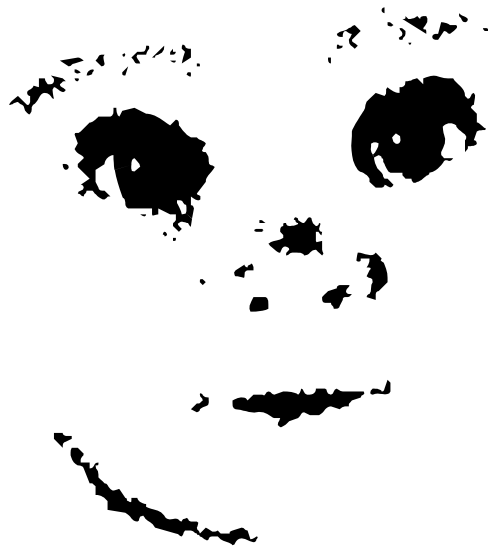


CARING 4 Kids

Child Care Training Series



Food Safety

In Child Care Settings

Self Study Guide



University of Nevada
Cooperative Extension

CM-01-01

Using This Self-Study Guide

This original self-study guide was designed to be used by many people over a long period of time.

To keep these materials in good condition for others to use, we ask that you **PLEASE**:

- ~ **DO NOT WRITE** IN THIS ORIGINAL SELF-STUDY GUIDE.

- ~ **MAKE A PHOTOCOPY** OF THE SELF-STUDY GUIDE FOR YOURSELF TO WRITE IN AND TO KEEP.

- ~ **REPORT** ANY MISSING OR DAMAGED PAGES TO THE RESOURCE LIBRARY.

Thank You!

ACKNOWLEDGMENTS

**This child care training module, *Food Safety in Child Care Settings*,
was developed by the Healthy Child Care Nevada Project
and the University of Nevada Cooperative Extension**

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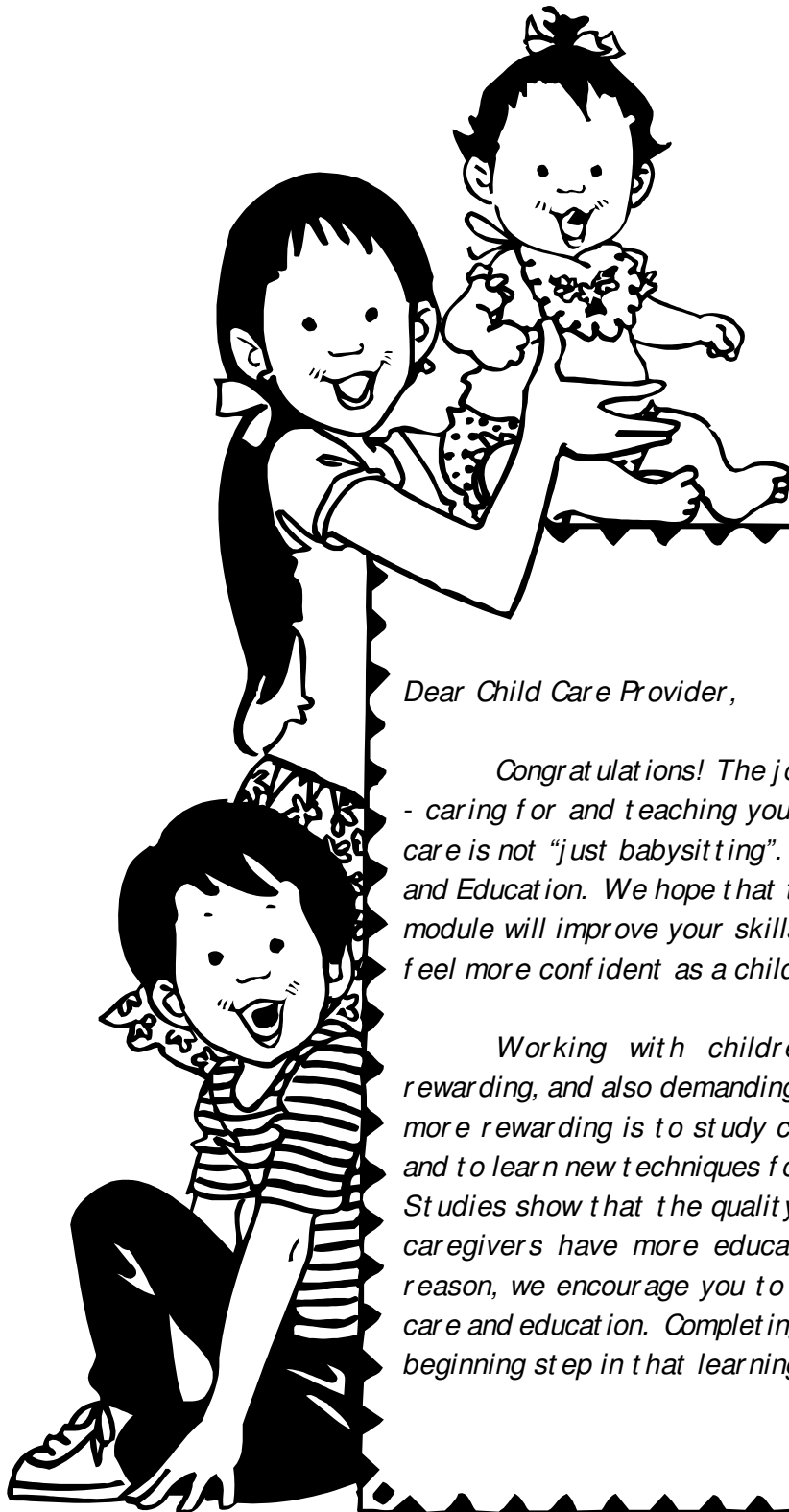
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Dear Child Care Provider,

Congratulations! The job you have is an important one - caring for and teaching young children. Working in child care is not "just babysitting". It's a profession - Early Care and Education. We hope that the information in this training module will improve your skills and knowledge, and help you feel more confident as a child caregiver.

Working with children every day can be very rewarding, and also demanding. One way to make your work more rewarding is to study child growth and development, and to learn new techniques for working with young children. Studies show that the quality of child care is better when caregivers have more education and training. For this reason, we encourage you to continue learning about early care and education. Completing this training module is a good beginning step in that learning process!

CARING 4 Kids

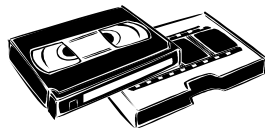
Food Safety in Child Care Settings

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About the Training Modules

This is one in a series of child care training modules created especially for new child care providers. The purpose of the training modules is to provide child care professionals with current and basic information on a variety of topics related to young children. The modules include information for caregivers working with infants through school-age children. They also have been written for providers working in both family child care homes and in child care centers. Each module contains a video tape and a written self-study guide. The self-study guide has been designed to complement and support the video tape with reading and activities.



The training modules are meant to be used by individuals as a self-study. However, caregivers may find it helpful to talk about the modules with other caregivers or as a group of staff. If the modules are used in a group setting, each caregiver must complete the self-study guide and evaluation questions on his or her own.

Module Features

Look for these features in each module:

- ~ Learning goals in a box at the beginning of each section.
- ~ New terms printed in ***bold italics*** at the beginning of each section, in the text, and in the glossary on page 46.
- ~ Fun activities and questions “For You To Consider”.
- ~ “How are you doing?” questions at the end of each section.
- ~ Caregiver Training Record to track your work.
- ~ List of community resources, activities to do with children, and other references at the end of each module.
- ~ Answers to “How Are You Doing?” questions at the end of the module.

Receiving Child Care Training Hours

This training module has been approved for two (2) hours of child care training by *The Nevada Registry*. These training hours are also accepted by all other licensing entities in the state of Nevada.

You will need to include a \$10 check to pay for processing and mailing your certificate. Make all checks out to Board of Regents. Only checks will be accepted; no cash or credit cards. The \$10 fee is required to receive credit for this training module.

You may complete this module **one time** and receive credit for child care training hours. You may also use the module in the future to review and refresh your knowledge of Food Safety in Child Care Settings, but may not receive additional training hours.

Child caregivers are responsible for keeping track of their own training hours. Directors are also responsible for keeping records of their staff's training. *The Nevada Registry* can assist child care professionals with the tracking of continuing education hours.

To learn more about *The Nevada Registry*, call (775) 448-5275 or 1-800-259-1906. You can also go to: www.nevadaregistry.org

Please follow the directions below to receive credit for doing this training module.

Directions

1. You may choose to read this original self-study guide, or make a copy of it to write in and to keep. Either way, you must make copies of the "How Are You Doing?" questions on pages 5, 17-18, and 30-31 to send in for credit. You also must make a copy of the Caregiver Training Checklist on page iii to include with your work.
2. Complete the module by reading the self-study guide, watching the video tape, and doing the activities.

3. Answer the "How Are You Doing?" questions for all three sections (pages 5, 17-18, and 30-31) and write your answers on your copied pages (see #1 above). Please do **NOT** write in the original self-study guide.
4. Fill out your copy (see #1 above) of the Caregiver Training Checklist (page iii). Please do **NOT** write in the original self-study guide. If you work in a group home or center-based program, you also must have your director or supervisor sign your Caregiver Training Checklist in order to receive credit.
5. Use the Caregiver Training Checklist to be sure you've completed all the necessary pages. Mail the copies of your completed pages and \$10 check payable to Board of Regents to:
Caring 4 Kids
University of Nevada Cooperative Extension
8050 Paradise Rd. , Suite 100
Las Vegas, NV 89123
The Cooperative Extension will verify your training documents and mail you a certificate of completion.
6. **Important Note** – Be sure to keep your original completed pages for your records.

