes), virus y pequeños parásitos están por todas partes en el ambiente! Son organismos que Usted no puede ver, oler, o probar. De hecho pueden contaminar comidas y contraer enfermedades potencialmente mortales.

Enfermedades transmitidas por los alimentos—pueden atacar a cualquiera, especialmente a niños chicos, mujeres embarazadas (pone en peligro a su niño no nacido también), gente mayor, y personas con un sistema inmune débil. Pregúntese a Usted mismo, ¿quiere enfermarse o que sus seres queridos se enfermen?

Siga estos cuatro pasos sencillos para la seguridad alimenticia:

- **Limpie**
- **Separe**
- **Cocine**
- **Enfríe**



LIMPIE

○ LÁVESE LAS MANOS Y LAS SUPERFICIES DONDE VA A PREPARAR LA COMIDA ○



Las bacterias (gérmenes), virus y parásitos se pueden propagarse por toda la cocina y contaminar las tablas de cortar, utensilios de cocina, y encimeras.

¡Como combatir la bacteria!

- Lávese las manos con agua caliente y jabón antes y después de manejar comida y después de usar el baño y cambiar pañales.
- Lave bien las tablas de cortar, los platos, los utensilios y las superficies de los mostradores con agua caliente y jabón después de preparar cada alimento y antes de ir a la siguiente comida.
- Considere la posibilidad de utilizar toallas de papel para limpiar las superficies de cocina. Si se utilizan las toallas de tela, lávelas con frecuencia en el ciclo caliente de la lavadora.
- Importante: enjuague legumbres bajo el chorro de agua. No use jabón o detergentes. Si es necesario, utilice un pequeño cepillo para vegetales para remover la tierra de la superficie sucia.

SEPRE

NO CRUCE-CONTAMINE



La contaminación cruzada ocurre cuando las bacterias (gérmenes), virus y parásitos son transferidos de un solo alimento o superficie a otro. Esto sucede cuando se maneja carne cruda, aves, mariscos o huevos, y de los alimentos listos para comer, sin lavarse las manos y superficies.

¡Como combatir la bacteria!

- Separe las carnes, aves, y pescados crudos de otros alimentos listos para el consumo en su carrito de compras y en su refrigerador.
- Use una tabla de cortar diferente para carnes, aves y pescados crudos productos.
- Lávese las manos, las tablas de cortar, platos y utensilios con agua caliente y jabón después de manejar alimentos crudos como la carne, aves, mariscos, pescados, y huevos.
- Utilice platos separados para alimentos crudos y alimentos cocinados.

COCINE

COCINE A TEMPERATURAS APROPIADAS



Los alimentos se cocinan de forma correcta cuando se calientan durante un tiempo suficiente para alcanzar temperaturas suficientemente altas como para matar las bacterias dañinas (los gérmenes).

¡Como combatir la bacteria!

- Utilice un termómetro limpio para medir la temperatura interna de los alimentos cocidos para asegurarse que tales alimentos como la carne y las aves se cocinan a las temperaturas correctas.
- Cocine los huevos hasta que las yemas y claras estén firmes.
- Importante: Use sustitutos de huevo o huevos pasteurizados si utiliza recetas en los cuales los huevos se mantienen crudos o parcialmente cocidos.
- Cocine el pescado hasta que este opaco y se separe fácilmente con un tenedor.
- Cubra los alimentos, agite, y rote los alimentos para que estos se cosan uniformemente en el microondas. Gire el plato a mano una o dos veces durante la cocción si no hay un plato giratorio.
- Hierva las salsas, y sopas al recalentarlos.

ENFRIE

REFRIGERE TODO APROPIADAMENTE



Refrigere los alimentos rápidamente. Ponga su refrigerador no más de 40 grados F y el congelador a 0 grados F. Revise estas temperaturas de vez en cuando con un termómetro para electrodomésticos.

¡Como combatir la bacteria!

