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Clean – Separate

Lesson Plan - Class No. 1

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Target Group: Adolescents to adults, including multicultural and limited-literacy audiences

Time Needed: 1.5 to two hours

Note: This lesson can be divided into two shorter lessons based on the “clean” and “separate” concepts. To adjust time, choose one or two recipes to illustrate the concepts.

Overall goal: To improve knowledge and behavior related to safe food handling to reduce the risk of foodborne illness

Objectives

- Participants will know that raw meat, poultry and fish always must be separated from produce and ready-to-eat foods.
- Participants will know that washing hands, utensils and surfaces with hot, soapy water before, during and after cooking will help prevent the contamination of food with foodborne bacteria.

Key Concepts

The best way to avoid foodborne illness is to prevent it. Preventing foodborne illness requires the practice of safe food handling at home.

- **Clean/wash** hands and surfaces often.
- **Cook** to recommended internal temperatures.
- **Separate, don't cross-contaminate** at any point from grocery store/garden to home.
- **Chill** promptly, using an appliance thermometer to be sure that your refrigerator is at 40 degrees Fahrenheit (4.5 degrees Celsius) or below and your freezer is at 0 degrees Fahrenheit (minus 18 degrees Celsius) or below.

Lesson Preparation

This class will focus on clean and separate.

Supplies Needed

See page 2 for ingredients to purchase and materials and equipment to gather.

Take-home incentives, one per participant (optional, but encouraged)

- Produce brush
- Flexible cutting board

Optional Activities

See “Skit Cards.” Use the cards that pertain to the concepts of “Clean” and “Separate” as ice breakers or review. See the directions and props needed on the cards.

Note to instructor: Know your audience and its cultural foodways.

- If you know you have Muslim participants, refrain from referring to pork products.
- If you know your participants will be vegetarian, you may choose to skip the foods containing meat and meat-related questions/discussion items.

Talking Points

Keeping food safe to eat is essential to prevent illness. Foodborne illness is not uncommon. Sometimes people get sick from food and think they just have the flu. The symptoms for many foodborne illnesses and flu are similar.

You already may know much of what we will talk about today. However, some concepts might be new to you. The major concepts important to understand and practice are Clean, Separate, Cook and Chill. Today we will talk about the value of “clean” and “separate.” Next time we will discuss “cook” and “chill.”

Supplies Needed

Purchase Ingredients

	Produce	Packaged and Canned Goods	Dairy	Fresh Meat
Italian Vegetable Salad	1 stalk celery 3 medium carrots ½ lb. fresh broccoli Small head fresh cauliflower	1 (8-oz.) can black olives 1 (8-oz.) bottle low-fat Italian dressing		
Oven Fries	4 medium potatoes	Small bottle vegetable oil Ground dry paprika	Grated Parmesan cheese	
Chicken Nuggets		Cornflakes Italian herb seasoning Garlic powder Onion powder		1½ lb. chicken thighs
Vegetable Dip		1-oz. pkg. ranch-style dressing mix	Small container cottage cheese 8-oz. container low-fat plain yogurt	

Gather Materials and Equipment

- Recipes for each participant*
- Produce brush for each participant
- Flexible cutting board for each participant
- Plates
- Forks
- Cups
- Napkins
- Paper towels
- Plastic cups for water or juice

*Picture recipes are available.

Soap is Essential Activity	Italian Vegetable Salad	Oven Fries	Chicken Nuggets	Vegetable Dip (Optional)
Hand soap Cinnamon Cooking oil Sink	Dry measuring cups (1c., ¼ c.) Produce brush Chef's knife Cutting board Medium salad bowl Mixing spoon Can opener Strainer	Oven Produce brush Cutting board Chef's knife Baking sheet	Oven Measuring spoons Dry measuring cup (1 c.) Cutting board Sharp knife 1 gallon size zip-top plastic bag Rolling pin Baking sheet Food thermometer	Blender Dry measuring cup (1 c.) Rubber scraper

Clean



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- Washing hands and surfaces often is important because foodborne bacteria can spread throughout the kitchen, getting onto cutting boards, utensils, sponges, countertops and food. If eaten, harmful bacteria can cause foodborne illness.
- All fruits and vegetables need to be washed before eating them, even if the vegetable or fruit will be peeled. Contaminated skin easily can contaminate the edible portion of the fruit or vegetable.
- Celery, carrots, broccoli and cauliflower should be washed with running water. Potatoes and other firm-skinned vegetables, especially root vegetables, should be washed with a produce brush. **(Demonstrate washing a carrot or potato with a produce brush. Hand out produce brushes.)**
- Wash freshly picked garden vegetables and tree fruits before eating them. Such produce may have been contaminated by birds, animals and insects.
- Do not use soap or detergent to wash fruits or vegetables.
- Discuss the importance of washing the tops of cans before opening. **(Demonstrate with canned olives if desired.)**

Today we will be preparing three dishes: Italian vegetable salad, oven-fried potatoes and chicken nuggets.