CARING 4 Kids **Child Care Training Series** **Food Safety in Child Care Settings**

Introduction:

The focus of this module is on food safety in child care settings. In this module caregivers will become familiar with:

- ~ Food borne illness and how it is spread
- ~ Proper hand washing techniques
- ~ Cleaning food preparation areas
- ~ Avoiding cross contamination
- ~ Doing cooking activities with children
- ~ Cooking and storing food safely
- ~ Safe handling of baby food, bottles and breast milk

CARING 4 Kids

Child Care Training Series

Food Safety in Child Care Settings



Caregiver Training Checklist

Use this checklist to track your work and document the completed pages of the self-study guide. Remember to have your director or supervisor sign this page if you work in a group home or center. Mail a copy of this page, with the other completed pages of the self-study guide, and a \$10 check, made payable to Board of Regents, to The University of Nevada Cooperative Extension, 8050 Paradise Rd., Suite 100, Las Vegas, NV 89123, to receive a certificate of completion (see Directions on page ii).

Name of Caregiver: _____

Home Address _____

City: _____ State: _____ Zip: _____

Home Phone: _____ E-Mail _____

<u>Training Checklist</u>	<u>Reading & Activities</u>	<u>Section Questions</u>
Section 1 - Food Safety in Child Care	<input type="checkbox"/>	<input type="checkbox"/>
Section 2 - Safe Food Preparation	<input type="checkbox"/>	<input type="checkbox"/>
Section 3 - Safe Food Handling & Storage	<input type="checkbox"/>	<input type="checkbox"/>

I am using this training module: For the first time A second time as a review/refresher (no credit)

Number of Training Hours Approved: 2 (For first time users)

Date Module Completed: _____

Caregiver's Signature: _____

For caregivers in **group homes and center-based programs**, please have your director or supervisor sign that you have completed this module and given them a copy of your work.

Director/Supervisor's Signature: _____

Ready to Begin This Module?

There are three sections in this training module.
The video tape goes with Section One.
Start by reading the self-study guide.

Read section one, do the activities and answer
the questions at the end of the section.

Watch the video tape at the end of Section One.

Then do the reading and activities, and answer
the questions for Sections Two and Three.



~ Section 1 ~

Food Safety in Child Care



In this section you will learn:

- Y Why children are more at risk of illness from food
- Y Causes of foodborne illness
- Y How bacteria grow

Terms

Look for these new terms in Section 1:

bacteria
foodborne illnesses
food poisoning
immune system

Also see glossary on pages 46.

Why Food Safety in Child Care?

One of the most important jobs you have as a child care provider is to keep the children in your program safe and healthy. Children often spend a great deal of time in child care. Child care programs always include snacks and meal times. If food is not prepared and stored properly it can make people sick - the children you care for and you. You can help protect the children in your care by keeping the environment clean and by following safe food handling practices.



Some groups of people are more at risk for illness caused by food. Young children are one of these groups. There are **two reasons why children can get sick so easily.**

1. Humans need a well-functioning ***immune system*** to fight off illness. Our immune system works by using good cells to kill the germs and bacteria that can make us sick. **Infants and young children are at risk because their immune systems have not had time to fully develop.**
2. Acid in the stomach can kill some foodborne illnesses. **Infants and young children produce less stomach acids than adults do.**

Therefore, young children's bodies can't fight diseases as well as adults can, so it's easier for them to get sick.

Causes of Foodborne Illness

Microorganisms are tiny living creatures, much too small to see with the naked eye. They are everywhere in nature including where people live and work. One type of microorganism is **bacteria**. Some bacteria are useful—they help make cheese, yogurt, even bread. Some bacteria cause food to spoil. And finally, some bacteria can make people sick.

Bacteria need food, just as people do. Food supplies nutrients that help bacteria grow. If the conditions are right, bacteria can grow in any kind of food. Harmful bacteria are more likely to grow in animal foods like beef, pork, poultry, seafood, milk, and eggs than in non-animal foods such as grains, fruits and vegetables. It is hard to control bacteria in food because they multiply rapidly. The illnesses caused by bacteria are known as **foodborne illnesses**. Sometimes they are also called **food poisoning**.

Requirements for Bacteria to Grow

- C Food to meet growth requirements
- C The right *acidic or basic* conditions (pH)
- C Time that allows growth
- C Temperatures that support growth
- C Specific *oxygen (or no oxygen)* requirements
- C Moisture

Foodborne illness happens when we eat food that has been contaminated by a harmful bacteria, or by contact with body products that contain the bacteria such as stool, saliva, or vomit.



Many foodborne illnesses are short and cause flu-like symptoms. Even though the flu and foodborne illnesses have similar symptoms, they are not the same thing. Often we have no idea how foodborne illness happens. Symptoms are usually not bad enough to need medical attention. And often we don't realize the illness has come from food.

<u>Symptoms</u>	<u>Flu</u>	<u>Food Poisoning</u>
Fever	☒	sometimes
Nausea	sometimes	☒
Vomiting	sometimes	☒
Aches & Pains	☒	☒
Abdominal Pain		☒
Diarrhea		sometimes

Some bacteria can cause illnesses that have more serious consequences. Some of the worst ones are:

- E. coli 0157:H7*
- Salmonella enteritidis*
- Listeria monocytogenes*
- Campylobacter jejuni*

A complete list of bacteria that can cause food poisoning is listed on page 35 in this self-study guide.

Bacteria adapt to the environment they are in. As they adapt, they begin to multiply. When bacteria have been in the right environment for two hours their growth increases dramatically. In handling food, this means we have less than a total of two hours to make a decision to

- Cool the food**
- Heat the food**
- or**
- Eat the food**

When we control bacterial growth, we can control the major cause of foodborne illness.

The video program for this module is from the CARE Connection Training Program developed for the Child and Adult Care Food Program (CACFP) and is titled *Food Safety and Sanitation in Child Care Homes*. Before you watch the video tape, take a few minutes to read the video viewing tips below. This will help you get the most out of the video tape as a learning tool.

If you are completing this Self Study Guide online go to the following link to view the video: http://imedia.unr.edu/cooperative_extension/FoodSafety.aspx

Video Viewing Tips

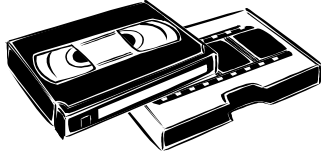
Your television screen can be a window to worlds that you may never have the chance to visit. A video can spotlight a foreign culture, take you back to a time in history, look inside the human body, let you walk through the pages of someone else's life. Most people learn best by watching, so watching a video is a natural way to learn. With the help of your VCR and remote control, you can create your own video learning experience. Here are some tips for making the most of this video for learning.

- Get to know your VCR! Learn how to use its features, especially the pause button, which allows you to reflect, write a note, or even look more closely at a still picture. And clean the VCR heads periodically.
- Preview the video by reading through this section of the self-study guide before watching the tape. This will help you focus as you watch the video. Be sure you know what the expected learning goals are. Learn any new terms which will be used in the video.
- Feel free to view the video in segments, stopping at points to review, make notes, or just to think about what you've seen. You may choose to watch the entire tape without stopping, or you may prefer to pause the tape in these spots to think and write.
- Choose a good time and place for viewing. Using video as a learning tool is not the same as "kicking back to watch TV." Be comfortable, but not reclining on the couch! Have enough light in the room to take notes, check on the reading material, and stay alert. Try to avoid interruptions like family activities or phone calls.
- Connect the video to your own experience. Write down observations and questions as you think of them. Imagine yourself in the video situation and learn from the "observer" vantage point.



Think and Respond -

The video tape mentions several ways that caregivers can protect children and themselves from foodborne illness. As you watch the video, think about these techniques and complete the checklist below. If you don't yet work with children but will in the future, use this activity to think ahead to what you **could** do. Which techniques do you already use? Which others could you start using?



~ ~ ~ **WATCH THE VIDEO TAPE NOW** ~ ~ ~

<u>Already Use</u>	<u>Could Start Using</u>
--------------------	--------------------------

Caregivers routinely wash their own hands

Caregivers routinely supervise or help children wash their hands

Wash and sanitize dishes, utensils, & surfaces

Keep the kitchen and serving areas clean

Use one cutting board for raw meat/poultry and a different cutting board for other foods like fruits, vegetables or bread

Keep hot foods hot and cold foods cold



How are you doing?

Now that you've finished Section 1, please take a few minutes to answer these questions about what you just learned. You can check your answers on pages 44-45. When you've finished, turn the page and continue with the self-study guide.

For each statement below, circle a T if the statement is true or an F if the statement is false.

1. T F Young children are more at risk for foodborne illness because their bodies can't fight off germs and bacteria as well as adults can.
2. T F We don't need to worry too much about bacteria in food because it grows very slowly.
3. T F Foodborne illnesses and food poisoning are the same thing.
4. T F It's easy to tell if you have a foodborne illness or just a flu bug.
5. T F We need to eat food, refrigerate food, or heat food within about two hours to restrict the dramatic growth of bacteria.

~ Section 2 ~

Safe Food Preparation



In this section you will learn:

- Y How hand washing helps stop the spread of harmful bacteria
- Y How to catch coughs and sneezes the safe way
- Y The importance of following a safe diapering procedure
- Y The importance of cleaning and sanitizing your food preparation area
- Y Tips for doing cooking activities with children

One of the best ways to prevent the spread of bacteria and germs is hand washing. We've heard it all our lives, but it is very true. To prevent the spread of germs...

WASH YOUR HANDS,

WASH YOUR HANDS,

WASH YOUR HANDS!



Child care providers and children need to wash their hands many times each day to get rid of bacteria.

Terms

Look for these new terms in Section 2:

cleaning
cross contamination
disinfecting
sanitizing

Also see glossary on pages 46.

Where To Wash

Hand Washing

Safe food preparation begins with clean hands. Our hands pick up bacteria very easily. When bacteria are on our hands, they can be spread to anything we touch. And we know that children and caregivers touch things all day long! This is the most common way bacteria are spread from person to person, between people and food, or from food to food.

It's best to wash your hands in the bathroom sink or a sink set aside for hand washing. This keeps germs from dirty hands out of the sink used for food preparation. In child care center kitchens there is usually a separate sink for hand washing. In this case, use one sink for food preparation and the separate sink for hand washing. Keep the hand washing sink clean and disinfected. This practice may not be practical in a child care home. Most homes have only one kitchen sink. In this case, clean and disinfect the sink after hand washing and before using it to prepare food.

