



# Spoiled Rotten

Name \_\_\_\_\_

Hour \_\_\_\_\_

## VIDEO WORKSHEET

THE FSI TEAM IS ON THE CASE...

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1. A food-borne illness is:

2. Name three common types of food-borne illnesses:

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3. The symptoms of a food-borne illness include:

4. The four important food safety rules are:

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5. Identify at least six food safety mistakes that could have caused the food-borne illness in this video.

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# Spoiled Rotten

## TEACHER'S ANSWER KEY

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THE FSI TEAM IS ON THE CASE...

1. A food-borne illness is:  
*An illness caused by eating contaminated food. The source of which is bacteria, or toxins produced by bacteria.*
2. Name three common types of food-borne illnesses:  
Salmonella  
E-Coli  
Staphylococcus
3. The symptoms of a food-borne illness include:  
*Stomachache, vomiting, diarrhea, and nausea (flu-like symptoms).*
4. The four important food safety rules are:  
Clean  
Separate  
Cook  
Chill
5. Identify at least six food safety mistakes that could have caused the food-borne illness in this video:  
Food was left out on the counter for over 3 hours.  
Cut-up unwashed vegetables.  
Did not wash hands or kitchen surfaces.  
Used the same cutting board for raw meat and vegetables.  
Sat on the counter with a pet.  
Refrigerator temperature was 44 degrees.  
Milk was past the freshness date.  
Meat juice was dripping on other food in the refrigerator.  
Coughing and sneezing on food without washing hands.  
Used dishtowel to wipe up spills on the floor.  
Hamburger was not thoroughly cooked.

# Fahrenheit FACTS

Hot enough to kill most harmful bacteria.

Hot enough to prevent most harmful bacteria from growing.

## TEMPERATURE DANGER ZONE

Most harmful bacteria grow best at these temperatures.

## REFRIGERATOR TEMPERATURE

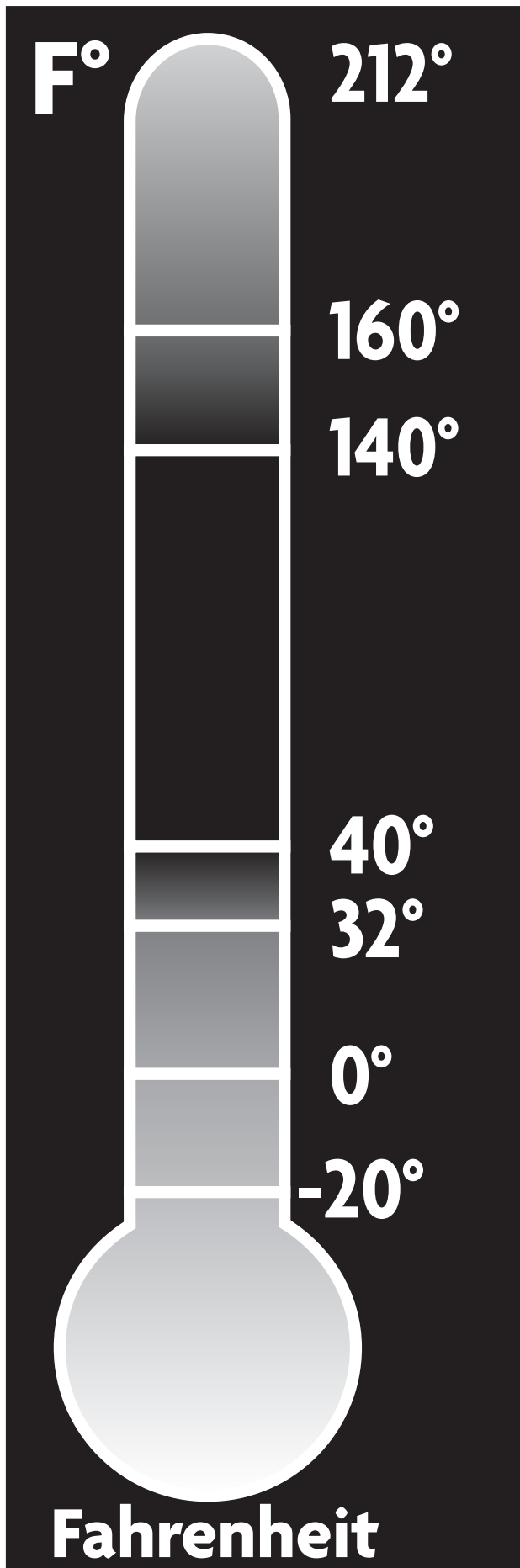
Many harmful bacteria still grow but they grow more slowly.

