



THIRD GRADE
LESSON: Food Safety
SC STANDARD: 3.RL.2

FOOD SAFETY

OBJECTIVES:

- Understand what germs and pesticides are and how they get on our food
- Learn what organic means
- Teach students to wash hands as well as the fruits and vegetables they eat

LET'S GET STARTED! (10 MINUTES):

- Define what germs and pesticides are and how they get on the food we eat
- Explain what organic food is and how it is different from non-organic food
- Teach the students the importance of washing fruits and vegetables as well as washing their hands

ACTIVITY (15 MINUTES):

- Students will shake hands with glitter on them to show how easy germs can spread when they do not wash their hands

WRAPPING UP (5 MINUTES):

- Review what pesticides, germs, and organic food mean
- Have one student show how to wash hands and have another show how to properly wash a fruit or vegetable

SC STANDARDS:

- 3.RL.2 Demonstrate understanding of spoken words, syllables, and sounds.

MATERIALS:

- Pesticides Versus Organic Food picture
- Keeping the Germs Away! handout
- Boss' Backpack Bulletin
- Glitter

LET'S GET STARTED!

- Learning how to properly wash produce and hands in this week's lesson! Although overlooked sometimes, washing fruits and vegetables and your hands are extremely important to learn how to do in order to prevent unwanted germs and pesticides!
- Begin by defining what pesticides and germs are and how they can get on our food, then explain what organic means and how it is different from other foods.

DIALOGUE BOX

- Many foods that we buy from the grocery store, especially fruits and vegetables, have a substance sprayed on them called a pesticide. A pesticide is used to kill insects and other organisms which feed on the fruit or vegetable that is being grown.
 - Pesticides are very dangerous and should not be consumed, but a lot of people do consume these toxins because they do not wash their fruits and vegetables before eating them!
 - There are also germs that get on our fruits and vegetables, and are even on our hands if we do not wash them regularly!
 - A germ is a microorganism that can potentially cause and spread disease! There are a lot of people that touch produce before it gets to the grocery store, and all of the germs that are on those people's hands will get on your food!
 - Whether it is germs, pesticides, or both that are on your fruits and vegetables, it is important to wash them to get all of that harmful stuff off before you consume it into your body!
 - There is a type of produce that you can buy that is called organic fruits and vegetables. Organic means that it has not been sprayed with chemicals and pesticides that could potentially harm you if consumed.
 - This does not mean that organic fruits and vegetables do not have germs on them though because they are still being touched and handled the same amount as non-organic fruits and vegetables. Therefore, even if you buy organic foods, you should still wash them because of the germs that could be on them (show the Pesticide versus Organic picture of the apple).
 - This picture shows two different apples that have one non-organic apple and one organic apple. As you can all see, the non-organic apple is covered in pesticides and germs. The organic apple just has some germs on it that most likely came from other people's hands! But there is a huge difference between the two, isn't there?
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- After discussing the importance of washing fruits and vegetables, now start explaining the importance of properly washing the hands
 - Use the Keeping the Germs Away! handout that give steps to properly washing produce as well as hands

DIALOGUE BOX

- As I mentioned before, washing hands is also an important thing to do before you eat!
- Use this handout as a guide to learn how to properly wash your hands as well as your fruits and vegetables!

ACTIVITY

- The activity for this lesson is going to use glitter to show the students how fast germs can spread when they do not wash their hands
- Students will stand in a circle and the first student in the circle will put their hands in glitter and shake the next person's hand, who will then shake the next person's hand, and so on
- Have the students hold their hands out after everyone has gone to show how much the glitter spread from the first person to the last when no one washes their hands in between
- At this point, the students will all need to wash their hands and then the game will be played a second time but with different rules
- For the second round, the first person in the circle will put their hands in glitter, but then rinse their hands off before shaking the next person's hand
- Every student will rinse their hands off with water before shaking the next person's hands, and at the end, have students hold their hands out to show the glitter now
- Explain that rinsing their hands off with water was meant to represent washing away all of the germs from their hands
- The glitter did not spread as much when washing your hands in between, and it is the same when it comes to germs on your hands

WRAPPING UP

- Ask students if they have any last questions on the lesson about food safety
- Remind them briefly about the importance of washing produce and their hands before eating to remove off all of the pesticides and germs
- Pass out Boss' Backpack Bulletin with the weekly goals on washing fruits and vegetables and washing your hands