Activity - Hand Washing Scoreboard

When do you wash your hands? How do you rate on the hand washing scoreboard? For this activity, keep track of when you wash your hands during an entire day. Check a box (either yes or no) on the hand washing scoreboard for each category of hand washing. At the end of the day, check your score and see how you did.



HAND WASHING SCOREBOARD



? Did You Always Wash:	Yes	No
Before beginning work		
Before preparing, handling, or serving any food		
After handling raw meat, fish, or poultry		
Before setting the table or sitting down to eat		
After eating, drinking, or smoking		
After changing <u>or</u> checking a diaper		
After using the toilet or helping children use the toilet		
After coughing or sneezing into your hands		
After using a tissue or helping children wipe their noses		
After touching your hair or children's hair		
Before and after giving any kind of first aid		
When hands came into contact with body fluids (urine, feces, vomit)		
After playing with, feeding, or caring for animals		
When finished working		
TOTAL OF YES ANSWERS		

How Did You Score?

You should wash your hands every time you do one of the fourteen activities listed. This will prevent the spread of germs and food contamination. If you didn't answer "yes" to all of the categories above, which times did you answer "no"? These are times that you need to add hand washing to your regular routine.

Teach Kids to Catch Coughs and Sneezes the Safe Way

Most of us, including children, have been taught to cover our mouths with our hands when we cough or sneeze. This keeps germs from being coughed or sneezed onto another person or into the air. But, it loads our hands with germs instead! If we washed our hands every time we coughed or sneezed into them, we'd be washing all the time.

There is a better way to catch coughs and sneezes safely. Teach children to turn their head to one side, raise their arm and cough or sneeze into their shoulder or elbow. This practice keeps the germs from being coughed or sneezed into the room or onto other people, and also keeps germs OFF hands. Caregivers should learn and practice this technique themselves. Then you can demonstrate this technique and even talk about it with the children in your program.

Group Activity:

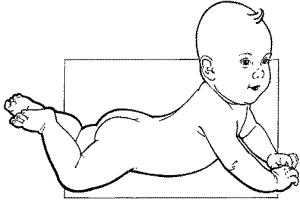
- C Gather the children together for a group time. Begin by singing a familiar song to help children get settled.
- C Talk to the children about germs. Make sure you tell them that germs are so small we can't see them, but that they are everywhere, all around us. Some bad germs can make us sick. Bad germs spread when we cough or sneeze. You might even read the book, *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs*.
- C Then talk to the children about ways they can stop the spread of germs. Washing their hands is one way. You can even take a short walk to the bathroom to practice washing hands and singing one of the hand washing songs on page 36.
- C Catching sneezes and coughs safely is another way. Teach children to be SAFE COUGH AND SNEEZE CATCHERS! Show them how to cough and sneeze into their shoulder. Let them practice it a few times.

Most of all, have fun teaching children about safe health practices! Here are two other ideas to make this learning fun for children.

1. **Germ Art** - During activity time, ask the children to create pictures of what they think germs look like. Give them paper, paints, crayons, markers or collage materials and have them create their own germs. Support their creativity by telling them you approve of their work, no matter what their creation looks like. You can say things like, "What a great looking germ!" or "Wow, your germ is super!".
2. **Cough and Sneeze Patrol** - Have children watch each other during the day for coughs and sneezes. Ask them to look for friends that are practicing the safe way to catch coughs and sneezes. Use the masters on page 37 to make small certificates or stickers that say, "I'm a Safe Cough & Sneeze Catcher". Let them wear stickers or take home the certificate to share with their families.



Changing Diapers

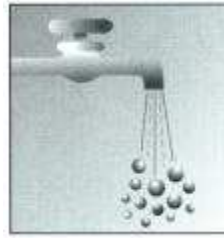


Caregivers change diapers and help children with toileting every day. Germs can be easily spread during these routines if caregivers don't follow healthy practices like hand washing and safe diapering procedures.

One type of bacteria that is especially serious is E-coli, which can be passed from one person to another through the feces. Young children are particularly at risk for this illness. If caregivers don't follow healthy practices, Ecoli can be spread in a child care setting, making children and caregivers very sick. For example, caregivers who forget to wash their hands properly when diapering or helping children use the toilet may accidentally pass the bacteria from a sick child to other children.

Caregivers should do everything they can to prevent illness from spreading in the child care setting. Here are some tips to remember when diapering or helping children in the bathroom.

- C The diapering area should NOT be near the area where food is prepared. It should be a separate area used just for diapering.
- C Follow a safe diapering procedure, like the one on page 38 of this self-study guide. Post it in your diapering area so it's easy to see and follow.
- C Check the bathroom several times each day and clean and disinfect as needed.
- C Remember to wash your own hands and the hands of children often, especially after diapering or helping a child use the toilet.
- C Encourage young children to learn proper hand washing techniques.



Cleaning the Food Preparation Area

An important part of preventing the spread of germs and illness is keeping things clean. In child care programs this includes the area where food is prepared and served, and the dishes and utensils used to prepare food. Germs like to grow in all kinds of places like

- Counter Tops and Tables
- Cutting Boards
- Sponges
- Dishcloths and Towels
- Silverware and Utensils
- Dishes

Killing germs requires two steps - **cleaning**, and either **sanitizing** or **disinfecting**. Cleaning means to remove visible food or dirt. For example, you can clean a table by wiping it off with soap and water. Sanitizing or disinfecting is an extra step that kills harmful germs. Sanitizing can be used for most types of clean up. Disinfecting is usually needed for heavy duty clean ups such as blood, urine, feces, or vomit. Sanitizing and disinfecting use a chemical or heat to kill germs. Chlorine bleach is an example of a chemical used to disinfect. Surfaces must be cleaned first, then they can be sanitized or disinfected.

Disposable Disinfectant Wipes

Several manufactures now sell disposable disinfectant wipes. These do not contain bleach but do contain other chemicals that disinfect. These wipes may be used on hard, non-porous surfaces but are not recommended for use on children's toys, or other items that will come into contact with the mouth. Be sure to follow all the manufactures instructions for use. Remember to store them out of reach of children at all times.

Sanitizing Your Kitchen & Classroom

Sanitizing is best for equipment used to prepare food, dishes, eating and serving utensils, and surfaces that come in contact with food (like cutting boards, can openers, tables and counter tops). A simple bleach solution is an easy and inexpensive way to sanitize.

Sanitizing Bleach Solution

Mix 1 tablespoon of chlorine bleach with one gallon of water. Store in a clearly marked plastic bottle.



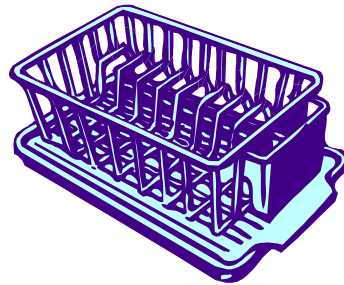
What and When to Clean and SANITIZE in the Food Preparation Area

- C Kitchen or classroom counters - before and after preparing food
- C Tables and high chair trays - before and after eating
- C All dirty dishes, utensils, and silverware
- C Kitchen equipment like mixers, blenders, can openers, and food processors - after each use
- C Cutting boards - use two cutting boards, one for raw meat, poultry, fish and a second one for vegetables, fruit, cooked meats, and other food - wash and sanitize after each use
- C Dishcloths and towels - wash daily or when heavily soiled in hot water
- C Sponges - throw them away after two weeks, even if they still look clean

Bleach loses strength when mixed with water and exposed to heat and light. So, bleach solutions need to be made fresh every day. It is best to let sanitized surfaces air dry. That may not always be practical. If you need to use a sanitized surface right away (like a diapering table), use a clean paper towel to dry the surface before using it again.

How to Clean and Sanitize

The best way to wash, rinse, and sanitize dishes and eating utensils is to use a dishwasher. The dishwasher uses heat and chemicals to clean and sanitize. If a dishwasher is not available, use a sink with three sections to wash, rinse, and sanitize dishes. A sink with one section can be used along with two large dish pans for the second and third sections. A dish rack and drainboard are also needed to allow dishes and utensils to air dry.

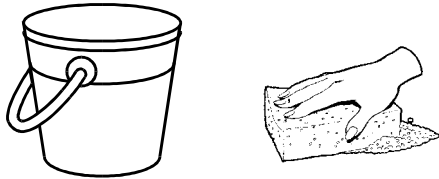


To wash and sanitize dishes by hand:

Fill one sink compartment or dishpan with hot tap water and a dishwashing detergent. Fill the second compartment or dishpan with hot tap water. Fill the third compartment or dishpan with warm tap water (about 75°F) and one tablespoon of liquid chlorine bleach for each gallon of water. Scrape dishes and utensils and dispose of excess food. Immerse scraped dish or utensil in first sink compartment or dishpan and wash thoroughly. Rinse dish or utensil in second dishpan of clear water. Immerse dish or utensil in third dishpan of bleach water for at least 1 minute. Place dish or utensil in rack to air dry.

Disinfecting for Heavy Duty Clean Up

Some clean ups requires a stronger bleach solution, like when cleaning up blood or body fluids (urine, feces, vomit). This stronger bleach solution is used to disinfect (kill more germs) and is usually used for surfaces that will not have contact with food or the mouth.

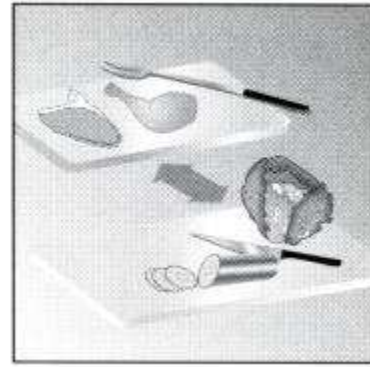
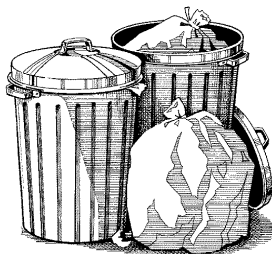


Disinfecting Bleach Solution
Mix 1/4 cup of chlorine bleach
with one gallon of water.