## FREEZER TEMPERATURE

Many harmful bacteria live but do not grow.

## KEEP FOOD SAFE!

Meat, poultry, fish, dairy foods and fresh vegetables are favorite places for harmful bacteria to grow. These foods must be kept cold enough or made hot enough to stop bacteria from growing.



Adapted with permission from Michigan State University Extension.



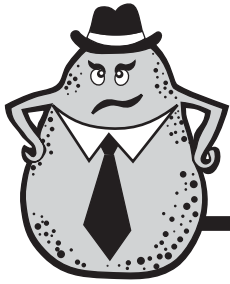
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# Handwashing Rap



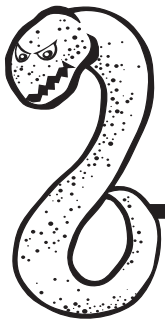
You **gotta'** wash *your* hands, and  
You **gotta'** wash 'em right,

Don't **give IN** to **germs**  
**WITH-out** a fight.



**Use water** that's warm  
And **lots** of **soapy bubbles**,

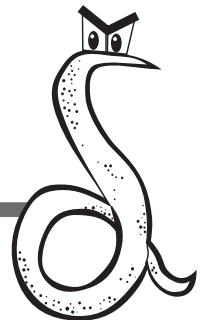
**These** are *your* weapons  
**FOR** preventing **germ troubles.**



**DON'T cut** *your* time **short**  
*Your* **fingers** — **GET** between,

It **takes twenty seconds**

**TO make** sure they're **clean.**



**Gotta' wash... gotta' wash**  
**GOTTA' — wash — your hands,**  
**Gotta' wash... gotta' wash**  
**Gotta' — wash — your — hands.**

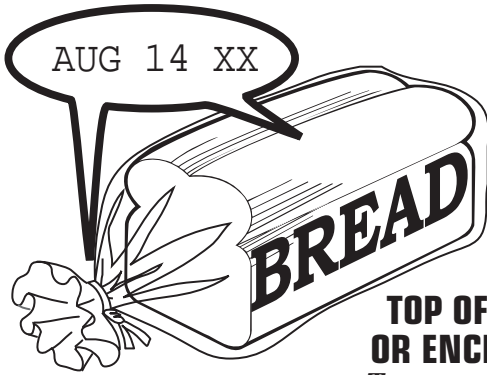
**Note:** Words/syllables in **heavy green type** carry the stronger beat.

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# EXPIRATION DATE DETECTIVE



**TOP OF BAG  
OR ENCLOSER**  
*To prevent mold.*



**FACE OF PACKAGE**  
*To prevent mold.*



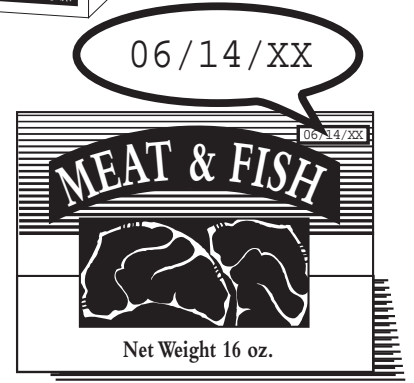
**TOP OF  
CARTON**  
*To prevent  
spoilage.*



**FRONT OF BAG**  
*To keep fresh and  
prevent spoilage.*



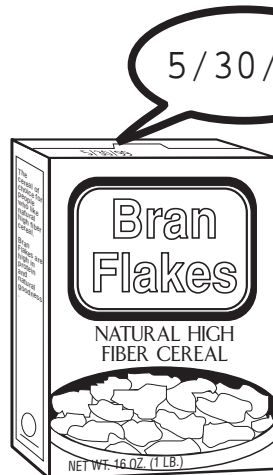
**FRONT OF PACKAGE**  
*To keep effective.*



**STORE LABEL  
OR TOP OF PACKAGE**  
*To prevent spoilage &  
keep edible.*



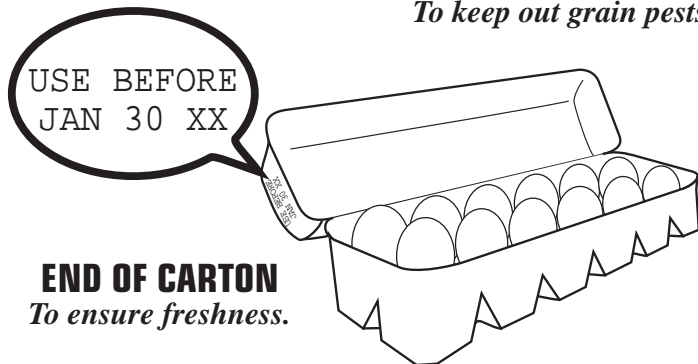
**TOP OF CAN**  
*To prevent rancidity.*



**TOP FLAP OF BOX**  
*To keep out grain pests.*



**TOP RIGHT CORNER  
OF BAG**  
*To keep fresh and  
prevent rancidity.*



**END OF CARTON**  
*To ensure freshness.*



**FLAP OF BOX**  
*To keep effective.*

# Store Foods Right

Store these items in the Kitchen Cupboard

bananas  
cake  
candy bars  
cereal  
bread & buns  
muffins  
oil  
peanut butter  
raisins  
chips  
doughnuts  
sugar  
syrup  
faco shells  
potatoes  
crackers

Unopened or Uncooked\*:  
cream of wheat  
cornmeal  
oatmeal  
spaghetti  
tuna  
salad dressing/  
bottled or canned juice  
canned fruits &  
vegetables  
mayonnaise  
tortillas  
rice  
canned soups

\* Once opened or cooked, these foods must be refrigerated.

Store these in the Freezer or Refrigerator

Freeze:  
ice cream  
mixed vegetables  
fish sticks  
french fries  
pizza  
blueberries  
strawberries

Once Frozen, Keep Frozen:  
beef  
hamburger  
bacon  
pork chops  
turkey  
chicken

## Leftover Storage Chart

Suggested refrigerator storage periods for maintaining the quality of foods:

Cooked Poultry .....	2-3 days
Cooked Meat or Fish.....	2-3 days
Cured or Smoked Meats .....	3-5 days
Cured Bacon or Ham .....	1 week
Ground Meat .....	1-2 days
Leftover Casseroles .....	2-3 days
Canned Opened Fruit .....	3-5 days
Canned Opened Vegetables.....	3 days
Milk .....	5 days
Cottage Cheese.....	2-3 days
Processed Cheese.....	3-4 weeks
Puddings .....	1-2 days
Margarine.....	4-6 months
Butter .....	1-2 weeks

## Fresh Foods:

apples  
blueberries  
cabbage  
cantaloupe  
carrots  
cheese  
broccoli  
cottage cheese  
eggs  
grapes  
lettuce  
pears  
milk  
tomatoes  
watermelon  
yogurt  
chip dip

## Prepared Foods:

baked beans  
chili/soup  
gravy  
cornbread  
jam (opened)  
macaroni and cheese  
leftover pizza  
tuna salad  
green beans  
creamed corn  
casseroles

## Meats:

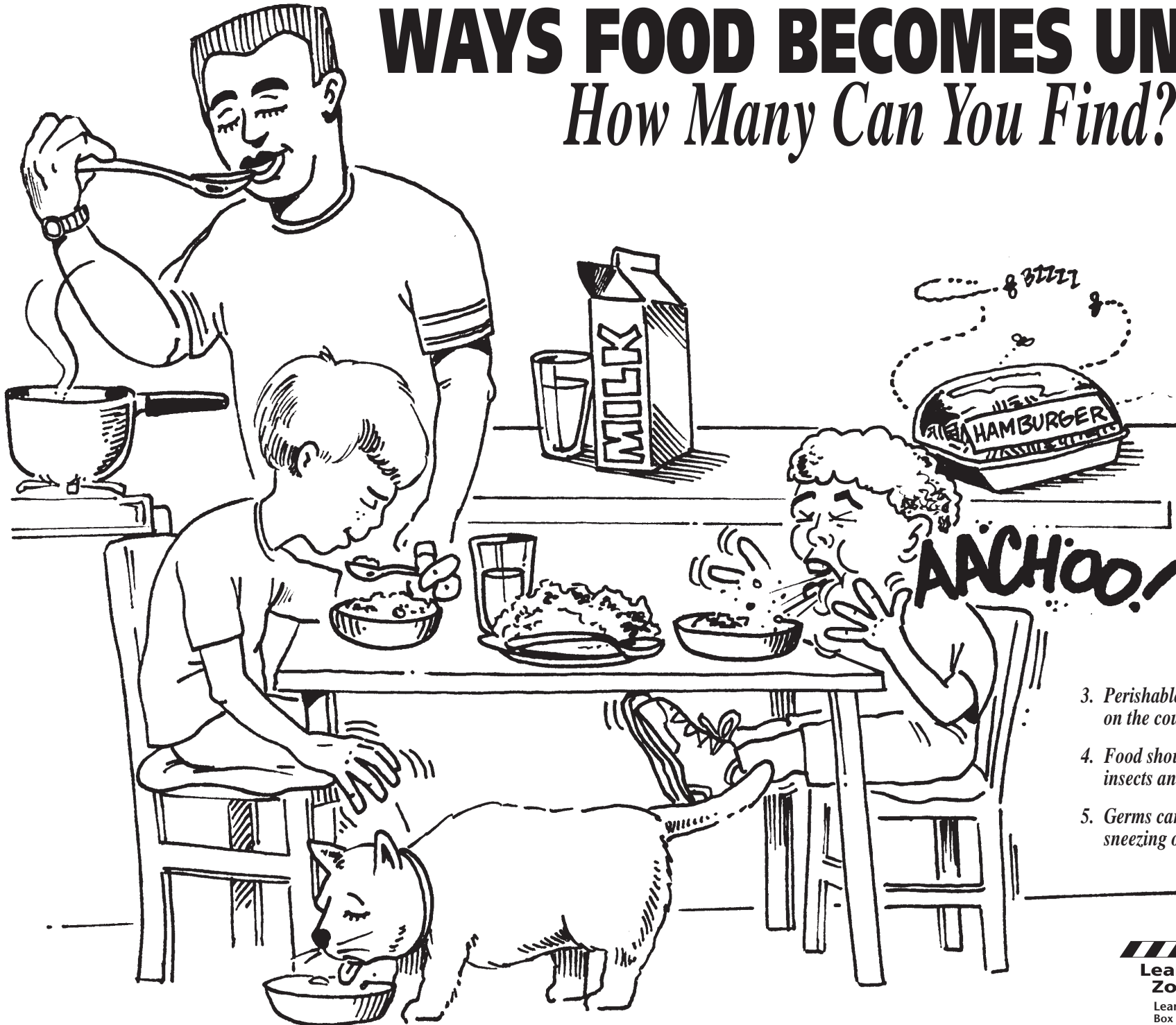
hot dogs  
fish  
lunch meat

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# WAYS FOOD BECOMES UNSAFE

## *How Many Can You Find?*



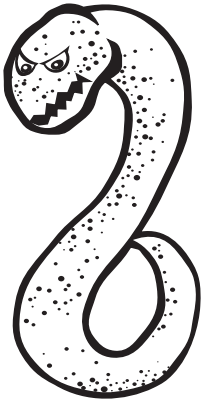
1. Food should not be tasted from the serving spoon.
2. Hands should be washed after touching animals before you eat or touch food.
3. Perishable food should not be left on the counter.
4. Food should be protected from insects and properly stored.
5. Germs can spread to foods by sneezing or coughing.

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# THE LINE-UP

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## SALMONELLA

*Alias: Salmonella Smashers*

### Hideouts:

Raw meats, poultry, eggs, milk, fish, and products made from them.

### Hangouts:

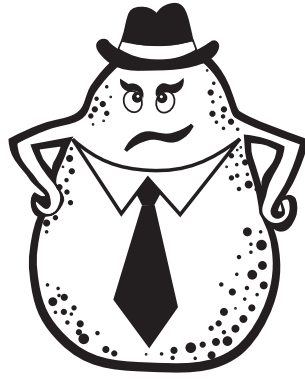
People, pets, insects, and rodents.

### Crimes:

Cause headaches, diarrhea, abdominal cramps, and sometimes vomiting within 12-36 hours.

### To Outsmart Them:

- Cook foods thoroughly and serve them while they are still hot.
- Keep cooking utensils and surfaces clean while preparing foods.
- Promptly cool or freeze foods after cooking or preparing them.
- Fully reheat stored foods.
- Wash your hands before handling food and eating — as well as after handling raw meat and poultry.



## STAPHYLOCOCCUS AUREUS

*Alias: Staph Staff*

### Hideouts:

Moist meat dishes, meat salads, sliced meats, and starchy foods such as eclairs, cream puffs, cake fillings, and potato salad.

### Hangouts:

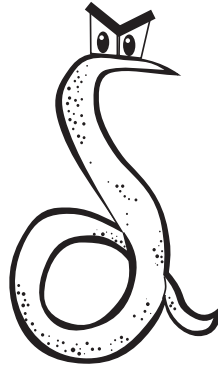
Nasal passages of humans and animals, and on the skin.

### Crimes:

Cause nausea, vomiting, diarrhea, and severe cramps within 3-8 hours.

### To Outsmart Them:

- Always have clean hands when handling food.
- Clean cooking utensils and counter-tops with hot, soapy water.
- Cook foods thoroughly before serving them.
- Cool or freeze foods promptly after meals.



## CLOSTRIDIUM BOTULINUM

*Alias: Botulism Bunch*

### Hideouts:

Improperly canned foods like meat, poultry, fish, and most vegetables.

### Hangouts:

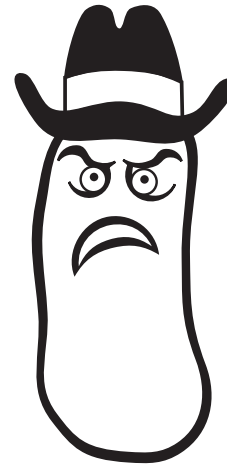
Soil, water, produce, and other foods; inside of foods where anaerobic (air-free) conditions can exist.

### Crimes:

The worst of them all. They are rare, but they can kill. Cause weakness, constipation, headache, double vision, and impaired speech, chewing and swallowing within 12-36 hours.

### To Outsmart Them:

- Follow recommended guidelines when home-canning.
- Never taste food that smells foul, is in a leaking, bulging, or badly damaged can, is in a cracked jar with loose or bulging lid, or that spurts liquid when it is opened.



## CLOSTRIDIUM PERFRINGENS

*Alias: Perfringens Pack*

### Hideouts:

High protein foods such as meat, poultry, and eggs.

### Hangouts:

Sewage, soil, dust, crops, meat, and poultry.

### Crimes:

Cause nausea and diarrhea, and gas pains within 8-24 hours (usually within 12 hours).

### To Outsmart Them:

- Cook high protein foods thoroughly.
- Keep foods hot until eaten.
- Refrigerate foods in shallow containers for quick temperature reduction to stop the multiplication of the bacteria.



## E. COLI O157:H7

*Alias: E. Coli Crew*

### Hideouts:

Raw or unpasteurized milk, and raw or undercooked ground beef.

### Potential Victims:

Everyone — especially the elderly, young children and people who eat in large group settings like cafeterias.

### Crimes:

Cause stomach cramps, nausea, vomiting, diarrhea (often bloody). Complications - urinary tract and kidney infections serious enough to cause death.

### To Outsmart Them:

- Thoroughly cook meats.
- Do not drink unpasteurized milk.
- Always keep hot foods hot and cold foods cold.
- Always wash your hands before preparing and/or eating food.



## LISTERIA MONOCYTOGENES

*Alias: Lester the Mean Microbe*

### Hideouts:

Raw or unpasteurized milk and foods made from it, vegetables, meat, fish, poultry, and their products.

### Potential Victims:

Especially pregnant women, infants, elderly and people who are ill.

### Crimes:

Fever, chills, backache, stomach pain and diarrhea. Complications may include blood poisoning and death.

### To Outsmart Them:

- Do not drink unpasteurized milk or eat cheese made from unpasteurized milk.
- Thoroughly cook meat, fish and poultry and their products.
- Always wash your hands before preparing and/or eating food.
- Keep hot foods hot and cold foods cold.
- Do not refrigerate foods for long periods of time.