- Refrigere o congele los alimentos perecederos, alimentos preparados, y las sobras dentro de dos horas o más pronto.
- Nunca deje que la carne cruda, las aves, los huevos, los alimentos cocinados, frutas cortadas o vegetales frescos permanezcan a temperatura ambiente más de dos horas antes de ponerlos en el refrigerador o freezer (una hora cuando la temperatura es superior a 90 grados).
- Nunca descongele alimentos a temperatura ambiente. Descongele los alimentos en el refrigerador, bajo agua corriente fría, o en el microondas.
- Divida las cantidades grandes de sobras en recipientes poco profundos para que se enfrien rápidamente en el refrigerador.
- No llene demasiado el refrigerador. El aire frío debe circular para mantener los alimentos seguros.

TEMPERATURAS DE COCINADA SEGURAS

Temperaturas Internas	
Carne Molida y Mezclas de Carne	
Carne de Res, Cerdo, Ternera, Cordero	160° F (71° C)
Pavo, Pollo	165° F (74° C)
Carne Fresca de Res, Ternero, Cordero	
Termino Medio Crudo	145° F (63° C)
Termino Medio	160° F (71° C)
Termino Cocido	170° F (77° C)
Aves de Corral	
Pollo y Pavo, enteros	165° F (74° C)
Pechuga de ave de corral, rostizada	165° F (74° C)
Muslo y alas de ave de corral	165° F (74° C)
Pato y Ganso	165° F (74° C)
Relleno (cocinado solo o dentro del ave)	165° F (74° C)

TEMPERATURAS DE COCINADA SEGURAS

Temperaturas Internas

Cerdo Fresco

Termino medio	160° F (71° C)
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Termino Cocido	170° F (77° C)
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Jamón

Fresco (crudo)	160° F (71° C)
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Pre-cocido (para recalentarlo)	140° F (60° C)
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Huevos y Platillos con huevo

Huevos	Cocine hasta que la yema y clara estén firme
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Platillos con huevo	160° F (71° C)
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Mariscos

Aleta de Pescado	145° F (63° C) La carne del pescado es opaca y se separa fácilmente con el tenedor
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Camarón, Langosta, y Jaiba	La cáscara esta roja y carne esta opaca
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Almejas, ostiones, y mejillones	Las conchas se abren
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Sobras, y sopas de macarrón	165° F (74° C)
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Este folleto fue elaborado basado en la información de FightBac!, <http://fightbac.org/>.

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MIXING SANITIZING AND DISINFECTING SOLUTIONS

Let's FightBAC®!
Handout



1 PINT SOLUTION

Sanitizing

10 drops
bleach/pint water

Disinfecting

½ tablespoon
bleach/pint water



1 QUART SOLUTION

Sanitizing

¼ teaspoon
bleach/quart water

Disinfecting

1 tablespoon
bleach/quart water



1 GALLON SOLUTION

Sanitizing

1 teaspoon
bleach/gallon water

Disinfecting

¼ cup
bleach/gallon water

CLEANING AND SANITIZING

How to get the most from sanitizing and disinfecting

Let's FightBAC®!
Handout

CLEAN

Clean surfaces (dishes, containers, cutting boards, counter tops, tables) to remove visible food or soil. Use soap/detergent and warm/hot water.

RINSE

Rinse dishes under hot, running water or in a sink of clean, hot water. Rinsing removes any soap or detergent on dishes and surfaces.

SANITIZE

Sanitizing reduces germs (bacteria) to safe levels on surfaces. Mix a solution of chlorine bleach and room temperature/lukewarm water. Do not use hot water or mix bleach with other chemicals.

Sanitizing Solutions:

- 10 drops bleach in a pint (2 cups) of water
- ¼ teaspoon bleach in a quart (4 cups) of water
- 1 teaspoon bleach in a gallon (16 cups) of water

For dishes, put the solution in a sink or container and let the dishes set in the solution for 1 minute. For surfaces, use a spray bottle filled with the sanitizing solution.

Sanitize:

- Dishes, counter tops, food preparation equipment, cutting boards
- Dish cloths, sponges
- Children's toys made of plastic or other hard materials
- Wash cloth toys in a washing machine with hot soapy water.