What and When to Clean and DISINFECT in the Food Preparation Area

- C Trash Cans - keep them covered, use plastic liners, empty daily, wash and disinfect weekly
 - C Hand Washing Sinks & Faucet Handles - wash and disinfect daily and when soiled
 - C Hard Floors - mop and disinfect daily
-

Keeping food preparation and serving areas clean is an ongoing job. Everyone who prepares and serves food (in the kitchen, in a classroom, or in a home) should know how to clean, sanitize, and disinfect all the equipment, dishes, and surfaces that are used. Remember, the diapering area should always be separate from the food preparation area.



Separate: Don't Contaminate

Cross contamination can happen when bacteria move from one surface or food to another. For example, if a cutting board is used to cut raw meat and then used again to cut vegetables without cleaning and sanitizing (1 tablespoon of chlorine bleach in 1 gallon of water) between uses, the vegetables can become contaminated from the meat. Caregivers can prevent cross contamination by remembering these tips:

Wash your hands and clean and sanitize work surfaces immediately after preparing raw meat or poultry and before preparing the next food.

Clean and sanitize hard surfaces used for food preparation or eating - like counter tops, tables, and cutting boards.

Wash towels or dishcloths in hot soapy water after using them to wipe juices from raw meat, poultry or fish.

Use plastic or glass cutting boards, not wood. If possible, use more than one cutting board - one for raw meat, poultry and fish and another one for vegetables, fruit and other food.

Keep raw meat, poultry and fish away from other foods. Store them in the bottom of the refrigerator on a plate or in a pan to catch any drippings.

After cooking meat, put it on a clean plate and not the plate it was on when the meat was raw.

Activity - Cutting Board Critique

Here's your chance to inspect the cutting boards in your child care program. For this activity, locate **all** the cutting boards used in your program. These may be in your home kitchen, in a center kitchen, or in a classroom. Then use the list below to decide if each one is safe to use with food.

<u>Cutting Board Checklist</u>	<u>Yes</u>	<u>No</u>
--------------------------------	------------	-----------

Plastic/acrylic, non-porous

Wooden

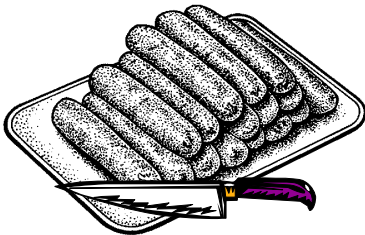
Excessively worn

Washed & sanitized
after each use

Separate boards for
raw meat & other foods

What to do:

1. Throw away any cutting board that is excessively worn.
2. Consider purchasing additional cutting boards so there are separate ones for raw meat and other foods. Use different colored cutting boards to help you keep them separate.
3. Consider throwing away wooden boards and buying plastic or acrylic ones.
4. Get in the habit of washing and sanitizing (1 tablespoon of chlorine bleach in 1 gallon of water) cutting boards after each use.



Little Dippers

Children love to dip food into sauces like ketchup and ranch dip. Dipping lets children practice small muscle skills and eye-hand coordination while they enjoy their food. Caregivers need to be sure children follow safe food handling rules when they dip their food.

- C Each child should have their own container of dip. Serve dip to individual children in small cups or on a paper plate. Cupcake papers work well for this too.
- C Children should never be allowed to dip food in one large container for the whole group. This would spread germs from the children's mouths back to the food when they "double dip" the same piece of food.
- C Always throw away any leftover dip on a child's plate or cup.



Cooking Activities With Children

When children have snacks and meals and participate in cooking activities they are not just cooking and eating – they are learning! They learn social skills when they take turns passing food, have conversations at the table, and help clean up. They develop their muscles reaching for and grasping food and cooking tools. They develop their thinking skills when they count, measure, and mix ingredients. They learn about different kinds of food, and which foods they like and don't like.



Children also need to learn another important part of cooking and eating - food safety! So how can caregivers help children handle food safely? How can you include cooking activities for children in your program and follow safe and healthy food practices?

Plan Ahead

Supervise Carefully

Use Good Group Management

Please contact your child care licensing agent for specific regulations about doing cooking activities with children in your care.

Plan Ahead

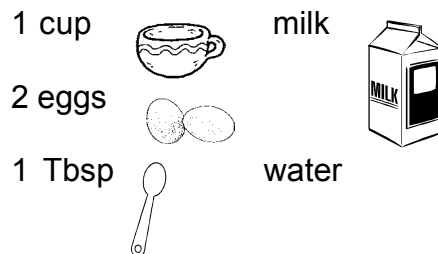
One of the best things caregivers can do when including cooking activities with children is to plan ahead. Here are some tips for planning before you start any cooking activity with children.

Choose a simple recipe with basic ingredients and clear directions. Choose a recipe that allows the children to do as much of the measuring and mixing as possible. Some recipes even have individual portions so each child can mix his or her own. Some sample recipes are on pages 39-41 of this self-study guide.

It is helpful to **try the recipe yourself** before you try it with the children. It's better to know ahead of time if there will be problems.

Make a list of the items you need to buy and **shop ahead of time**.

Create a poster with the recipe for the children to "read" and follow. Use pictures for some of the ingredients and directions, like a cup, spoon, bowl, eggs, milk carton, etc. (see sample below). Hang the poster up near the area you will be cooking in.



Get out all the supplies and ingredients in advance (except the ones that need to stay in the refrigerator until ready to use). Put the cooking items on a clean and sanitized tray or cart so it's easy to bring them to the classroom or cooking area.

Plan to **do the cooking activity near water** (for cleaning up) and an electrical outlet (if needed).

Choose a recipe that can be prepared in about 15 minutes or less. Some children will lose interest if it takes much longer and won't get all the way through the activity.

Supervise Carefully

Cooking is one of those activities that requires extra supervision. Caregivers need to pay special attention to both cleanliness and safety while cooking. Here are some tips for supervising cooking activities with children.



Be sure the cooking area, surfaces, and cooking equipment are **clean before beginning**.

Have all children wash their hands before starting and re-wash any time you see them touch their face or hair. It helps to explain to children why they need to keep their hands clean while cooking. Ask them not to touch anything else during the activity.

Children usually want to taste what they're cooking. If the recipe doesn't have raw eggs or raw meat in it, you may allow them to taste safely by putting a small amount in a separate bowl and dipping clean spoons into the tasting bowl. Use one spoon for each child, one dip only! **Never taste anything with raw eggs or raw meat in it!** **Let children take turns measuring and mixing.** Be sure each child gets a turn. Give the youngest children the first turns so they don't have to wait so long.

Be especially careful with food that needs to be cut with a knife. Cut the foods yourself ahead of time or allow older children (ages 3 to 5 years) to cut soft foods with plastic knives.

Be especially careful with electrical appliances like toasters or electric skillets. Plan to sit close to the appliance at all times and watch closely so children don't get burned. Use oven mitts to protect hands.

Use Good Group Management

Caregivers often do cooking activities at the same time as other activities. This requires the caregiver to be aware of all the children in the program, not just the ones at the cooking activity. So how do caregivers manage the cooking activity while keeping an eye on the rest of the group?

Limit the number of children doing the cooking activity to about 4 or 5. Using small groups means you will have to do the cooking activity several times in a row so that all children get a chance to participate.

Do cooking activities when there is another adult to help. Parents and grandparents are great for this job - see if one will volunteer to help. One person can help with cooking while the other one supervises the rest of the group. Remember, you are ultimately responsible for the safety of the children in your care.

Plan other activities that are interesting to children but don't require a lot of supervision. Children need to have other fun activities to choose from so they won't mind waiting for a turn to cook.



Let children know that everyone will have a chance to cook. Keep track of who wants to cook and let children know when it's their turn.

Guide children to another activity when the cooking table is full.

If you must step away from the cooking activity to help other children, be sure any dangerous items are put out of the children's reach. Better yet, ask another caregiver or volunteer to handle the situation so you can stay at the cooking activity.



How are you doing?

Now that you've finished Section 2, please take a few minutes to answer these questions about what you just learned. You can check your answers on pages 44-45. When you've finished, turn the page and continue with the self-study guide.

In the lines below, write the letter of the term that correctly completes each statement.

- A. hand washing C. chlorine bleach E. cross contamination G. disinfecting
B. liquid soap D. sanitizing F. cleaning

6. ____ One of the best ways to prevent germs from spreading is _____.
7. ____ When washing your hands it is best to use warm, running water and _____.
8. ____ The first step to killing germs is _____.
9. ____ _____ is a type of chemical used to disinfect.
10. ____ A solution made from one tablespoon chlorine bleach in one gallon of water is best used for _____.
11. ____ _____ requires a bleach solution made from 1/4 cup of bleach in one gallon of water.
12. ____ When bacteria move from one surface or food to another surface or food, it's called _____.

(Continued on next page.)

After cleaning, which items should be sanitized and which should be disinfected?
Check a box to indicate your answer.

Sanitize

Disinfect

- 13. Hand Washing Sinks
- 14. Dishes, Utensils, and Silverware
- 15. Trash Cans
- 16. Cutting Boards
- 17. Kitchen or Classroom Counters
- 18. Hard Floors

- 19. What are three things you can do to make cooking activities with children easier and more successful?

*

*

*

~ Section 3 ~

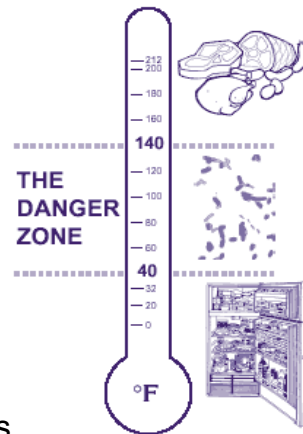
Safe Food Handling and Storage



In this section you will learn:

- Y About the food temperature danger zone
- Y How to cook and store foods safely
- Y The importance of using a food thermometer
- Y How to read expiration dates on food
- Y How to safely serve foods brought from home
- Y Special guidelines for baby food, formula, and breast milk

Cold foods need to be stored at 40°F or colder. Once foods are cooked they need to be kept hot. Hot foods need to be kept at 140°F or hotter. We call the temperatures between 40°F and 140°F the ***danger zone***.



Foods that are kept longer in the danger zone (higher than 40°F but lower than 140°F) allow bacteria to grow quickly. No more than two hours in the danger zone is recommended. This includes time between the grocery store and refrigerator, time to defrost, and time left out during and after serving. One of the biggest causes of illness from food is eating food that has been held for too long in the danger zone.

Keeping hot foods above 140°F and cold foods below 40°F slows bacterial growth! Sometimes food that looks and smells good is actually contaminated. If you're not sure if a food has been held in the danger zone too long - throw it away!

IF IN DOUBT,

THROW IT OUT!

Terms

Look for these new terms in Section 3:

best before/best if used by date

danger zone

metal-stem food thermometer

policy

sell by date

use by date

Also see glossary on pages 46.

Children and caregivers can become sick from food poisoning (foodborne illness) if they eat food that has bacteria growing in it. One way to stop the growth of bacteria is to control the temperature of food.

KEEP HOT FOODS HOT
AND
COLD FOODS COLD

Bacteria are a lot like people, they need food, time and the right environment to grow. They grow especially well in foods high in protein such as milk, eggs, meat, poultry, and fish. Be sure food is safe to eat by cooking and storing foods at proper temperatures.

The Danger Zone



Some adults prefer meat that is cooked medium or medium rare. Most of the time this doneness is fine for roasts, steaks, or chops. But where children are concerned, meat and poultry should be cooked until they are well done. The only way to be sure a meat product is well done is to cook it to the correct internal temperature. Correct temperatures are suggested by the U.S. Department of Agriculture on the following chart. If you are cooking fresh fish, cook it until the fish flakes easily with a fork.

TEMPERATURE RULES	
Type of Food	EF Internal
<u>Ground Meats</u>	
Hamburger	160
Veal, Lamb, Pork	160
Chicken or Turkey	165
<u>Whole Cuts of Fresh Beef, Veal, Lamb</u>	
<i>Medium rare</i>	145
<i>Medium</i>	160
<i>Well-done</i>	170
<u>Whole Cuts of Fresh Pork</u>	
<i>Medium</i>	160
<i>Well-done</i>	170
<u>Ham</u>	
Fresh (raw)	160
<u>Poultry</u>	
Chicken & Turkey, whole	180
Poultry Breast, roast	170
Poultry Thighs, Wings & Legs	180
Duck & Goose	180
Stuffing (cooked alone or in bird)	165
<u>Eggs & Egg Dishes</u>	
Eggs - Cook until yolk and white are firm	
Egg Dishes	160
<u>Leftovers & Casseroles</u>	165



Food Storage

Store cold foods or leftovers in the refrigerator at 40°F or below. Store frozen foods at 0°F or below. Keep working thermometers in your refrigerator and freezer so you know the temperatures. A good guide is to keep your refrigerator as cold as possible without freezing the milk or lettuce. Follow these other storage tips to keep food safe to eat.

- C Keep cold foods in the refrigerator until just before serving time.
- C Cool cooked foods quickly. Quickly place hot cooked foods into cool, clean containers. Put them into the refrigerator, do not cool on the counter top.
- C Cover or wrap all foods stored in the refrigerator or freezer.
- C Thaw frozen food the safe way - on the bottom shelf of the refrigerator. Never thaw frozen food on the counter top. Bacteria can grow in the thawed outer layers of food before the inside thaws.
- C If you defrost food using a microwave oven, **immediately** cook the food. Bacteria grows quickly at room temperature.
- C Store dry food (like cereal or crackers) in a cool place in covered or sealed containers. Store food at least six inches above the floor.
- C Always marinate foods in the refrigerator,

not on the counter top. Never use the marinade as a sauce for the cooked food. Bacteria from the marinade can spread to the cooked food and cause illness. Put the cooked food on a clean plate, not on the plate used to marinate it.

What To Do About Leftovers?

- △ Refrigerate leftovers as soon as the meal is over. Remember they can't be left in the danger zone more than a total of two hours.
- △ Divide large amounts of leftover food into smaller, shallow containers (about 2 inches deep). Cool them in the refrigerator with the lids off. Then put the lids on after they have cooled.
- △ Serve leftover foods the next day. Never mix fresh food with left over food - it is not safe. For example, mixing leftover tuna salad with freshly-made tuna salad would not be safe.
- △ When reheating leftovers, remember to heat them until the inside temperature is 165°F.



Expiration Dates

Another way to prevent foodborne illness is to be on the lookout for spoiled food. Many foods are labeled with dates to tell us if they are still fresh enough to eat. There are different kinds of dates listed on different foods. For example, do you know the difference between a “sell by” date, a “use by” date, and a “use before” date?

Sell By Date: is the last day a product can be sold in the store.

Sell by dates are usually found on meat, milk, yogurt, bread and other perishable foods. The manufacturer recommends these dates, which take into account additional time for storage and use at home. Some meat, like beef and pork, should be eaten within three to five days after the sell by date. Poultry, seafood, and ground meats would be eaten within two days. Other foods (like milk and bread) are usually good to eat for five to seven days after the sell by date.

Use By Date: is the day when the food is no longer fresh enough to eat. It may also say “expires by”.

Use by dates appear on foods like eggs, and other items that require refrigeration. Do not buy or eat food products that are past their use by date.

Best Before or Best If Used By Date: are phrases that tell you how long the food will retain its best flavor or quality.

These phrases are often used on baked goods, snack foods, cereals and some canned items. The food may still be safe to eat after this date, but could taste stale or have a different texture.

Watch for these dates on food products when you shop and before you prepare food. **Remember, when in doubt, throw it out!**

Activity - Expiration Date Scavenger Hunt

This activity will help you inspect your refrigerator and pantry or cupboards for spoiled food. If you work in a home setting, do this yourself with your own food products. If you work in a child care center, work with the person who prepares food for your program to complete the activity.

Directions: Inspect the perishable food products in the refrigerator and the non-perishable food in pantry or cupboards. Look for foods that have expiration dates. Discard any foods that are no longer fresh and safe to eat. Use the checklist below to keep track of what you find.



In the refrigerator:
es No

Y

“Use By Date” expired?

List the foods you found and threw away:



In the pantry or cupboard:

Yes No

“Use By Date” expired?

List the foods you found and threw away:

Bringing Food From Home



Lunch Boxes and Sack Lunches:

Many children bring their own lunches to child care programs each day. Does your program practice safe food handling with lunches from home? For example, are lunches put in a refrigerator until it's time to eat them? Or, do you remove perishable foods from lunches and refrigerate them until lunch time? Do you remove containers with hot food from lunches before placing them in the refrigerator? Do you throw away or refrigerate perishable foods not eaten at lunch, such as meat, poultry, or egg sandwiches?

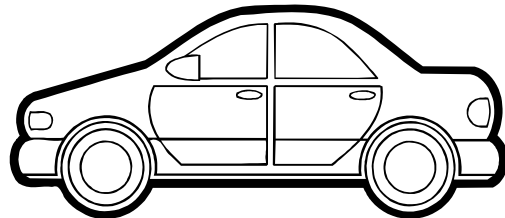
You can help parents provide safe food for their child's lunch by teaching them the food safety tips on page 42 of this module.

Other Food From Home:

Parents often bring food from home to child care programs for snacks, potluck meals and other special events. What can you do and what should parents do to be sure this food is safe to eat? The same food safety rules about the temperature danger zone and cross contamination apply to this food as to other food you serve in your program.

What you can do:

- C Create policies about food brought from home.
- C Make sure parents know what your policies are.
- C Educate parents about food safety issues.
- C Make sure food is properly stored once it arrives at your program. Keep cold foods in the refrigerator. Keep hot foods hot with crock pots or holding trays. If needed, reheat hot foods to the proper internal temperature before serving. Remember the danger zone is above 40°F for cold food or below 140°F for hot food.
- C Ask parents when the food was prepared and how long it's been kept in transport.
- C Don't hold food at room temperature for longer than 2 hours.



What parents can do:

- C Prepare food in a clean kitchen. Wash hands before preparing food.
- C If bringing cold food, keep it cold! Pack cold food in an ice chest to take it to child care.
- C If bringing hot food, keep it hot! Pack hot food in a thermal blanket or a styrofoam chest to bring it to child care.
- C Let the child care provider know when the food was prepared and how long it's been held in transport.

Activity - Write a Sample Policy

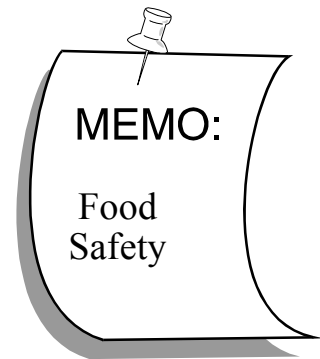
For this activity, think about the food that is brought into your child care program by the families you serve. This may include lunch boxes or sack lunches, snacks, and foods for potluck meals or special events. Answer the questions below. Then, practice writing a **policy** for parents on food safety. A policy is a written plan or rule about how you will handle a particular question or issue, like food safety.

1. Do you already have a written policy for parents about bringing food from home?

___ Yes ___ No ___ Not Sure

2. If you're not sure, ask the owner or director of your program about policies. If the answer is yes, what does the policy include?

- ___ Lunch Boxes or Sack Lunches
- ___ Snack Foods for the Children
- ___ Treats for Special Occasions
- ___ Food for Pot Luck Meals or Special Events
- ___ Other Foods _____



3. If the answer is no, think about the foods listed above. What will be important for parents to know about these foods in order for them to be safe in your child care program?

In the space below, write a sample policy that you can give to parents about foods brought from home. The policy should say clearly what parents should do and NOT to do to keep these foods safe to eat.

Especially For Babies

Support Parents' Choices

Parents have several decisions to make about feeding their infants. Some parents may worry that it will be too hard to continue to breast-feed when their baby is in child care. Let parents know that you support this practice and that you will help the mother to continue breast-feeding. Support may mean that you feed the baby breast milk that the mother provides each day. Or, if the baby has formula during the day, it may mean that you will not feed the baby right before the mother picks him or her up so that the baby will nurse right away. Whether infants are fed breast milk or formula, be sure to follow the parents' instructions about the kind of bottle or bottle liners to use.



Note: Help new parents learn more about how to safely handle expressed breast milk by giving them a copy of the hand out on page 43 of this self-study guide.

Use Breast Milk and Formula That Are Safe



For You to Consider:

Parents will know you support their choice to breast feed their baby when your program offers a friendly environment for them to use while nursing. What could you do in your program to create a breast-feeding friendly corner? How could you let parents know this space is for them to use? What would you include in the space?

Keep Everything Clean

- C Clean and sanitize reusable bottles, bottle caps, and bottle nipples before every use. Do this by washing them in a dishwasher OR hand wash, rinse and boil them for at least 5 minutes in a covered pot just before filling them.
- C Prepare formula for young infants (3 months or less) with boiled water or sterile bottled water. Boiling kills bacteria that may be in the water. Boil water in a covered pan for 5 minutes.
- C Be sure to use the breast milk or formula

intended for each child. When you have more than one infant who is bottle-fed, be sure each child's bottle has his or her name on it. Never serve a bottle prepared for one child to another child.

- C If the infant is fed breast milk, ask the parents in advance to bring breast milk in clean bottles, clearly marked with the child's name and the date it was expressed. Keep the bottles refrigerated until ready for use. Immediately throw away any unused breast milk from the bottle. Throw away any unused refrigerated breast milk after 5 days.
- C Parents may choose to bring prepared bottles of formula. If infants are formula-fed, ask the parents to bring in the formula if they can. This practice shows that you support the family's feeding decision and provides familiar formula for the infant. Ask the parent to carry prepared formula in an insulated thermos bottle or in an insulated container with a freezer gel pack to keep it cold. Immediately refrigerate all bottles and clearly label them with the child's name. If the family is unable to keep the formula cold, have them bring along an unopened can of ready-to-use formula or a bottle of water and powdered formula to mix when the baby is ready to eat.
- C If you provide the formula, it should be either ready-to-feed or carefully prepared from powder or concentrate. Prepare formula according to the instructions on the container. Use water from a source that has been approved by your local health department. Discard any prepared formula in bottles after 24 hours. Immediately discard any unused formula from the bottle you fed the baby.

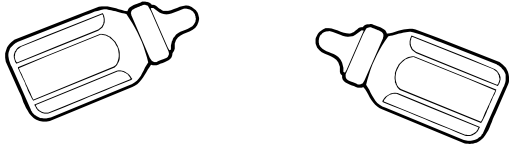
Prepare and Serve Breast Milk and Formula Properly

- C Thaw frozen breast milk under cold running water or in the refrigerator, or set the bottle

in a bowl of hot tap water for several minutes. NEVER thaw it out on the counter or in a microwave.



- C It is not necessary to warm breast milk or formula, but some babies may prefer it. If you need to warm breast milk or formula, place the bottle in a pan of hot (not boiling) water for 5 minutes. Take the bottle out, shake it well, and test the temperature of the milk on the back of the hand (not inside the wrist) before feeding it to the infant.
- C Never warm breast milk in a microwave oven. The fluid can get too hot in some places and cause a burn. Although there are safe ways to microwave formulas, most child care licensing agencies advise against this practice.
- C Don't warm bottles by leaving them out of the refrigerator or putting them in warm water for extended periods of time. Warm formula provides an ideal environment in which bacteria can grow.
- C Some children still use bottles when they start drinking homogenized milk. Pour the milk directly from the carton or container into a clean, disinfected bottle or a disposable, sterile bottle liner. Be sure to label the bottle with the child's name. **Do not allow the child to walk around with a bottle - it can easily become contaminated or can be held in the DANGER ZONE for too long.**



Store Bottles Safely

- C Label all bottles of breast milk or formula with the child's name and the date it was expressed or prepared. Store the bottles in the refrigerator or freezer until they are used for feeding.
- C Cover and refrigerate any open containers of ready-to-feed or concentrated formula.

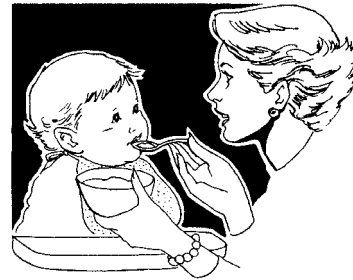
When Should You Throw Away Breast Milk or Formula?	
Type of Food	Discard
<u>IN BOTTLE</u> Contents left after each feeding	Immediately
<u>IN REFRIGERATOR</u> Open containers of ready-to-feed or concentrated formula	After 48 hours if not used
Prepared bottles of formula	After 24 hours if not used
Bottles of expressed breast milk	*After 5 days if not used
<u>IN FREEZER</u> Bottles of expressed breast milk	*After 2 weeks if not used
<p>*Opinions differ about the amount of time that breast milk can be safely stored. The times shown here have been taken from the American Academy of Pediatrics Web site: http://www.aap.org/family/brstguid.htm Obtained 2/21/01 If storage conditions are not ideal (for example, the refrigerator door is opened frequently) discard expressed breast milk sooner.</p>	

Baby Food

Child care providers need to be extra careful when serving babies food. Here are some simple guidelines to follow.

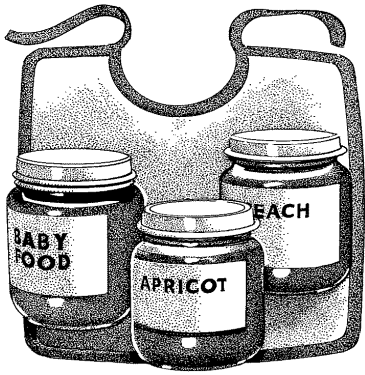
Before Feeding:

- C Check "Use by" dates on baby foods. If the date has passed, throw it out.
- C Check to see that the safety button in the lid is down. If the jar lid doesn't "pop" when opened, or is not sealed completely, don't use it.
- C Wash the jar and lid before opening to make sure the surface of the container is free of harmful bacteria



Serving:

- C Take some of the baby food out of the jar and put it in a bowl or on a plate to serve to baby. The remainder of the food in the jar should be tightly closed, dated and stored in the refrigerator. Use refrigerated jars within 72 hours.
- C Throw away uneaten food from the dish as bacteria from the baby's mouth moves to the spoon and into the dish. If the food is served again, it could be full of bacteria, making the child sick.
- C Feed every child from a separate plate or bowl, with a separate spoon. Using the same plate, bowl, or spoon will pass bacteria from one child to another.
- C Don't heat baby foods in jars in the microwave. The heat is uneven and can product "hot spots" that can scald baby's mouth or throat.



STORAGE OF BABY FOOD

According to recommendations from the U.S. Department of Agriculture (USDA), open jars or freshly made baby food can only be stored for a limited time.

Type of Food	Refrigerator	Freezer
Strained Fruits and Vegetables	2-3 days	6-8 months
Strained Meats and Eggs	1 day	1-2 months
Meat/Vegetable Combination	1-2 days	1-2 months

Notes:



How are you doing?

Now that you've finished Section 3, please take a few minutes to answer these questions about what you just learned. You can check your answers on pages 44-45.

For each statement below, circle a T if the statement is true or an F if the statement is false.

20. T F Cold food should be stored in a refrigerator at 40°F or colder.
21. T F Hot food needs to be kept at 140°F or hotter to prevent bacteria from growing.
22. T F The temperatures between 40°F and 140°F are called the food safety zone.
23. T F The best way to tell if meat is cooked properly is to cut into it and see if it's still pink in the middle.
24. T F It is OK to mix yesterday's leftover rice with rice that is prepared today.
25. T F Checking the "sell by" and "use by" dates on food will help prevent foodborne illness.
26. T F Lunch boxes or sack lunches containing perishable foods can be kept in cubbies until just before they are eaten.
27. T F It is important to follow all food safety rules when preparing and serving baby food, breast milk, and formula.

The statements below give examples of how food can be contaminated in the child care setting by poor food handling practices. For each example listed, think of one way the problem can be corrected and write it in the space provided.

28. One cutting board is used to cut both raw meat and vegetables and is not washed between uses.

29. A caregiver is serving snack and stops to wipe a child's nose, then continues serving.

30. Cooked chicken is put back on the same plate the raw chicken was on.

31. Soup is cooked in the morning for the lunch meal and is cooled on the stove top before it is put in the refrigerator.

32. An infant is fed prepared baby food directly from the jar and the left over food is kept for another time.

33. After helping a child in the bathroom, the caregiver quickly rinses her hands under cold water.

34. The snack table is wiped off with a wet sponge before serving and eating food.

You Did It!

Congratulations on completing the Food Safety in Child Care Settings training module! This is the end of the self-study guide for this module. If you have not already done so, you can check your answers to the “How Are You Doing?” questions on pages 44-45. Also, be sure to look through the handouts and other resources at the end of this guide.



Community Resources for Child Care Providers

CHILD CARE LICENSING AGENCIES

Licensing agencies are responsible for licensing and monitoring child care homes and centers across the state. They also enforce child care regulations, investigate complaints about child care, and provide training and resources for child caregivers. Each agency is responsible for a certain geographic area in Nevada. Contact the agency nearest you for information or questions about child care licensing and regulation.

State Licensing Offices:

Bureau of Services for Child Care
1010 Ruby Vista Dr.
Elko, NV 89801
(775) 753-1237
FAX (775) 738-0165

Bureau of Services for Child Care
711 E. Fifth Street
Carson City, NV 89701
(775) 684-4421
FAX (775) 684-4457

Bureau of Services for Child Care
4220 S. Maryland Parkway
Building B, Suite 322
Las Vegas, NV 89119
(702) 486-7918
FAX (702) 486-6660

City and County Licensing Offices:

City of Las Vegas Child Care Licensing
Dept of Finance & Business Services
400 E. Stewart Ave.
Las Vegas, NV 89101
(702) 229-6281
FAX (702) 382-6642

Clark County Social Services
Child Care Licensing
1600 Pinto Lane
Las Vegas, NV 89106
(702) 455-3409
FAX (702) 455-5950

Washoe County Department of Social
Services
350 S. Center Street, Suite 200
PO Box 1130
Reno, NV 89520-0027
(775) 337-4470
FAX (775) 337-4495

Carson City Environmental Health Dept.
Child Care Licensing
3303 Butti Way, Bldg. #1
Carson City, NV 89701
Phone (775) 887-2190
FAX (775) 887-2248

CHILD CARE RESOURCE AND REFERRAL SERVICES

Child Care Resource and Referral (CCR&R) agencies help families find child care, provide financial assistance to families to help pay for child care, offer training and substitute services for child care providers, and coordinate many other services for children and families. There are two Resource and Referral agencies in Nevada, serving the two halves of the state.

The Children's Cabinet, Inc.
Early Care and Education Department
1090 S. Rock Blvd.
Reno, NV 89502
Phone (775) 856-6210
Or toll free (800) 753-5500
Web site www.childrenscabinet.org

EOB Community Action Partnership
Child Care Assistance Division
2500 W. Washington Ave.
Las Vegas, NV 89106
Phone (702) 387-0985
Or call toll free (877) 387-0090
Web site www.eobcc.org/childcare/index.html

NEVADA COOPERATIVE EXTENSION OFFICES

University of Nevada Cooperative Extension is the outreach arm of the University of Nevada, Reno. Extension offers non-degree educational programs and printed materials across the state. There are many programs available for children, youth, and families – including programs about child care. For help or information, contact a state or area specialist at one of the offices listed.

Southern Area Office – Clark County
8050 Paradise Road, Suite 100
Las Vegas, NV 89123-1904
Phone (702) 222-3130
Web site www.unce.unr.edu/counties/clark/

Central/Northeast Area Office
40 East Center St., Unit 14
Fallon, NV 89406
(775) 428-0206
Web site www.unce.unr.edu/areas/central/

Western Area Office – Washoe County
5305 Mill Street
Reno, NV 89502-2315
Phone (775) 784-4848
Web site
www.unce.unr.edu/counties/washoe/reno/

University of Nevada, Reno
Human Development & Family Studies
Mail Stop 140
Reno, NV 89557
Phone (775) 784-6490
Web site www.unce.unr.edu

UNIVERSITY AND COMMUNITY COLLEGE PROGRAMS

Nevada Universities and Community Colleges have programs in Human Development & Family Studies (HDFS) and Early Childhood Education (ECE). The Universities and Community Colleges offer courses on a variety of topics related to children and families, as well as certificate and degree programs. Contact the campus nearest you for information about registration, certificate and degree programs, course schedules, and scholarships.

University of Nevada, Reno
Human Development & Family Studies
Mail Stop 140
Reno, NV 89557
(775) 784-6490

Community College of Southern Nevada
Child Development Lab
6375 W. Charleston Blvd.
Las Vegas, NV 89102-1124
(775) 651-4081

Truckee Meadows Community College
7000 Dandini Blvd.
Reno, NV 89512
(775) 673-7000

Mark H. Dawson Child & Family Center
Great Basin Community College
1500 College Pkwy., Box 68
Elko, NV 89801
(775) 753-2225

Western Nevada Community College
2201 W. College Pkwy.
Carson City, NV 89703
(775) 887-3099

OTHER RESOURCES:

For answers to specific questions about food safety and sanitation in your area, contact your local health department. For information about nutrition and food service for young children, contact the Child and Adult Care Food Program at the Nevada Department of Education.

Washoe County District Health Department
1001 E. 9th Street, Building B
P.O. Box 11130
Reno, NV 89520-0027
(775) 328-2447

For counties outside of Washoe, Clark or Carson City please contact:

Nevada State Health Division
Bureau of Health Protection Services
Secretary of Environmental Health
1179 Fairview Dr., Suite 104
Carson City, NV 89701
(775) 687-4750

Clark County District Health Department
Environmental Health/Child Care Program
P.O. Box 3902
Las Vegas, NV 89127
(702) 383-1220

Carson City Environmental Health
3303 Butti Way, Bldg. #1
Carson City, NV 89701
(775) 887-2190

Child and Adult Care Food Program
Nevada Department of Education
1820 E. Sahara, Suite 208
Las Vegas, NV 89104
(702) 486-6472

Food for Kids
2675 S. Jones Blvd., Suite 213
Las Vegas, NV 89146
(702) 877-5437

Understanding the Food Poisoners (especially in young children)*

Bacteria	Potential illness	Food sources of bacteria	Onset and Disease Severity	Preventative Measures
<i>Staphylococcus aureus</i>	Vomiting, diarrhea	Meat, poultry, meat and poultry salads, cheese, egg products, starchy salads (potato, macaroni, pasta and tuna), custards, and cream-filled desserts.	2 - 8 hours after eating Mild to severe (rarely) Lasting a day or 2	Usually spreads from skin via poor handling practices, so: C wash hands, utensils before and during food preparation C don't leave food out over 4 hours
<i>Campylobacter</i> *	Arthritis, blood poisoning, Guillain-Barre syndrome (paralysis); chronic diarrhea; meningitis; and inflammation of the heart, gallbladder, colon, and pancreas	Poultry, raw milk, meat	2-5 days after eating Mild to moderate lasting 2 - 7 days	Cook to correct temperature Prevent cross contamination Drink only treated water and pasteurized milk
<i>E. Coli</i> 0157:H*	Bloody diarrhea, severe cramps, vomiting, nausea and Hemolytic Uremic Syndrome—which is associated with kidney failure, neurological disorders and other illnesses.	Meat, especially ground beef, raw milk, produce	1 - 7 days after eating Moderate to severe, even fatal	Pasteurize milk Thoroughly cook meat Prevent cross contamination with raw products
<i>Listeria</i> *	Headache, nausea, vomiting, fever, meningitis, blood poisoning, miscarriages and stillbirths	Soft cheeses (e.g. Brie, Mexican style) other dairy products, meat, poultry, seafood, fruits, vegetables.	2 days to 2 weeks after eating Moderate to severe, even fatal	Pasteurize milk Prevent cross-contamination Cook foods properly
<i>Salmonella</i> *	Reactive arthritis, blood poisoning, Reiter's disease (inflammation of joints, eye membranes, and urinary tract), and inflammation of the pancreas, spleen, colon, gallbladder, thyroid, and heart.	Poultry, meat, eggs, dairy products, seafood, fruits, and vegetables.	6 - 48 hours after eating Mild to severe lasting 2 - 7 days	Thoroughly cook meat poultry, eggs. Pasteurize milk. Prevent cross-contamination
<i>Clostridium botulinum</i>	Double vision, droopy eyelids, trouble speaking and swallowing, difficult breathing.	Improperly or damaged canned goods	12 - 48 hours after eating Can be fatal	Carefully examine canned goods before use looking for: C clear liquids turned milky, C cracked jars, loose lids, C swollen or dented cans or lids. Beware of any jar or can that spurts liquid or has an off-odor when opened.
<i>Clostridium Perfringens</i>	Diarrhea, abdominal pain	Meat, meat products & poultry (especially in large portions that are cooling)	8 - 24 hours after eating Mild, self limiting ending in a day	Properly cook meat and poultry Divide hot bulk food into small portions and cool to 40° F within 2 hours
<i>Yersinia enterocolitica</i>	Reiter's Disease, pneumonia, and inflammation of the vertebrae, lymphatic glands, liver, and spleen.	Pork and dairy products	1 - 3 days after eating Mild to moderate	Pasteurize milk Prevent cross-contamination with raw products Cook food properly

Hand Washing Songs and Chants

Wash, Wash, Wash Your Hands

(Sing to the tune of Row, Row, row Your Boat)

Wash, wash, wash your hands.
Wash them every day.
Rub and scrub, and rub and scrub.
Wash those germs away!

Oh, Before I Eat My Meals

(Sing to the tune of If You're Happy and You Know It)

Oh, before I eat my meals, I wash my hands.
(scrub, scrub)
Oh, before I eat my meals, I wash my hands.
(scrub, scrub)
Oh, it's very smart, I think.
(point to head)
Sends those germs right down the sink.
(use pointer finger to make a swirling motion and point down)
Oh, before I eat my meals, I wash my hands.
(scrub, scrub)

Poem about germs from the ABC's of Clean by the Soap and Detergent Association
Chant and have children repeat each line.

Germs Are Everywhere

They're on the walls,
and in the halls.
They're on the floor,
and on the doors.
They're on the chairs,
and on the stairs.
They're on toilet seats,
and on your two feet.
They're in the sand,
and on your hands.
But don't be scared
germs can be beat.
If you keep your hands
clean and neat.

Certificate of Achievement

This certifies that

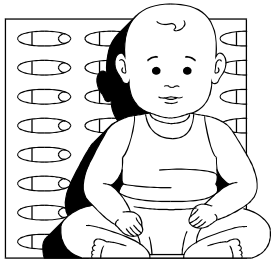
is a Safe Cough and Sneeze Catcher!

Date

Teacher's Signature



To use as stickers or badges, make copies of the badge (above) on white label paper. Then cut and color with markers. Or, copy onto plain paper, color with markers, and laminate or cover with clear contact paper.



Safe Diapering Procedure

When changing a baby's diaper, remember to maintain a pleasant attitude. Never show disgust or scold a child who has a soiled diaper. Take time to talk to the baby, describe what you're doing, and make eye contact and smile.

1. ORGANIZE NEEDED SUPPLIES WITHIN REACH

- Y Fresh diaper
- Y Clean clothes (if needed)
- Y Pre-moistened baby wipes or dampened paper towels for cleaning the child
- Y Child's personal ointment (if provided by parents)
- Y Plastic bag
- Y Fresh sanitizing bleach solution (1 tablespoon chlorine bleach in 1 gallon of water)
- Y Plastic lined trash receptacle

2. PLACE A DISPOSABLE COVER (SUCH AS ROLL PAPER) ON THE DIAPERING SURFACE

3. IF USING GLOVES, PUT THEM ON NOW

4. PICK UP THE CHILD

- Y Use only your hands, hold the child away from your body
- Y Lay the child on the covered diapering surface

5. REMOVE THE SOILED DIAPER (AND SOILED CLOTHES)

- Y Put disposable diapers in a plastic-lined trash receptacle
- Y Put soiled cloth diaper and/or soiled clothes in a plastic bag WITHOUT RINSING

6. CLEAN CHILD'S BOTTOM

- Y Wipe girl's genitals toward the front and their bottoms toward the back.
- Y Use a pre-moistened disposable wipe or a dampened, single-use, disposable towel
- Y Place the soiled wipe or towel in a plastic-lined trash receptacle (with a foot pedal to lift lid).
- Y Remove the disposable covering from beneath the child & discard it in plastic-lined receptacle.

