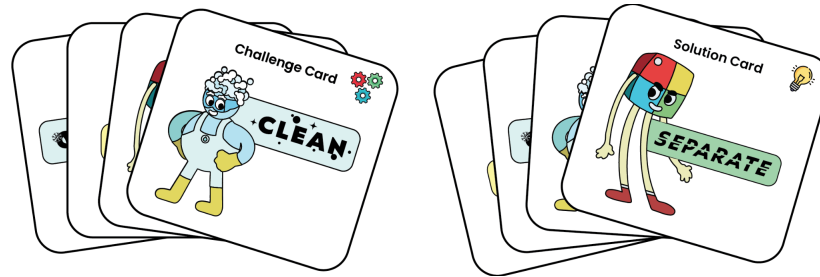


## 1.5 – Food Safety Card Game

### Introduction

In this food safety card game, your goal is to work as a team to match challenge and solution cards. Each challenge and solution card will highlight a different food safety step. The game is complete once all of the challenges are solved!



### Game Set-Up

1. Cut out the challenge cards, shuffle them, and put them into a pile face down.
2. Cut out the solution cards, shuffle them, and put them in a separate pile face down.
3. Choose someone in your group to be a **Challenge Card Reader**. This person will read the challenge cards as you work through them.

### Game Play

1. Create groups of four to eight players.
2. Divide all of the solution cards among the game players. Don't worry if some players have an extra card.
3. Have each group member read over their solution cards. Look to see which food safety step is written on them.
4. Have the Challenge Card Reader read the first challenge card. If a "chill" challenge card is read, you'll want to look for a "chill" solution card to match.
5. If you think you have a solution to the challenge card, read it to the group.
6. Discuss as a group whether or not the cards are a match.
7. Place the challenge and solution cards down as a pair if they create a match. You are now ready to move on to the next challenge card!
8. If the cards don't match, everyone keeps checking their cards until you find a solution. Ask your teacher for help if you need it!
9. Keep matching challenge and solution cards until your group finds all the matches.

**Extension:** Play again and time your group. It is a race!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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# Food Safety Cards

## Challenge Cards



Challenge Card



**CLEAN**

Challenge Card



**CLEAN**

Challenge Card



**CLEAN**

Challenge Card



**CLEAN**

Challenge Card



**SEPARATE**

Challenge Card



**SEPARATE**

Name: \_\_\_\_\_

Date: \_\_\_\_\_



I need to cut up a whole cantaloupe to share with my family. What is the first food safety step I should take?



I played basketball with my friends, and now I'm hungry for a snack. My hands are dirty, but there's no sink around. What should I do?



An adult at home asked me to help with dinner by preparing the salad. They just cut chicken on the cutting board I want to use. What should I do?



I was making a snack when I got distracted and started playing with my cat. I am ready to continue making my snack. What should I do first?



I like to help at the checkout by packing the groceries. When packing groceries, what is the best way to ensure food stays out of the food temperature danger zone?



I was out shopping with my parent. I noticed the meat we bought was leaking juices onto produce and ready-to-eat food. What could we do in the future to prevent cross-contamination?

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Challenge Card



**SEPARATE**

Challenge Card



**SEPARATE**

Challenge Card



**COOK**

Challenge Card



**COOK**

Challenge Card



**COOK**

Challenge Card



**COOK**

Name: \_\_\_\_\_

Date: \_\_\_\_\_



My family is cooking steaks on the barbecue tonight. They are ready to come off the grill, but the only platter I have is the one that the raw steaks were on. What should I do?



My sibling and I are in charge of planning dinner once a week. This week we are making shrimp tacos. How should we thaw the shrimp?



I am helping my siblings make chicken wings in the air fryer. They asked me to check if they were ready. The chicken wings look brown—does this mean they are ready?



I am helping my parent cook bison burgers for my family. The burgers have been on the grill for a while, and I think they are cooked. How do I know for sure that the burgers are cooked?



I am in charge of cleaning up after dinner. Can I leave the leftovers on the countertop for a few hours while I go and play?



I have some leftover meatballs. Should I reheat them to a specific temperature?