Dry

Let dishes and surfaces air dry. Avoid using a towel as they can spread germs (bacteria).

Disinfect (after cleaning and rinsing)

Disinfecting can destroy most germs (bacteria and viruses). Use disinfecting solutions when someone is ill in your home. Disinfecting solutions should not be used on dishes, food preparation surfaces and equipment. A residue may remain on surfaces and affect the food taste.

Disinfecting Solutions:

- ½ tablespoon (1½ teaspoon) bleach in a pint (2 cups) of water
- 1 tablespoon bleach in a quart (4 cups) of water
- ¼ cup bleach in a gallon (16 cups) of water

Disinfect:

- Diaper changing surfaces
- Bathroom areas; toilet bowls, seats, flush handles
- Bathroom sinks, faucets

○ Fruit Salsa Recipe ○

Ingredients

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, peeled, cored, and diced
- 1 8-ounce package raspberries, diced (or frozen)
- 1 pound strawberries, diced (or frozen)
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor (sugar-free strawberry preserves can be used)
- 10 10-inch flour tortillas
- 1 can butter flavored cooking spray

Cinnamon Sugar: Combine 1 cup of sugar and 1 ½ tablespoons cinnamon. Place in a salt shaker.

Directions

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar, and fruit preserves.
2. Cover and chill in the refrigerator at least 15 minutes.
3. Preheat oven to 350°F.
4. Coat one side of each whole wheat tortilla with butter flavored cooking spray.
5. Cut into wedges and arrange in a single layer on a large baking sheet.
6. Sprinkle wedges with desired amount of cinnamon sugar.
7. Spray again with cooking spray.
8. Bake in preheated oven for 8-10 minutes.
9. Repeat with remaining tortilla wedges.
10. Allow to cool approximately 15 minutes.
11. Serve with chilled fruit mixture.

Recipe adapted/modified from *cdkitchen.com*

○ Southwestern Pasta Salad ○

Serves 8–10

Ingredients

- 1 package (16 ounces) of spiral pasta
- 1 pound of chicken breast
- ¾ cup of water
- 1 envelope of taco seasoning
- 2 cups (8 ounces) of shredded Cheddar cheese
- 1 large green pepper
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 can (2 ¼ ounces each) sliced ripe olives, drained
- 1 bottle (16 ounces) Catalina or Western salad dressing

Optional: 1 16-ounce can black beans

Directions

1. Cook pasta according to package directions.
2. Dice raw chicken into small pieces.
3. In a skillet, cook diced chicken over medium heat until the chicken reaches 165°F.
4. Add water and taco seasoning to chicken; simmer uncovered for 15 minutes.
5. While the chicken simmers, dice vegetables.
6. Chill chicken (place bowl containing the chicken on ice).
7. Rinse pasta in cold water.
8. Place pasta in a large bowl, add chicken, cheese, onion, tomato and olives; mix well.
9. Add dressing and toss to coat.
10. Cover and refrigerate for at least 1 hour.

Recipe adapted/modified from *tasteofhome.com*

Salsa de Frutas

- 2 kiwis, pelados y cortados en cubitos
- 2 manzanas “Golden Delicious” – peladas, quitadas el corazón, y cortadas en cubitos
- 1 paquete de frambuesas (de 8 onzas) – cortadas en cubitos
- 1 libra de fresas–cortadas en cubitos
- 2 cucharadas grandes de azúcar blanca
- 1 cucharadas grandes de azúcar morena
- 3 cucharadas grandes de conservativos de frutas, cualquier sabor – el conservativo de fresa sin azúcar funciona bien
- 10 tortillas de trigo integral (de 10 pulgadas)
- 1 lata de aerosol de cocina de mantequilla

Azúcar de cinamomo: 1 taza de azúcar y 1 ½ cucharada grande de canela molida, mezcle. Pongase en un salero.

