

Store It Right!

Lesson Overview

Time: 10-20 Minutes

Learning Objectives:

In this lesson, participants will:

- Discuss safe ways to store poultry and eggs at home.
- Describe safe poultry and egg practices as it relates to temperature.
- Identify the best methods for storing leftovers.

Tennessee Department of Education Academic Standards

- Health Education Standards 3-5: 1.1, 1.4, 2.1, 2.3
- Science Education Standards 5: 0507.Inq.1, 0507.Inq.2, 0507.Inq.4

Contents:

- **Video:** Short, educational video outlining key points from this lesson
- **Handout & Activity Page:** Overview of key points and puzzle activity
- **Video Guide:** Fill-in-the-blank and short answer worksheet to supplement educational video
- **Check For Understanding Review:** Review of key points (Use if not using video & Video Guide)

Materials:

- Printed Handout & Activity Page for each participant
- Printed Video Guide for each participant (if using video)
- Printed Check For Understanding Review for each participant (If not using video)

Subject Matter Outline

How Does This Relate to Poultry and Egg Safety?

- At home, food safety includes the proper storage of food and food products. In order to prevent foodborne illness and spoilage, it is important to learn how to properly and safely store all poultry and poultry products.

Vocabulary

- **Spoilage:** The process of perishable foods decaying.
- **Danger Zone:** Between 40°F and 140°F where bacteria grows best.
- **Leftovers:** Food that has already been cooked, stored in the refrigerator or freezer, and then re-heated.

Subject Matter Outline

Store What Where!?

- Always refrigerate or freeze meat and other perishables as soon as you get home from the grocery store.
- Poultry should be stored either in the freezer or on the bottom shelf of the refrigerator (to defrost if you are preparing to cook the next day) away from produce, ready to eat foods and cooked foods.
- Place the package on a plate or in a pan to keep juices from dripping in your refrigerator.
- Eggs should be stored in their original container.
- Keep all perishable foods chilled until serving time.

Temperature Matters:

- What is the “Danger Zone?” Between 40 and 140 °F. This “Zone” is where bacteria thrives and grows best. This is why we say to “Keep cold foods cold, and hot foods hot.”
- Keep a thermometer in the refrigerator
- Make sure the temperature of the refrigerator is no warmer than 40 °F.

Leftovers:

- You have one hour to put any egg or poultry leftovers in the refrigerator or freezer after cooking.
- Leftovers should reach 40°F or below within two hours after cooking to prevent the food from entering the Danger Zone and being contaminated.
- When storing egg or poultry leftovers, divide into small portions and place into a clean airtight storage container.

Teaching Guide

Interest Approach:

- **Discussion** Ask students “Have you ever found anything growing in your refrigerator?” Ask students to share examples.
- **Explain** that “at home, food safety includes the proper storage of food and food products. In order to prevent spoilage and more importantly, foodborne illness, it is important to learn how to properly and safely store poultry and poultry products.”
- **Show** students pictures, video, or actual samples of food that wasn’t stored properly. Let them know that this is not only gross it is dangerous and completely preventable.

Teaching Guide

Objective 1. Discuss safe ways to store poultry and eggs at home.

- **Discussion** Ask “What are some suggestions you have for storage safety?” “What are some ways you demonstrate storage safety at home?” Give an example, such as “How do you store eggs at home? What about leftovers?” Let them share their answers with a group, partner or to the class.
- **Play Video 4: *Play the Store It Right!*** video and complete the Video Guide in this lesson plan.
- Using the completed *Video Guide* and the *Subject Matter Outline*, clarify **Storing What Where**.

Objective 2. Describe safe poultry and egg practices as it relates to temperature.

- Using the the *Subject Matter Outline*, ask students to work in groups to **design** a bumper sticker making people aware of the major safety procedures related to temperature. Ask students to share their bumper stickers with the group.

Objective 3. Identify the best methods for storing leftovers.

- Lead students through *Activity 1: Leftover Temperature Experiment*
- **Review** the Activity and the *Subject Matter Outline* to clarify concepts with students

Review

- **Evaluate** with the *Check For Understanding* worksheet
- Give each student a copy of the *Store It Right! Handout* to take home. (*Puzzle Answers (Unscrambled in order): Danger Zone, Leftovers, Refrigerator, Freezer, Cooking, Chicken Phrase: “Keep Cold Foods Cold, and Hot Foods Hot”*)

Activity & Video Guide

Outline	Key Points
<p><u>Video 4: Store It Right!</u></p> <ul style="list-style-type: none"> • Give each student a copy of the “Store It Right!” Video Guide. • Play the “Store It Right!” Video (About 2 minutes in length) and give students enough time to fill in the Video Guide. • Pause the video on the “Review” screen. • Video Discussion Topics <ul style="list-style-type: none"> • What are some ways the video shows are not good ways to store poultry and eggs? Why are these not good ways to store these food items? • Why is it necessary to divide leftover food in shallow airtight containers? 	<p><u>Store It Right! Video</u></p> <p>This video outlines and reviews steps for storing foods properly.</p> <p>A summary of key points is at the end of the video. Pause the video before you come to this part if you wish to see if the students can identify proper storage techniques.</p>

Activity & Video Guide

Outline

- How long do you have after cooking to put food away?
- What about holidays and sleepovers? The video doesn't specifically say, but what do you think?
- The video doesn't say exactly, but how should you store leftovers from a restaurant?

Activity 1: Leftover Temperature Experiment:

- Ask students to pair up (or get in groups depending on the number and amount of supplies).
- Each student group or pair will have:
 - A large container
 - A small container
 - Dough (Play-Doh or homemade)
 - A thermometer
- Have each group divide the dough out into the containers as instructed. There should be a large amount in the large container and a small amount in the small container.
- Have students check the temperature of the refrigerator to make sure it is about 40°F.
- Have students put both containers in the refrigerator or freezer. (This can also be done by submerging the containers in a bucket or tub of cooled water and ice chilled to 40°F or below. Have students check the temperature first).
- Record the temperature of the dough in both containers after they have been chilled 20 minutes.

Key Points

Leftover Temperature Experiment:

This activity is a simple experiment to demonstrate why you should divide leftovers into smaller containers.

The smaller container of dough should cool down much faster than the larger container of dough.

If you put a food container directly into the refrigerator without dividing into containers, it will take more than two hours for the food to cool down.

Leaving a food in the danger zone between 40°F and 140° F gives bacteria the perfect chance to grow and thrive in the food.

References

Educational Resources:

Academic Standards. (2016). <https://www.tn.gov/education/topic/academic-standards>

Educational Materials On Food Safety. <http://fightc-les.org/>

Fight Bac! - Partnership for Food Safety Education. (2016). <http://www.fightbac.org/>

Handout Puzzle Created By:

Discovery Education Puzzle Maker. (2016). http://www.discoveryeducation.com/free-puzzlemaker/index.cfm?campaign=flyout_teachers_puzzle



Store It Right!

How does this relate to Poultry and Egg Safety?

At home, food safety includes the proper storage of food and food products. In order to prevent foodborne illness and spoilage, it is important to learn how to properly and safely store all poultry and poultry products.

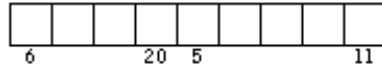
Poultry and Egg Education Program

Solve the Puzzle to uncover a food storage safety tip!

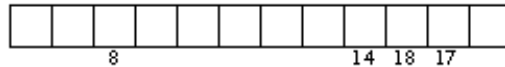
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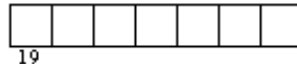
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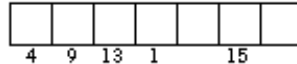
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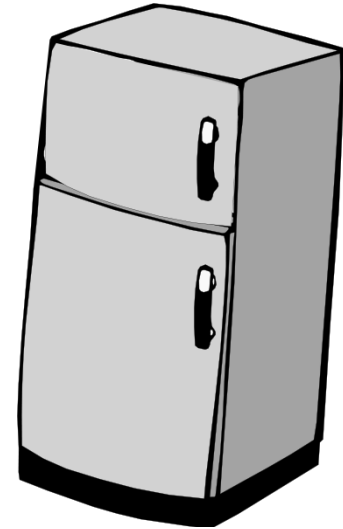
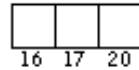
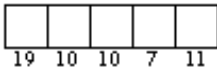
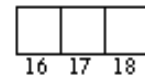
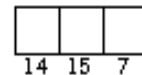
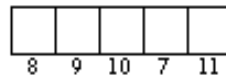
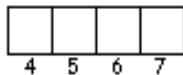
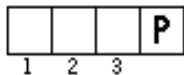
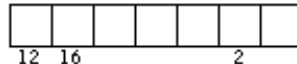
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Storage Leftovers Expert Tips!

- Poultry should be stored either in the freezer or on the bottom shelf of the refrigerator away from produce, ready-to-eat foods, and cooked foods.
- Place poultry on a plate or in a pan to keep juices from dripping in your refrigerator.
- Eggs should be stored in their original container.
- Make sure the temperature of the refrigerator is no warmer than 40° F.
- Divide leftovers into small portions and place into a clean, airtight, labeled, and dated container.

The DANGER Zone!

Between **40 °F** and **140 °F**.

This "Zone" is where bacteria thrives and grows best.



Time Matters!

1 Hour: The amount of time you have to get leftovers in the refrigerator after cooking

2 Hours: The amount of time you have to get leftovers below 40°F after cooking

Store It Right!



Fill in the blanks as you watch the video.

- According to the video, you should always store _____ in the original container.
- According to the video, you should store poultry on the _____ shelf.
- Leftovers need to reach a temperature of _____ degrees Fahrenheit within _____ hours after cooking.
- The _____ is between 40 and 140 °F.

Answer these questions about the video.

- How soon after cooking should you put leftovers in the refrigerator? Why?

- Explain why you should divide leftovers into small portions and place into a clean airtight storage container?

Store It Right!



Fill in the blanks:

Eggs should be stored in their _____.

Your refrigerator should be set no warmer than _____.

True or False _____ It is ok to store eggs in a bowl on the kitchen counter.

True or False _____ Poultry should be placed on the top shelf of the refrigerator.

How long do you have after cooking to put away leftovers? _____.

True or False _____ Leftovers should reach an internal temperature of 40°F within two hours after cooking.

The “Danger Zone” is between _____°F and _____°F.

Label all leftovers with the _____ of food and the _____.

Short Answer:

- Explain why leftovers should be stored in smaller, shallow containers instead of the larger dishes they may have been cooked in.

Store It Right!



Fill in the blanks:

Eggs should be stored in their original carton or container.

Your refrigerator should be set no warmer than 40°F.

True or False FALSE It is ok to store eggs in a bowl on the kitchen counter.

True or False FALSE Poultry should be placed on the top shelf of the refrigerator.

How long do you have after cooking to put away leftovers? One hour.

True or False TRUE Leftovers should reach an internal temperature of 40°F within two hours after cooking.

The “Danger Zone” is between 40 °F and 140 °F.

Label all leftovers with the type or name of food and the date.

Short Answer:

- Explain why leftovers should be stored in smaller, shallow containers instead of the larger dishes they may have been cooked in.

Leftovers should reach an internal temperature of 40°F or lower within two hours of cooking to prevent them from being in the “danger zone” for extended periods of time and potentially risking spoilage or contamination. Leftovers should be divided into smaller, shallow containers because it will allow them to cool quicker. Leaving them in larger dishes, or dishes they were cooked in will take the food longer to cool down. They should be put INTO the refrigerator one hour after cooking to make sure they have plenty of cooling time to get to 40 °F before the two hour time limit is up.