

3.2 – Lunch to Go!

Breaking News!

This just in: having nutritious food is only part of the healthy lunch equation! Did you know packing a food-safe lunch can also help you stay healthy? Keeping your lunch food-safe throughout the school day will help keep harmful microorganisms out of your body!



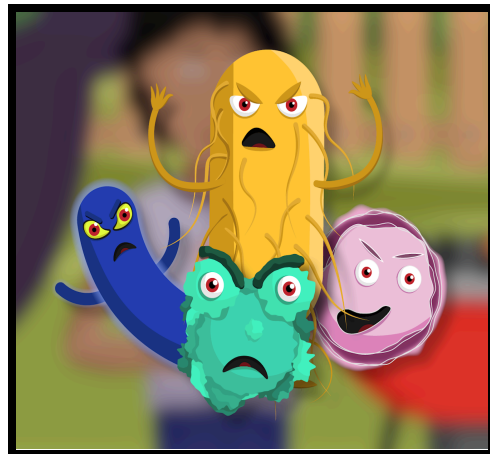
Read the following article to learn about harmful microorganisms and how to prevent them from making you sick.

The Science Behind Microorganisms

Why Is It Important to Stop the Growth of Microorganisms in Your Food?

Microorganisms are tiny living things that are too small to be seen by the human eye. We cannot smell or taste microorganisms, but they are everywhere! They love to grow on our food and in our drinks.

While most microorganisms do not affect our health, there are a few harmful microorganisms that can make us sick. They include microorganisms like bacteria, viruses and parasites. Harmful microorganisms can make us sick when they enter our bodies.

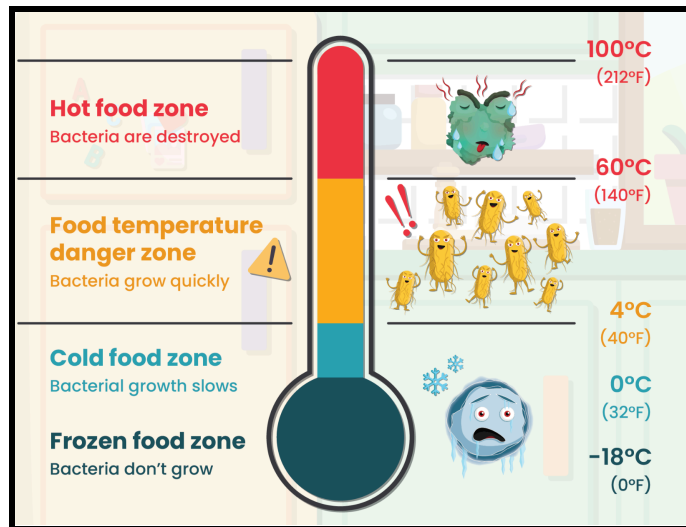


When you eat or drink contaminated food or drinks, harmful microorganisms or their toxins can enter your digestive system. Once in your system, they can cause bad stomach aches, vomiting, diarrhea or more severe illnesses. We call this sickness **foodborne illness** or **food poisoning**.

The best way to prevent harmful microorganisms from growing on your food and drinks is to keep them out of the **food temperature danger zone**. The food temperature danger zone is between 4°C to 60°C (40°F to 140°F). In this temperature range, harmful microorganisms can grow quickly and cause foodborne illness.

To keep your lunch out of the food temperature danger zone, follow these guidelines:

- Make sure foods that spoil quickly don't sit at room temperature for longer than 2 hours.
- Keep cold foods cold by packing your lunch in an insulated lunch box with an ice pack.
- Keep your hot food hot by using an insulated container, like a Thermos, or by keeping it cold and then reheating it in a microwave.



It is important to follow these guidelines so that you avoid foodborne illness! You will be at your best when your digestive system does not have to fight these harmful microorganisms.

Now that you have learned about microorganisms, consider the following questions:

- How can harmful microorganisms enter your body?
- How can you stop harmful microorganisms from entering your body?
- What happens to the microorganisms when they are in the food temperature danger zone?
- What happens to microorganisms when they are too cold (below 4°C) or too hot (above 60°C)?

Safe School Lunches

Visit Health Canada's *Healthy School Lunch* web page at <https://lbrd.ca/Zachslunch> to watch Zack as he packs his school lunch.

- What did you notice about Zack's lunch?
- What types of food did he include in his lunch?
- What did he have to drink?
- How did he store the food in his lunch box?



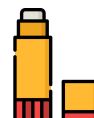
Discuss these questions with an elbow partner.

Challenge: Pack a Healthy and Food-Safe Lunch

Instructions

You have learned some tips about packing healthy and food-safe lunches. Keep these tips in mind as you complete this activity. Create your own food-safe lunch using the template on page 4. Choose from the items on page 5 or create your own.

