

3.4 – Food Safety Scenarios



Instructions

Read through each of the scenarios below. Apply your food safety knowledge from the *Food Safety on the Go!* and *Food Safety at the Grocery Store* videos to keep the food safe. Consider these questions carefully because you will be planning a food-safe trip at the end of this activity!

Scenario 1 – Barbecue at the Park

Your family is going on a picnic at a park about an hour away from home. You'll leave early and spend most of the day at the park. You're meeting other family members there. Everyone is bringing some food. You need to go to the grocery store and pick up beef burgers, veggie burgers and a salad. Public barbecues are available at the park, so you can cook the burgers when everyone gets hungry!



Questions to Consider

- What steps would you take to make sure no one gets foodborne illness at the picnic?
- How would you keep your food safe while travelling to the park from the grocery store?
- How would you store your food items safely at the park?
- How would you make sure your food is cooked to a proper temperature while at the park?
- What should you do with any leftovers from the barbecue?

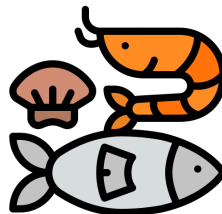
Scenario 2 – Seafood Night

You and your parents are going to the grocery store to get some food for seafood night at your house! It's a nice day outside, so you have decided to ride your bikes to the grocery store.

Here is your shopping list:

- shrimp (refrigerated, uncooked)
- scallops (frozen)
- seafood dip (cream cheese based)
- salad (with your choice of vegetables)
- rice (uncooked)

You will need to bring two reusable grocery bags and an insulated grocery bag with an ice pack on your bike.



Questions to Consider

- In what order would you shop for the items on your list?
- How would you package the food properly for your bike ride home? Think about raw and ready-to-eat foods.
- What should you do with each food item when you get home?
- How would you thaw the scallops to get them ready for cooking? You will cook them tonight.

Scenario 3 – Game Day Snacks

You are in charge of bringing snacks for your baseball team tonight. It's the last game of the season, so it will be like a party! You are bringing the most delicious snacks. You will need enough for yourself and 12 teammates.

Your snack menu includes these items:

- popsicles
- orange slices
- hot dogs (pre-cooked)
- crackers and cheese

You will have to ask a parent or guardian to help you transport the snacks to your game.



Questions to Consider

- How would you keep the cold snacks cold until after your baseball game?
- How would you reheat the hot dogs after your game?
- Why is it important to keep cold foods cold and hot foods hot?
- How would you store the condiments if you brought ketchup, mustard and relish for the hot dogs?

Scenario 4 – Setting Up the Buffet

This year, you have decided to host a winter games party for a few of your friends and family members. An ice rink and toboggan hill are right by your house, and they will be great for setting up party activities. Once the games are over, you will serve the food buffet style at your house!

Your menu will include the following:

- chicken alfredo pasta
- fresh-cut fruit
- fresh-cut vegetables and dip
- garlic bread
- hot chocolate
- your choice _____

This is a big menu! Your aunt has offered to cook the chicken alfredo pasta, but you will have to keep it warm to serve.



Questions to Consider

- How would you serve and keep the chicken alfredo pasta warm?
- How would you keep the fresh-cut fruits and vegetables cold?
- How would you keep the hot chocolate hot?
- How many serving spoons and tongs would you need for your buffet?

Planning Your Food-Safe Trip

Instructions

Use this planner to plan your food-safe trip. Remember to think about how you will keep your food safe while on the go.



Where Will You Go?

First, think about where you will go. Here are some ideas:

Berry-picking trip	Picnic	Day at the lake
Hiking trip	Day at the rink	Your choice

Who Will Join You?



Packing Your Food

Next, think about how to keep your food safe while on the go. Here are some safety tips to remember when planning your menu:

- Keep your hands clean using warm water and soap or hand sanitizer.
- Keep cooked food and raw food in separate containers to avoid cross-contamination.
- Try to keep your food out of the food temperature danger zone (4°C to 60°C or 40°F to 140°F).
 - Keep hot foods hot by using an insulated container, like a Thermos.
 - Keep cold foods cold by using frozen ice packs in an insulated bag or cooler.
- Pack a digital food thermometer to check that meat and other food are cooked to safe internal temperatures.

Name: _____

Date: _____

What Food Will You Bring?

Next, think about what food you will bring. Try to pack a variety of healthy foods! Use the plate template below to plan one meal and two snacks for your trip. Draw or write down the foods you will bring.

Step 1: Make half your plate vegetables and fruits.

Step 2: Make one-quarter of your plate whole grain foods.

Step 3: Make one-quarter of your plate protein foods.

Step 4: Choose two snacks to include.

Vegetables and Fruits

Whole Grain Foods

Protein Foods

Make water your drink of choice.

Snack #1

Snack #2