Activity (optional) – Distribute Skit Cards relating to the concept of “Clean.” See directions on cards.

Activity – Soap is Essential Hand Washing

- Give each participant about a teaspoon of oil to rub in his or her hands.
- Sprinkle hands with cinnamon.
- Ask participants to wash their hands with no soap and see how clean they get.
- Next, ask participants to wash their hands with warm water and soap for 20 seconds and see how clean they get.

When is washing your hands important? (Examples: Before you begin cooking, after touching raw meat, after using the restroom, after changing diapers, after touching a pet.)

Separate



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- Keeping potentially hazardous food, such as raw meat, fish and raw eggs, separate from foods that will not be cooked is another important way to keep foodborne bacteria from spreading.
- Wash cutting boards, dishes and countertops with hot, soapy water after preparing each food item and before going on to the next item.
- Meat and juices from meat can spread bacteria through cross-contamination: for example, handling raw meat and then handling vegetables without washing hands.

Some tips to avoid cross-contamination:

- Wrap meat in plastic bags provided in the meat section of the grocery store.
- If using reusable bags, have separate bags for meat and produce.
- Store raw meat away from ready-to-eat items.
- Place raw meat and eggs in the bottom of grocery cart.
- Store raw meat and eggs on the bottom shelf of your refrigerator.
- Use a separate cutting board for produce and raw meat if possible. **(Hand out flexible cutting boards.)**
- Never use the same plate for raw and ready-to-eat food unless it is washed in between.

Activity (optional) – Distribute Skit Cards relating to the concept of “Separate.” See directions on cards.

Dates on Food Packages

Do you know what these date descriptions mean?

- **Use by:** last date recommended to use product while at peak quality
- **Sell by:** store required to take product off shelves by this date
- **Best if used by:** for best flavor and quality, use by this date; not a safety issue

Teaching tips

- Ask for volunteers throughout the class to help prepare the meal. They can chop, season, mix, etc.
- Make the class as interactive as possible.
- Probe for questions throughout the class.
 - Ask participants about what kinds of food they prepare, like, etc.
 - What do your kids eat?
 - What would you like to learn to make?

Activity – Taste Testing

Leftover Ideas

- Cut up chicken nuggets, mix with salad and serve in a pita pocket.
- Cut up chicken nuggets and mix with other vegetables in a stir fry.

Review main concepts. Let everyone sample the food. Ask if anyone has questions.

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Clean – Separate

RECIPES

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Italian Vegetable Salad

(makes six servings)

Ingredients

- 1 cup celery, chopped
- 1 cup carrots, sliced
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- ¼ cup black olives, sliced
- 1 (8-ounce) bottle low-fat or fat-free Italian dressing

Directions

1. Wash all vegetables.
2. Slice carrots and cut remaining vegetables into bite-sized pieces and place in a bowl.
3. Add sliced black olives.
4. Pour dressing over vegetables and mix.
5. Refrigerate. (Normally, you would want this to marinate for a few hours.)

Oven Fries

(makes eight servings)

Ingredients

- 4 medium potatoes
- 1 tablespoon vegetable oil
- Paprika (optional)
- Grated Parmesan cheese (optional)

Directions

1. Preheat oven to 450 F.
2. Scrub potatoes with a produce brush under running water.
3. Slice into ½-inch-thick strips.
4. Blot dry and toss potatoes with oil in a bowl until coated.
5. Sprinkle with paprika if desired.
6. Spread on baking sheet and bake for 20 to 25 minutes.
7. Toss with parmesan (optional).

Chicken Nuggets

(makes four servings)

Ingredients

- 1½ pounds chicken thighs
- 1 cup cornflakes
- 1 teaspoon paprika
- ½ teaspoon paprika
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

Directions

1. Remove chicken skin and bones and cut the chicken into bite-sized pieces.
2. Place cereal in plastic bag and crush using a rolling pin or can.
3. Add paprika, Italian herb seasoning, garlic powder and onion powder.
4. Close bag and shake until blended.
5. Add a few chicken pieces at a time and shake to coat evenly.
6. Place chicken pieces on greased baking sheet so they are not touching.
7. Bake until golden brown with an internal temperature of 165 F, about 12 to 14 minutes.

Vegetable Dip

(makes eight servings)

Ingredients

- 1 cup cottage cheese
- 1 cup low-fat plain yogurt
- 1-ounce package ranch-style dressing mix

Directions

1. Put ingredients in a blender.
2. Blend on medium speed for about 30 seconds or until mixture is smooth.
3. Serve with oven fries and/or chicken nuggets or a variety of raw vegetables.