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Challenge Card



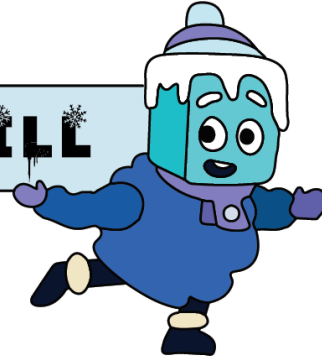
**COOK**



Challenge Card



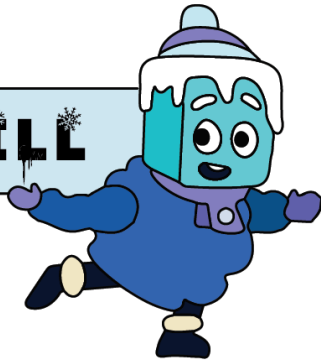
**CHILL**



Challenge Card



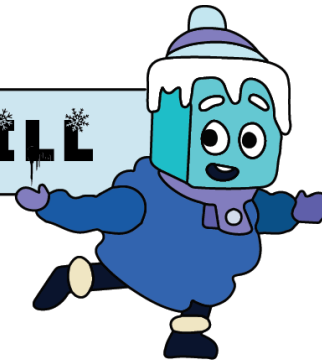
**CHILL**



Challenge Card



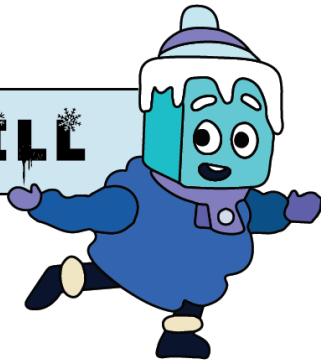
**CHILL**



Challenge Card



**CHILL**



Name: \_\_\_\_\_

Date: \_\_\_\_\_



For lunch, I want to take a tuna sandwich, milk and an apple to school. How do I make sure my lunch stays cool all day?



I am baking chocolate chip cookies with my grandparents. The dough looks so good that I want to taste it! I know there are raw eggs in it. Is the dough still safe to eat?



I want to take ice cream to share with my teammates at today's baseball game. It's really hot outside today. What steps should I take to ensure the treats are safe for my team?



Fruit is one of my favourite snacks. I am going to cut some up for my sister and myself. Where should I store the cut-up fruit?



My cucumbers keep freezing in my fridge. I know the fridge should be cold and the freezer even colder, but how cold should they be?



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Solution Cards



Solution Card



**CLEAN**

Solution Card



**CLEAN**

Solution Card



**CLEAN**

Solution Card



**CLEAN**

Solution Card



**SEPARATE**

Solution Card



**SEPARATE**



Rinse the cantaloupe under cool running tap water while scrubbing it with a clean produce brush.



Use an alcohol-based hand sanitizer when soap and water are unavailable. Keep some in your backpack.



Before making the salad, wash the cutting board and knife with warm soapy water. Then you can use it to chop your vegetables.



Wash your hands with soap and warm water for 20 seconds before continuing to prepare your snack.



Buy cold and frozen foods at the end of your grocery trip and pack them together in your grocery bags or bins to help them stay cold longer.



If you live far from your grocery store, consider bringing an insulated cooler with ice packs for foods that need to be kept cold.

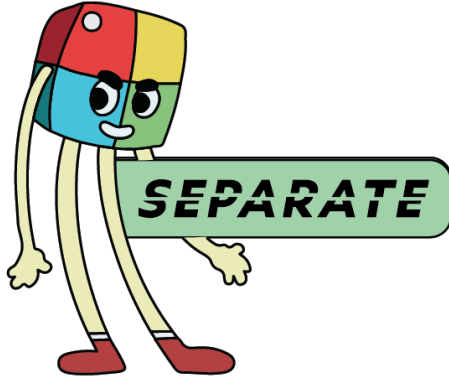
Put packages of raw meat in separate plastic bags to keep meat juices from leaking onto other foods in the grocery cart.

Name: \_\_\_\_\_

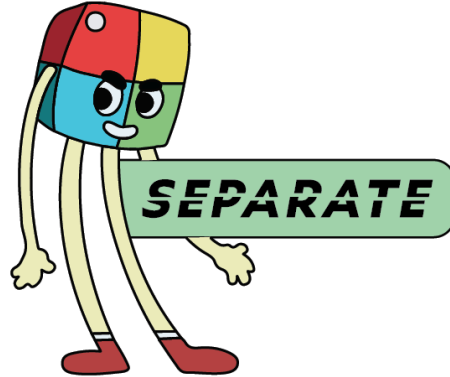
Date: \_\_\_\_\_



Solution Card



Solution Card



Solution Card



Solution Card



Solution Card



Solution Card





Use a clean platter or wash the dirty platter before you place the cooked food on it to help avoid cross-contamination from the raw meat.



Thaw frozen seafood in the refrigerator. Place it in a large container and let it sit overnight. It should be on the bottom shelves in case it leaks. You can also thaw seafood under cold water or in the microwave. Cook seafood immediately once it is thawed if you choose these methods.



You can't know that meat is safe to eat by looking at the colour. Meat can turn brown before all the harmful microorganisms are killed.

To check the temperature of the meat you are cooking, insert the digital food thermometer through the thickest part of the meat.



Use a digital food thermometer to ensure the burgers are cooked to 71°C (160°F). Insert the digital food thermometer through the side of the patty, all the way to the middle, to check the temperature.



Put your leftovers in the fridge or freezer within 2 hours of eating to reduce the chance of getting sick from your food.



