

3.5 – Food Safe Recipes

We have been learning how to keep food safe while on the go. It's time to get back into the kitchen and think about how to prepare our food safely before we take it to go!

Incorporating the four food safety steps (clean, separate, cook and chill) is an important part of any recipe. In this activity, we will create food-safe recipes by including the four food safety steps in our recipe directions!

Before we begin, keep these tips in mind.

Food Safety Tips

Clean

- Wash your hands before and after handling food.
- Clean all cooking surfaces and utensils using soap and warm water.
- Rinse fresh produce under cool running water; scrub firm produce.



Separate

- Separate raw and ready-to-eat foods at the grocery store, in the fridge and while preparing food.
- Use separate cooking utensils or wash cooking utensils between uses for raw and ready-to-eat foods.



Cook

- Cook food to its recommended safe internal cooking temperature.
- Check that food is cooked to its recommended safe internal cooking temperature by using a digital food thermometer.



Chill

- Keep cold foods cold (and hot foods hot).
- Chill leftovers within 2 hours of cooking.
- Thaw frozen foods in the fridge. If you're in a hurry, you can use cold water or the microwave, but be sure to cook the food right away.



What is a Recipe?



A recipe is a set of instructions for making a meal or a snack. A recipe usually

- starts with a list of ingredients and how much of each you need,
- explains the steps, like when to add each ingredient,
- tells you what temperature to cook your food at,
- tells you what internal temperature the food needs to be for it to be cooked fully.

Following a recipe from start to finish is a great way to help you make delicious food!

Sample Recipe

Let's read through a sample recipe. As you read through the ingredients and directions, circle or underline all the food safety tips you can find.

Oven-Baked Chicken Nuggets and Sweet Potato Fries

 Prep Time 10 min	 Cook Time 45 min	 Servings 4
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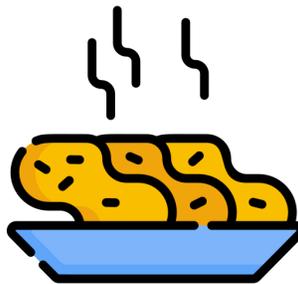
Ingredients

<p>Chicken Nuggets</p> <ul style="list-style-type: none"> • 30 mL (2 tbsp) Dijon mustard • 30 mL (2 tbsp) milk • 60 mL (¼ cup) dry bread crumbs • 45 mL (3 tbsp) finely-grated Romano cheese • 60 mL (¼ cup) whole wheat flour • 2 ½ mL (½ tsp) garlic powder • 2 ½ mL (½ tsp) dried oregano • 500 g (1 lb) boneless, skinless chicken breasts • cooking spray 	<p>Sweet Potato Fries</p> <ul style="list-style-type: none"> • 4 to 6 sweet potatoes, scrubbed under cool running water with a clean produce brush and peeled • 60 mL (¼ cup) olive oil • 5 mL (1 tsp) sweet paprika • 5 mL (1 tsp) black pepper
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Directions

Preparing and Cooking the Chicken Nuggets

1. Before cooking, wash your hands with soap and warm water for 20 seconds. Wash all food preparation surfaces and tools, like cutting boards, knives and countertops.
2. Preheat oven to 450°F (230°C). Whisk together the mustard and milk in a shallow dish.
3. Mix the bread crumbs, Romano cheese, flour, garlic powder and dried oregano in a large, shallow dish.
4. Don't rinse raw chicken. Cut each chicken breast into four to six pieces. Wash your hands with soap and warm water for 20 seconds.
5. Coat the chicken pieces with the mustard-milk mixture. Using a dry hand, scoop and pat the breadcrumb mixture over the chicken pieces, then place them in a glass baking dish sprayed with cooking spray. Spread out the pieces so they will be crispy and brown. Wash your hands with soap and warm water for 20 seconds.
6. Cook until the internal temperature of the chicken nuggets reaches 74°C (165°F). Check the internal temperature using a digital food thermometer.



Preparing and Cooking the Sweet Potato Fries

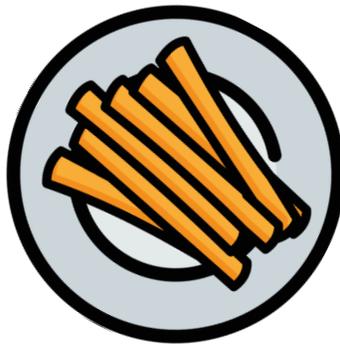
1. Before making the sweet potato fries, wash your hands with soap and warm water for 20 seconds. Wash all food preparation surfaces and tools, like cutting boards, knives and countertops.
2. Using a clean cutting board and knife, cut the sweet potatoes to make fries.
3. Toss the sweet potato fries in a bowl with the olive oil, paprika and black pepper.
4. Place the fries on a baking sheet. Spread out the fries so they will be crispy and brown.
5. Bake the sweet potato fries for 30 to 45 minutes or until they are cooked through. They should be brown and crispy.

Tips

- Serve chicken nuggets with your favourite dipping sauces.
- Put away leftovers within 2 hours (or sooner if they are in a warm location).
- Reheat leftovers to an internal temperature of 74°C (165°F).

Recipe courtesy of Chicken Farmers of Canada.

Adapted from Guppy, N. (n.d). Kid-friendly oven baked chicken nuggets & sweet potato fries. *Chicken.ca*. Retrieved September 22, 2023, from <https://www.chicken.ca/recipes/kid-friendly-oven-baked-chicken-nuggets-sweet-potato-fries/>



Name: _____

Date: _____

Bonus Activity: Follow a Food-Safe Recipe

Challenge yourself to cook a **food-safe recipe** at home or school with the help of a trusted adult or teacher. As you are cooking, you might find that you can add food safety steps to your recipe!



You can document your cooking experience by taking pictures or recording a video.

Share the Recipe

Share the recipe with others. Once you have finished cooking, consider sharing a picture or video of the recipe and cooked dish with friends and family. You could also invite them over to enjoy your cooking!



Reflection

Consider the following questions to help you reflect on your experience.

1. How do you feel about incorporating food safety instructions into recipes?

2. Did you follow the food safety instructions in the recipe while cooking?

3. Would you have known what to do if the food safety instructions had not been included in the recipe?

4. How could you improve the recipe and cooking experience for next time?