1. En un tazón hondo, mezcle los kiwis, manzanas “Golden Delicious”, frambuesas, fresas, azúcar blanca, azúcar morena y conservativos de frutas.
2. Cubra y enfríese en el refrigerador por lo menos 15 minutos.
3. Precaliente el horno a 350°F.
4. Cubra un lado de cada tortilla de trigo integral con el aerosol para cocina de mantequilla.
5. Corte en cuñas y arregle en una sola capa en una hoja grande de hornear.
6. Espolvoree las cuñas con la cantidad deseada de azúcar del cinamomo.
7. Rocíe nuevamente con el aerosol para cocinar.
8. Cueza al horno en el horno precalentado 8 a 10 minutos.
9. Repita con las cuñas restantes de la tortilla.
10. Permita enfriarse aproximadamente 15 minutos.
11. Sírvese con la mezcla enfriada de la fruta.

Recipe adapted/modified from *cdkitchen.com*

Ensalada de Pasta

- 1 paquete (16 onzas) de pastas espirales
- 1 libra de pechuga de pollo
- ¾ de taza de agua
- 1 sobre de condimento para tacos
- 2 taza (8 onzas) de queso Cheddar rayado
- 1 pimienta verde grande
- 1 cebolla mediana, picada
- 1 tomate mediano, picado
- 1 lata (2 onzas cada uno del ¼) aceitunas maduras, drenadas
- 1 botella (16 onzas) Catalina® o Western® salad dressing

1. Cocine la pasta según las direcciones del paquete.
2. Corte la pechuga en cuadros pequeños.
3. Mientras tanto, en un sartén, cocine el pechuga en temperatura media hasta que alcance 165°F.
4. Agregue agua y el condimento para tacos; herva destapado a fuego lento por 15 minutos.
5. Mientras que las pechugas hervén a fuego lento, corte las verduras en cubitos.
6. Enfríese el pollo (ponga un tazón que contiene el pollo con hielo).
7. Enjuague las pastas en agua fría.
8. Ponga en un tazón grande, agregue la pechuga, el queso, la cebolla, el tomate y aceitunas; mezcle bien.
9. Agregue el aderezo y revuelva bien.
10. Cubra y refrigere por lo menos 1 hora.

Recipe adapted/modified from *tasteofhome.com*

CODE:

MULTIPLE CHOICE

Please choose one answer for each question.

1. What is the safest way to cool a large pot of hot soup?
 - ☐ Put the soup in a clean, shallow pan and refrigerate right away
 - ☐ Keep the soup in the cooking pot and refrigerate right away
 - ☐ Put the soup in a clean, deep pot and refrigerate right away
 - ☐ Cool the soup to room temperature on the counter, then refrigerate it
2. How long can you store cooked hamburger and chicken in the refrigerator to eat later?
 - ☐ 1-2 days
 - ☐ 3-4 days
 - ☐ 5-7 days
 - ☐ More than a week
3. If you have a cut or sore on your hand, what should you do before you prepare food for your family?
 - ☐ Nothing if it is not infected
 - ☐ Put a bandage on the cut or sore
 - ☐ Wash hands
 - ☐ Put a bandage on the sore and wear a glove
4. Where is the best place to store raw meat in the refrigerator?
 - ☐ On the top shelf
 - ☐ Where there is space
 - ☐ Below foods that are ready-to-eat
5. What is the best way to tell when chicken has cooked long enough?
 - ☐ The juices run clear
 - ☐ The meat is not pink in the center
 - ☐ The meat falls off the bone
 - ☐ Test with a food thermometer
6. How should you wash fresh fruits and vegetables to keep you from getting food poisoning (foodborne illness)?
 - ☐ Wash with regular soap
 - ☐ Wash with hot water
 - ☐ Wash with anti-bacterial soap
 - ☐ Hold under cool, running water
7. After you have used a cutting board to slice raw meat, chicken, or fish and need to cut other foods, which of these is the best way to prevent food poisoning (foodborne illness)?
 - ☐ Wipe the cutting board off with a paper towel
 - ☐ Rinse the cutting board under very hot water

- _____ Turn the cutting board over and use the other side
 _____ Wash the cutting board with hot, soapy water and rinse