You should check the internal temperature of all food, including leftovers. Heat leftovers to 74°C (165°F).

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Solution Card



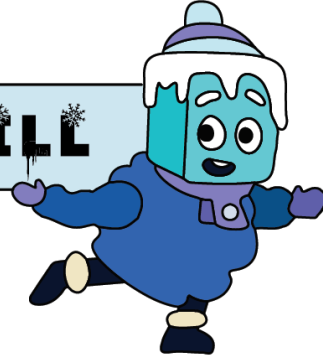
**COOK**



Solution Card



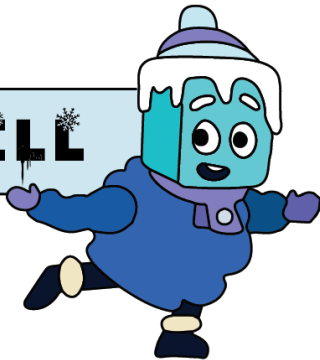
**CHILL**



Solution Card



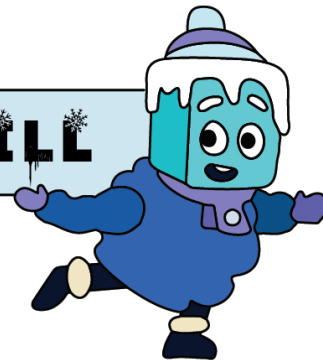
**CHILL**



Solution Card



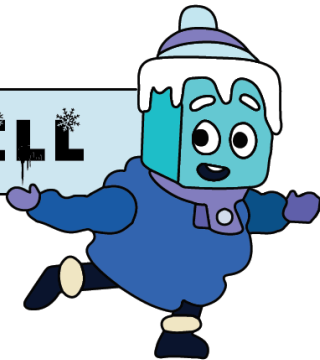
**CHILL**



Solution Card



**CHILL**





You should pack your food in an insulated lunch bag or lunch box along with an ice pack to keep food cold until lunchtime.



Cookie dough made with raw eggs could contain harmful microorganisms like *Salmonella* and should not be eaten until thoroughly cooked.



Do not keep your food outside for more than 1 hour during outdoor activities on a hot day.

Keep cold foods cold. Use a cooler filled with ice packs to store your food. The temperature inside the cooler should be at or below 4°C (40°F).



You should store washed, cut-up fruits and vegetables in covered containers in the refrigerator.



Set the fridge at a temperature where foods are near but above their freezing point. Use a thermometer to check the temperature of your fridge and freezer. The fridge should be set at 4°C (40°F) or lower. The freezer should be -18°C (0°F) or lower.





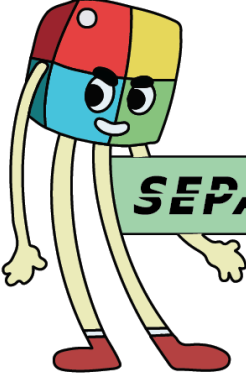



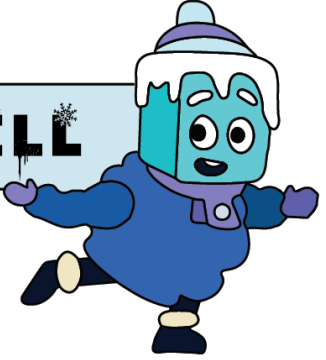
Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food Safety Card Template





## Instructions

Use this template to create your own challenge and solution cards. You can add them to the existing game or create a new one! Remember to focus your challenges and solutions on one of the four food safety steps.

|                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Challenge Card </p>  <p><b>CLEAN</b></p> | <p>Challenge Card </p>  <p><b>SEPARATE</b></p>  |
| <p>Challenge Card </p>  <p><b>COOK</b></p>                                                                                 | <p>Challenge Card </p>  <p><b>CHILL</b></p> |

Name: \_\_\_\_\_

Date: \_\_\_\_\_

|                                                                                                                                           |                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____   | <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____   |
| <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ | <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ |



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Solution Card



**CLEAN**



Solution Card



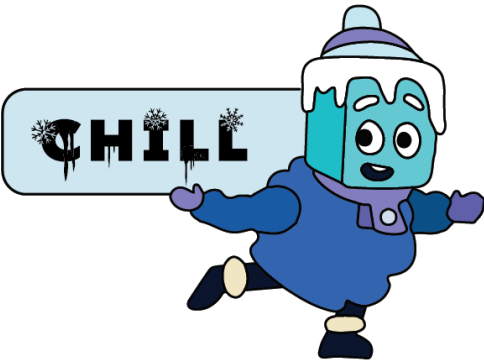
**SEPARATE**

Solution Card



**COOK**





Solution Card



**CHILL**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

|                                                                                                                                         |                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ | <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ |
| <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ | <br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ |