



Grocery Store Safety

Lesson Overview

Time: 10-20 Minutes

Learning Objectives:

In this lesson, participants will:

- Identify poultry and egg safety practices shoppers can do while in the grocery store.

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.3

Contents:

- **Handout & Activity Page:** Overview of key points and puzzle activity
- **Check For Understanding Review:** Review of key points (Use if not using video & Video Guide)

Materials:

- Printed Handout & Activity Page for each participant
- Printed Check For Understanding Review for each participant (If not using video)
- PowerPoint or other visual
- Activity 2 materials: Paper, construction paper or poster board, markers

Subject Matter Outline

How Does Shopping at the Grocery Store Relate to Poultry and Egg Safety?

- “Poultry and egg safety is just as important in the grocery store as it is at home. As consumers, it is important to follow food safety procedures while shopping.”

Vocabulary

- **Sell-By Date:** The date marked on a food item indicating the last day it should be sold in stores.
- **Expiration Date:** The date marked on a food item indicating the date it expires or could spoil. Perishable foods should be consumed before or on this date for maximum freshness.

Subject Matter Outline

Grocery Store Safety Tips

Check Storage

Don't buy any poultry or eggs that were not stored properly at the market.

Eggs should be in a refrigerated area and poultry should be in the meat section.

Check Package

Make sure the package has not been tampered with or broken.

If there is a broken seal or leak, juices from the meat can contaminate other food items in your cart.

Check Date

Check the sell-by date on poultry and poultry products before adding them to your cart.

If anything happens to be expired, you should notify a store employee.

Meat Bags

Use the bags provided for meat products at the grocery stores. This keeps juices from leaking onto other items in your cart. Leave meat in these bags when putting into the refrigerator or freezer at home to keep juices from contaminating your appliances.

Keep Separate

Keep poultry and egg products separate from other items in your shopping cart.

Make sure poultry and eggs are bagged separately from other items, especially fresh produce, at checkout.

Timing Matters

Poultry and eggs should not be out of the refrigerator for more than an hour.

Make sure these are the last items to go in your cart.

Make the grocery store the last stop on your way home.

Put away poultry and eggs (as well as other meat and meat products) first and immediately after returning home.

Teaching Guide

Interest Approach:

Discussion Ask students "What is your favorite food to buy at the grocery store? [*seek answers from the group*] "**Write** the name of your favorite store bought food on a sheet of paper. From the time you pick up your favorite food at the store until the time you eat it at home, **List** at least five steps your favorite food had to go through. **Begin!**" Have student share their lists. Share with students that "different foods have different safety concerns that must be considered at different points and that includes poultry and eggs."

Review the Vocabulary terms, but explain that dates are only one consideration of many.

Explain "Poultry and egg safety is just as important in the grocery store as it is at home. As consumers, it is important to follow food safety procedures while shopping in order to prevent further contamination."

Teaching Guide

Objective 1. Identify poultry and egg safety practices shoppers can do while in the grocery store.

- **Discussion** Ask students “What are some ways you might demonstrate food safety at the grocery store?” Let them share their answers with a group, partner or to the class.
- Using the PowerPoint for this lesson or other visual, **Present** the information on Grocery Store Tips outlined in the *Subject Matter Outline* of this lesson.
- **Discussion** Ask students
 - “Are some of these suggestions things you already do, or your parents do at the grocery store?”
 - “Which, if any, of these suggestions surprises you or is something you have never thought of?”
- **Create** a poster using *Activity 2: Design A Poster*

Review

- a. Ask “What questions do you have?”
- b. **Evaluate** with the *Check For Understanding* worksheet
- c. Give each student a copy of the *Grocery Store Safety Handout* to take home.
- d. For further practice in a realistic setting, *Activity 3: Grocery Store Observation*

Activity Guide

Outline	Key Points
<p><u>Activity 1: Design A Poster</u></p> <ul style="list-style-type: none"> • Working on their own, in pairs, or in small groups have students design a poster that reminds shoppers of grocery safety tips. • Let students share their posters. • Partner with a local grocery store or the public library to see if the class posters can be part of a display. 	<p><u>Design A Poster</u></p> <p>This is an activity that lets the students review and check for understanding of main points learned in this lesson.</p>

Activity & Video Guide

Outline

Key Points

Activity 2: Grocery Store Observation

- Instruct students to take a quick trip to their favorite grocery store, or accompany their parents to the grocery store and report back.
- Tell them to take a note pad and pencil and keep track of what they observe.
- Remind them to look for these things:
 - All poultry and eggs are stored in a refrigerated section or cooler
 - Sell-by dates are clearly marked on eggs (look at one or two cartons)
 - No leaks or breaks in packages
 - No cracked eggs (look at one or two cartons)
 - Are meat bags available in the meat section, and are they close to the poultry products?
 - Is hand sanitizer available in the meat section or other parts of the store?
- *NOTE: These suggestions are provided on the “Grocery Store Safety Handout”*

Grocery Store Observation

This activity is an opportunity for students to observe what they have learned at the actual grocery store.

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/>

Grocery Store Safety



How does this relate to Poultry and Egg Safety?

Poultry and egg safety is just as important in the grocery store as it is at home. As consumers, it is important to follow food safety procedures while shopping in order to prevent contamination before we get back to the kitchen.

Grocery Store Safety Tips

Check the Storage: Eggs and poultry should be stored in the refrigerated sections of the store.

Check the Package: Check for broken or leaky packages before placing in your cart.

Check the Date: Check the sell-by dates on eggs and poultry products before adding them to your cart. If anything happens to be expired, you should notify a store employee.

Meat Bags: Use the bags provided for meat products at the grocery stores to keep juices from leaking onto other items in your cart.

Keep them Separate: Keep poultry and egg products separate from other items in your shopping cart and makes sure they are bagged separately from other items, especially fresh produce, at checkout.

Timing Matters: The grocery store should be the last stop before returning home. Poultry and eggs should be the LAST items in your cart and the FIRST items you put away when arriving home.

Grocery Store Observation

The next time you visit a grocery store, take a look around and observe some poultry and egg safety measures being put into action.

- Look for these things:
 - All poultry and eggs are stored in a refrigerated section or cooler
 - Sell-by dates are clearly marked on eggs (look at one or two cartons)
 - No leaks or breaks in packages
 - No cracked eggs (look at one or two cartons)
 - Are meat bags available in the meat section, and are they close to the poultry products?
 - Is hand sanitizer available in the meat section or other parts of the store?



Grocery Store Safety



Fill in the blanks:

Poultry and eggs should be stored in the _____ section of the grocery store.

The _____ date is marked on a food item to indicate the last day it should be sold in stores.

Poultry and eggs should be kept _____ from other food items in your _____.

Poultry and eggs should be the _____ items you put in your cart before checkout.

At the checkout counter, make sure poultry and eggs are _____ from other foods, especially fresh produce.

Poultry and eggs should not be out of refrigeration for more than _____. Therefore, the grocery store should be the _____ stop you take before heading home.

Poultry and eggs should be the _____ items you unload and put away upon returning home.

Short Answer:

Name at least three ways you can prevent Cross Contamination at the grocery store.



Grocery Store Safety



Fill in the blanks:

Poultry and eggs should be stored in the refrigerated section of the grocery store.

The sell-by date is marked on a food item to indicate the last day it should be sold in stores.

Poultry and eggs should be kept separate from other food items in your shopping cart.

Poultry and eggs should be the last items you put in your cart before checkout.

At the checkout counter, make sure poultry and eggs are bagged separately from other foods, especially fresh produce.

Poultry and eggs should not be out of refrigeration for more than one hour. Therefore, the grocery store should be the last stop you take before heading home.

Poultry and eggs should be the first items you unload and put away upon returning home.

Short Answer:

Name at least three ways you can prevent Cross Contamination at the grocery store.

Use the meat bags provided in the meat section to bag poultry.

Use hand sanitizer after touching poultry products and packages.

Keep poultry and eggs separate from other food items in your cart.

Bag poultry and eggs separately from other food items at check out.