8. How should kitchen counters be cleaned to prevent food poisoning (foodborne illness)?

- _____ Spray with a strong bleach solution, rinse and wipe dry
 _____ Wash with hot, soapy water, rinse and wipe with a bleach solution
 _____ Wash with hot, soapy water and let air dry
 _____ Brush off any dirt or food, wipe with a bleach solution, and let air dry

9. What is the best way to wash your hands?

- _____ Apply sanitizer, rub hands together for 20 seconds, rinse hands, dry hands, rub on an antiseptic hand lotion
 _____ Apply soap, rub hands together for 20 seconds, rinse hands, dry hands, apply sanitizer
 _____ Wet hands, apply soap, rub hands together for 20 seconds, rinse hands, dry hands
 _____ Wet hands, apply sanitizer, rub hands together for 20 seconds, rinse hands, dry hands, rub on antiseptic hand lotion.

10. What is the best way to tell if hamburgers are cooked enough to prevent food poisoning (foodborne illness)?

- _____ Cut one to check the color of the meat inside
 _____ Check the color of the juice to be sure that it is not pink
 _____ Test with a food thermometer
 _____ Check the texture or firmness of the meat

HOW SURE ARE YOU?

Rate how confident you are that you could do these things for at least six months.
 Use the scale below to rate yourself on the following questions.

0	1	2	3	4	5	6	7	8	9	10
Completely Unconfident	Very Unconfident	Unconfident		Somewhat Unconfident/Somewhat Confident			Confident		Very Confident	Completely Confident

How sure are you that you can:

- _____ Prepare food in a sanitary manner when in a big hurry.
 _____ Correctly use a thermometer to check if meat is cooked to a safe temperature.
 _____ Wash the cutting board or get out a clean board after cutting raw meat and before chopping vegetables.
 _____ Wash fresh fruits and vegetables before eating them.
 _____ Wash your hands with soap and water for 20 seconds before beginning to prepare food.
 _____ Clean or disinfect kitchen counters before preparing food.

DEMOGRAPHIC SURVEY

1. Gender:

- ☐ Male
- ☐ Female

2. Race/Ethnicity:

- ☐ Caucasian or White
- ☐ Native American
- ☐ African American or Black
- ☐ Hispanic, Latino or Spanish origin
- ☐ Asian
- ☐ Other, please list _____

3. How old are you? _____

4. What is the last grade or year of school that you have completed?

- ☐ Less than high school
- ☐ Some high school
- ☐ High school (graduate or GED)
- ☐ Additional training beyond high school (not college)
- ☐ Some college
- ☐ College graduate
- ☐ Post-college graduate

5. Have you ever had training in food safety or nutrition? (Choose all that apply)

- ☐ I have not had any education/training in food or nutrition
- ☐ I have had education/training in nutrition
- ☐ I have had education/training in food preparation
- ☐ I have had education/training in food safety

6. Are you:

- ☐ Employed full-time
- ☐ Employed part-time
- ☐ Not employed

CODE:

Escoje la mejor respuesta según tu creencia.

1. ¿Cuál sería la manera mas segura de enfriar una olla grande de sopa?
☐ Ponga la sopa en una olla no muy honda y refrigérela inmediatamente.
☐ Mantenga la sopa en la olla y refrigérela inmediatamente.
☐ Ponga la sopa en una olla limpia y honda antes y refrigérela.
☐ Deje que se enfríe y después refrigérela.
2. ¿Cuánto tiempo puede Usted guardar carne molida y pollo ya cocinados en el refrigerador para comerlo después?
☐ 1-2 días
☐ 3-4 días
☐ 5-7 días
☐ más de una semana
3. ¿Si Usted tiene una cortada o llaga en su mano, que debe Usted hacer antes de preparar la comida para su familia?
☐ Nada, si no esta infectada.
☐ Poner una venda sobre la cortada o llaga.
☐ Lavarse las manos.
☐ Poner una venda sobre la llaga y usar un guante.
4. ¿Cuál es el mejor lugar para guardar carne cruda en el refrigerador?
☐ En la parrilla de arriba.
☐ Donde haya espacio.
☐ Bajo las comidas que estando listas para comer
5. ¿Cuál es la mejor manera de saber si el pollo se ha cocinado por suficiente tiempo?
☐ Los jugos fluyen claros.
☐ La carne no esta rosa en el centro.
☐ La carne se desprende del hueso.
☐ Probarla con un termómetro de carne.
6. ¿Cómo deben lavarse las frutas y verduras para prevenir una intoxicación alimenticia?
☐ Lavarse con jabón regular.
☐ Lavarse con agua caliente.
☐ Lavarse con jabón anti-bacterial.
☐ Mantener los comestibles bajo agua fría con la llave abierta.
7. Después de usar la tabla de cortar para cortar carne, pollo, o pescado y necesita cortar otras comidas, ¿Cual de estas es la mejor manera para prevenir intoxicación alimenticia?
☐ Limpiar la tabla con una toalla de papel
☐ Enjuagar la tabla bajo agua muy caliente