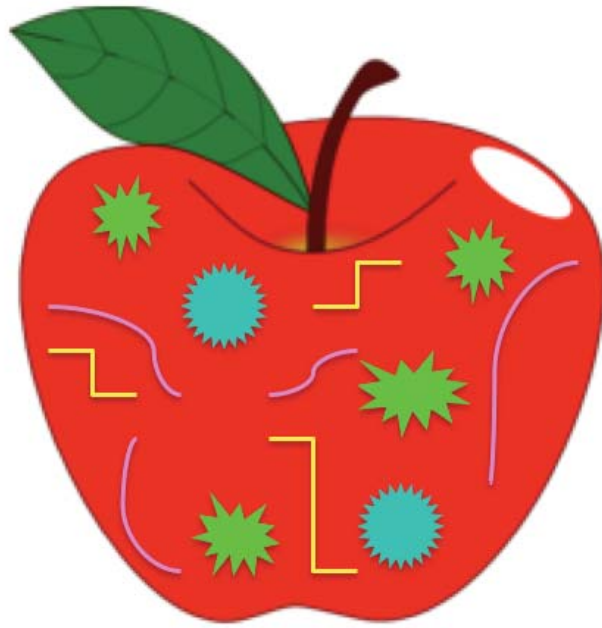
DIALOGUE BOX

- Do not forget that washing your fruits and vegetables before you eat them is a great way to remove all of the pesticides and chemicals before they get into your body!
- A cleaner option for your produce is to buy organic fruits and vegetables! They are a little bit more expensive, but they have a lot less chemicals on them, which is always healthier for your body!
- Also remember the importance of washing your hands through out the day, but especially before you eat to wash away all of the germs that are on your hands!
- This week, Boss' Backpack Bulletin is going to have you write down or draw a picture the fruits and vegetables you washed this week!
- There is also a place at the bottom of the sheet where you can put tally marks down for how many times this week you washed your hands!
- The higher this number, the better!
- If you forget the right way to wash your hands and/or produce, use the Keeping the Germs Away! handout for help!

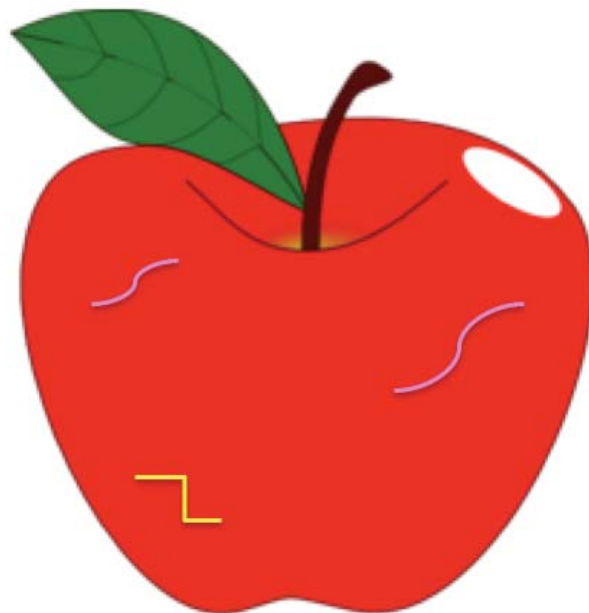
ORGANIC FOODS

- Organic foods are going to be a little more expensive than if you buy non-organic foods because they are a lot cleaner and do not have as many pesticides on them! If you cannot afford the organic options, that is okay! Just remember to properly wash your fruits and vegetables really well to get as much of the chemicals and germs off as possible!

PESTICIDES



ORGANIC



KEEPING THE GERMS AWAY

Steps to washing fruits and vegetables:

1. Wait to wash your produce until you are ready to use it to prevent bacterial growth and spoiling.
2. Rub fruits and vegetables under running water, or in a bowl of water.
3. For produce with thick skin, like a potato or carrot, you may need to use a scrubber rather than just your hands to wash.
4. Do not use detergent to wash produce because the fruits and vegetables are porous and could absorb some of those chemicals in the cleaner.
5. Dry produce off thoroughly with a clean dishtowel or paper towel.

Fruits and vegetables that should always be washed:

- Celery
- Peaches
- Plums
- Cucumbers
- Strawberries
- Apple
- Blueberries
- Bell peppers
- Spinach
- Cherries
- Potatoes
- Grapes
- Lettuce
- Eggplant
- Kale and collard greens
- Carrots
- Beets



Steps to washing your hands:

1. Wet hands under warm running water.
2. Using liquid or bar soap, scrub hands together until soap is foamy.
3. Rub hands together, not forgetting to clean between fingers and on top of your hands. Try to do this for at least 20 seconds!
4. Rinse hands under warm water.
5. Dry your hands and turn off the water.

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal for this week is to try to wash fruits and vegetables before eating them! You will also try to wash your hands more often before you eat or cook food!

Write down or draw a picture of the fruits and vegetables you washed this week before eating them, and also draw a tally mark in the bottom rectangle for every time you washed your hands this week!

Use your Keeping the Germs Away! handout as a reminder on how to properly wash produce and your hands!

Fruits and Vegetables You Washed This Week:

Number of Times You Washed Your Hands This Week:

