



Lesson 5: Safe Produce Activity

Lesson Time Estimate

30 minutes

Objective

When given prompting statements, students will recall the three practices for safely handling fruits and vegetables.

Standards

Common Core State Standards for English Language Arts

- Reading Standards for Informational Text K-5; Key Ideas and Details
- Reading Standards for Informational Text K-5; Key Ideas and Details
- Speaking and Listening Standards K-5; Comprehension and Collaboration

Materials

- Coloring pens, pencils or crayons
- Copies of Lesson 5 / Worksheet 1 for each student

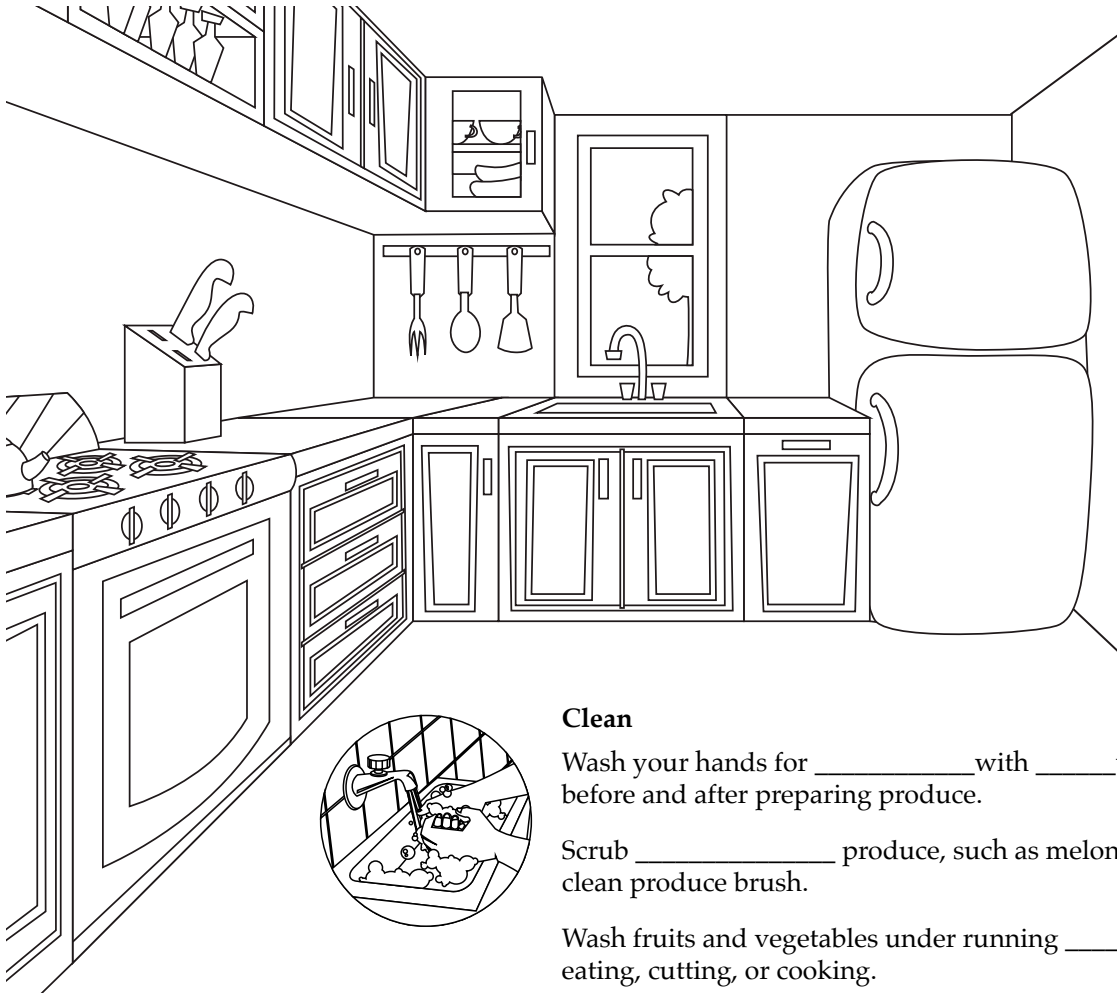
Directions

- Introduce the need to practice food safety (explain food-borne illness).
- Read the following food safety guidelines outlined by the FDA¹ and have students listen for key information. For older students, you may wish to offer text for students to read.

- Clean
 - Wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
 - Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Separate
 - Keep fruits and vegetables separate from meats, seafood and poultry.
- Chill
 - Store perishable fruits in the refrigerator at a temperature of 40° F or below.
 - Refrigerate all produce that is purchased pre-cut or pre-peeled.
- Have students fill in the infographic with key terms.
- Direct students to put the infographic on their fridge so that they can use it for reference in the future.



Lesson 5/Worksheet 1: Safe Produce Activity



Clean

Wash your hands for _____ with _____ water and _____ before and after preparing produce.

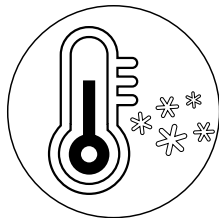
Scrub _____ produce, such as melons and cucumbers with a clean produce brush.

Wash fruits and vegetables under running _____ just before eating, cutting, or cooking.



Separate

Keep fruits and vegetables separate from _____, _____, and _____.



Chill

Store fruits and vegetables at _____ degrees °F for _____.

Refrigerate all produce that is purchased _____ or _____.