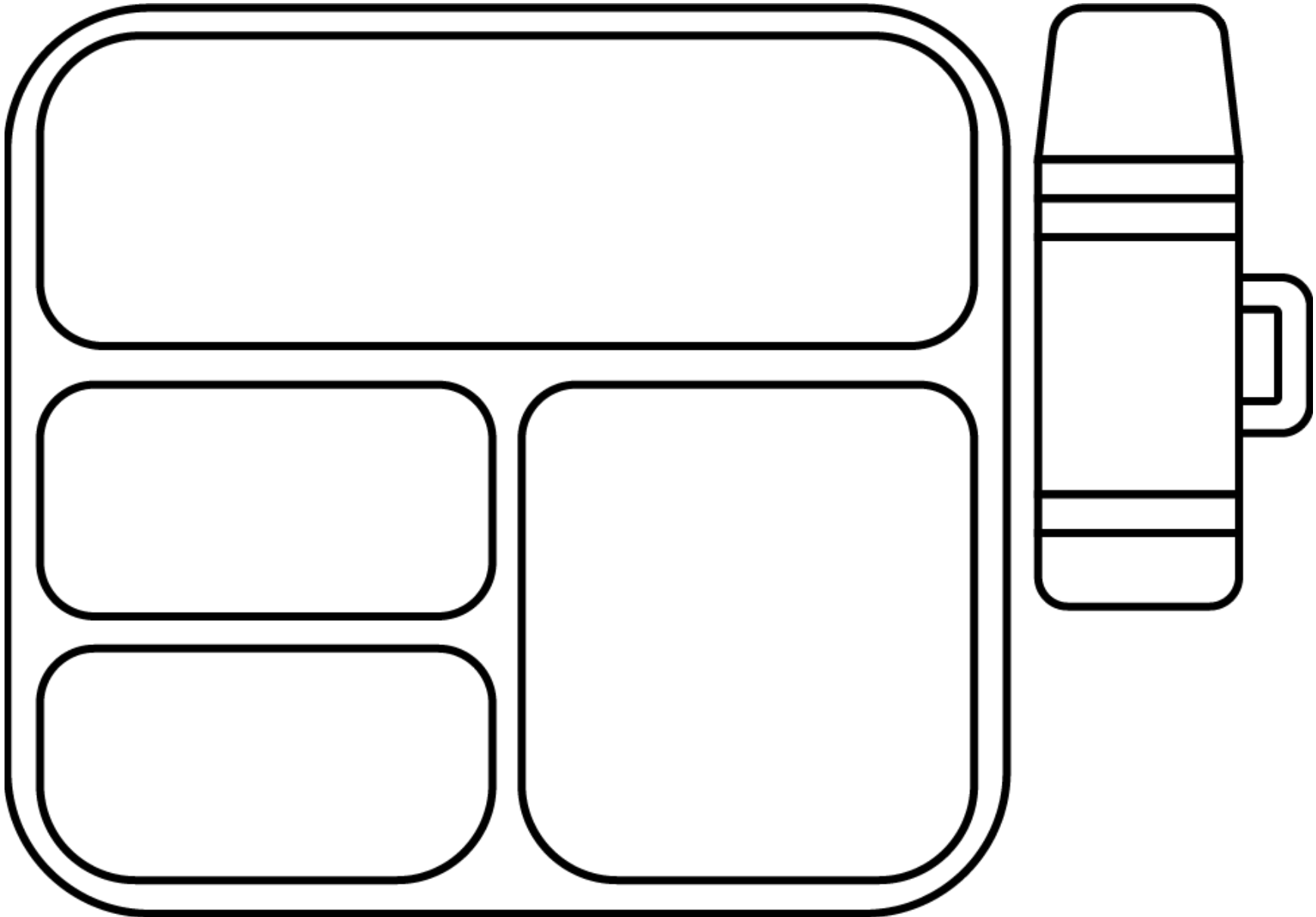
1. Colour the lunch box on page 4.
2. Colour the food items on page 5.
3. Use the "Your Choice" boxes to draw and colour your own food items.
4. Cut out the food items.
5. Place your food items on the lunch box template. Think about which foods need to be kept hot and which foods need to be kept cold.
6. Glue your food items to the lunch box template.



Name: _____

Date: _____

Lunch Box Template



Name: _____

Date: _____

Food Item Cards



 Ice Pack	 Ice Pack	 Sliced Cucumbers	 Rice Dish (leftovers)
 Sandwich	 Banana	 Soup	 Yogurt
 Crackers	 Milk	 Hummus	 Watermelon
	Your Choice	Your Choice	