- _____ Voltear la tabla al reverso y usar el otro lado
- _____ Lavar la tabla con agua caliente enjabonada y enjuagarla

8. ¿Como deben limpiarse las barras (mostrador) de cocina para prevenir una intoxicación alimenticia?

- _____ Rociar con una fuerte solución de cloro, enjuagar y secar.
- _____ Lavar con agua caliente y jabón, enjuagar y secar con una solución de cloro.
- _____ Lavar con agua caliente y jabón y dejarlos que se sequen solos.
- _____ Quitar comida o polvo, limpiar con un trapo con cloro y dejar que se sequen solos

9. ¿Cuál es la mejor manera de lavarse las manos?

- _____ Aplicar desinfectante, frotarse las manos por 20 segundos, enjuagarse las manos, secarse las manos y untarse una loción antiséptica para las manos.
- _____ Aplicar jabón, frotarse las manos por 20 segundos, enjuagarse las manos y aplicar desinfectante.
- _____ Mojar las manos, aplicar jabón, frotarse las manos por 20 segundos, enjuagarse las manos, y secárselas.
- _____ Mojar las manos, ponerse desinfectante, frotarse las manos por 20 segundos, enjuagarse las manos, secarse las manos, y frotarse una loción antiséptica para las manos.

10. ¿Cuál es la mejor manera de saber si las hamburguesas están cocidas lo suficiente para prevenir una intoxicación alimenticia?

- _____ Corte una para revisar que color tiene por dentro.
- _____ Revise el color del jugo para asegurarse que no esta rosita.
- _____ Mida la temperatura con un termómetro de comida.
- _____ Revise la textura o firmeza de la carne.

Encuesta Demográfica

de Seguridad Alimenticia para Familias con Niños Pequeños

1. Género:

- ☐ Masculino
- ☐ Femenino

2. Raza/Etnicidad:

- ☐ Caucásico o Blanco
- ☐ Nativo Americano
- ☐ Americano Africano o Negro
- ☐ Hispano, Latino o origen Española
- ☐ Asiático
- ☐ Otro, Por favor especifique _____

3. ¿Cuántos años tiene? _____

4. ¿Cuál es el ultimo grado escolar o año de escuela que Usted ha terminado?

- ☐ Menos de Preparatoria
- ☐ Alguna Preparatoria
- ☐ Preparatoria (graduado o GED)
- ☐ Entrenamiento adicional después de la preparatoria (no colegio)
- ☐ Algo de colegio
- ☐ Graduado de colegio
- ☐ Posgraduado

5. Ha Usted recibido capacitación en seguridad alimenticia o nutrición? (Escoja todos los que apliquen.)

- ☐ No he obtenido ninguna capacitación en comida o nutrición.
- ☐ Si he obtenido capacitación en nutrición.
- ☐ Si he obtenido capacitación en preparación de alimentos.
- ☐ Si he obtenido capacitación en seguridad de alimenticia.

6. Esta Usted:

- ☐ Empleado tiempo completo
- ☐ Empleado medio tiempo
- ☐ Desempleado