7. IF YOU ARE WEARING GLOVES, REMOVE AND THROW THEM AWAY NOW.

8. DIAPER AND DRESS THE CHILD

9. RETURN THE CHILD TO PLAY

10. WASH YOUR HANDS

11. CLEAN AND DISINFECT THE DIAPERING SURFACE

- Y Clean the surface with soap and water and rinse with clear water
- Y Dry the surface with a paper towel
- Y Thoroughly wet the surface with the recommended bleach solution
- Y Air dry if possible, otherwise dry the surface with a clean paper towel

12. WASH YOUR HANDS AGAIN (Yes, wash them a second time!)

13. TURN OFF THE WATER USING THE PAPER TOWEL

14. THROW AWAY PAPER TOWEL

This diapering procedure is recommended by the Centers for Disease Control and Caring For Our Children, the National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs. Even though using gloves is not required, it IS recommended. Some people prefer to use them to prevent fecal material from getting under their nails. Gloves also add an extra protective barrier between your hands and the child. However, **gloves are NOT a substitute for hand washing**. Wash your hands during diapering even when you are wearing gloves!

Recipes for Cooking With Kids

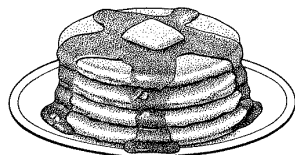
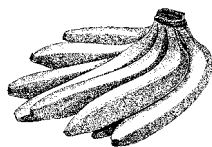
Banana Pancakes

2 very ripe, small bananas, peeled
2 eggs
1 cup milk
2 tablespoons oil
2 cups pancake mix
1/4 teaspoon cinnamon
Fruit topping, syrup or yogurt

Break bananas into a mixing bowl. With back of fork or potato masher, mash until smooth, about 1 1/2 cups. Add egg, milk and oil to bananas; mix. In another mixing bowl, combine pancake mix and cinnamon. Add pancake mix to banana mixture and stir until moistened. Heat skillet over medium-high heat. Measure 1/8 cup batter and pour into skillet. Brown the underside of the pancake; when bubbles appear on the surface, carefully flip pancakes over and continue cooking for another minute. Serve with warm fruit topping or syrup.

Tips:

Use an electric skillet with a “pancakes” setting and a non-stick surface.
If children help with the cooking, use an oven mitt and guide their hands while flipping pancakes to avoid burns.



Homemade Granola

6 cups oatmeal, uncooked
2 cups wheat germ, untoasted or toasted
2 cups coconut, sweetened or unsweetened
4 tablespoons cinnamon
4 tablespoons brown sugar
1/2 cup powdered milk
2/3 cup honey
2/3 cup oil
2 teaspoons vanilla

Mix all dry ingredients in a large mixing bowl. Add honey, oil and vanilla. Mix well, coating all dry ingredients. Place mixture on a cookie sheet. Toast at 300°F for 20 minutes, stirring several times. Watch closely! It will burn very quickly. Makes 22 (1/3 cup) servings.

Variation: Add seeds, nuts, raisins or dates after the mixture has cooled.

Apple Tuna Sandwich

30 ounces tuna in water, drained
3 small apples, chopped
3/4 cup low-fat plain yogurt
3 teaspoons mustard
3 teaspoons honey
sliced bread
lettuce leaves (optional)

Combine tuna, apple, yogurt, mustard and honey. Spread 1/2 cup of mixture on bread slices. Add lettuce if desired. Cut in half or quarters.

Homemade Applesauce

15 medium apples, unpeeled
6 tablespoons brown sugar
2 teaspoons cinnamon
1 cup water

Wash, core and chop apples. Put apples, water in a medium saucepan. Add brown sugar and cinnamon. Cook over medium heat until mixture comes to a boil and apples are soft. Add more water if needed. Mash with a potato masher to desired texture.

Mini Pizzas

English muffins
pizza sauce
mozzarella or jack cheese
toppings as desired

Grate cheese. Slice English muffin in half and toast in toaster. Spread pizza sauce over each half of the muffin. Add shredded cheese and desired toppings (olives, pepperoni, mushrooms, onion, etc.). (Here's a tip - so that each child eat's the food they made, cover the pan with foil and use a pencil to write names by each child's pizza.) Place muffins on a cookie sheet and bake at 400EF for 10 minutes.

Kabobs

cheese (any variety)
fresh or canned fruit
wooden skewers

Cut cheese into cubes. Cut fruit into bite size pieces. Place cheese and fruit pieces on wooden skewer. Serve with crackers.

Tip: Children can put fruit on skewers using patterns. For example: cheese, fruit, cheese, fruit.

Soft Pretzels

1 package yeast
1 ½ cups hot water
1/3 cup brown sugar
5 cups flour

Heat oven to 465EF. Mix together dry ingredients in a large mixing bowl. Slowly add 1 ½ cups of hot water to dry ingredients and stir. Add only enough water to make a soft dough. On a lightly floured surface, knead the dough for 5 minutes. Cover and let rise for 10 minutes.

Grease cookie sheets. Take about 2 tablespoons of dough and roll it into a long snake shape. Shape the dough into a pretzel and place it on a cookie sheet. Let pretzel dough rise one more time for about 5 to 10 minutes.

Bring 6 cups of water to boil in large pan. Carefully lower pretzels into the boiling water, one at a time. Allow to boil for about 45 seconds. Lift the pretzel out of the water and place on the cookie sheet again. After each pretzel has been boiled, sprinkle with salt. Bake in the oven for 10 minutes.

Rainbow Toast

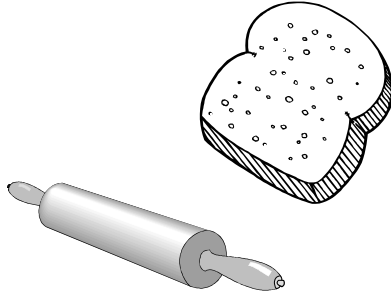
milk (about 1 cup for 15 children)
food coloring
white bread
butter (if desired)

Pour ½ cup of milk in several small bowls. Add several drops of different colored food coloring to each bowl until desired color. Use small, clean paint brushes to dip in colored milk and "paint" on the white bread. Do not let the bread get too wet. Place painted bread in the toaster and toast. Toasting will bring out the color in the bread. Add butter if desired before eating. Throw away any unused paint.

Peanut Butter

2 pounds of unshelled, unsalted peanuts
2 tablespoons peanut oil
½ teaspoon salt

Crack the shells of the peanuts and remove shells. Place shelled nuts in a blender with oil and salt. Use the “pulse” button or a slow bursts of on and off to mix the nuts and oil.



Sandwich Roll Ups

1 loaf of sliced bread
Fillings such as:
peanut butter and jelly
ham and cheese
chicken salad
browned ground beef and cheese

Use a rolling pin to roll out a slice of bread until it becomes very thin and flat. Spread filling over the bread. Carefully roll the bread lengthwise into a roll. Hold together with toothpicks if needed. Slice the roll into bite sized pieces to eat.

Fruit Smoothie

For 2 Servings, 1 Cup Each:
2 small cans (6 ounces each) fruit
or
1 cup fresh fruit
2 cups milk
½ cup vanilla or fruit flavored yogurt
Dash of nutmeg - optional
4 ice cubes

Combine all ingredients in a blender and process until smooth. Pour into 2 glasses.



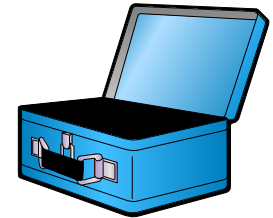
Peanut Butter Cookies

1 egg
2 cups flour
½ cup brown sugar
1/3 cup butter or margarine
½ teaspoon baking powder
½ teaspoon baking soda
1 ½ cups peanut butter

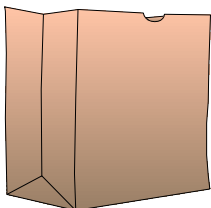
Mix butter or margarine, sugar and egg until creamy. Add peanut butter, mix until smooth. Add all the dry ingredients and stir until gooey. Roll teaspoons of dough into balls. Using a fork, make a criss-cross indentation on the top of each cookie if desired. Bake at 325°F for 5-8 minutes or until light brown, but still soft. Cookies will harden when they cool.

PACK A SAFE LUNCH 101

Keep Your Kids Safe From Food Poisoning! Quick Tips to Packing a Safe School Lunch



- C Always keep it clean. Make sure your hands, food preparation surfaces and utensils are clean. Use hot, soapy water to effectively get rid of Bacteria. Teach your children to wash their hands before they eat. Also wash fruits and vegetables before packing them in your child's lunch.
- C Be sure to keep hot foods such as soup, chili or stew hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime. If this type of bottle is used, be sure it is removed before the sack or lunch box are put in the refrigerator.
- C Cold foods should stay cold, so buy a freezer gel pack (available in supermarkets and kitchen supply stores) and an insulated lunch box. Freezer gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage. Any perishable food (i.e. meat, poultry, or egg sandwiches) not eaten at lunch should be thrown away or refrigerated.
- C If your child chooses a brown paper bag to carry lunch, take extra care to keep the lunch cold. A freezer gel pack or a frozen juice box works well. Because brown paper bags tend to become soggy or leak as cold foods thaw, be sure to use an extra paper bag to create a double layer. Double-bagging also will help insulate the food better.
- C Tell your child's caregiver when a lunch needs refrigeration at school. All perishable foods should be refrigerated. This includes meat, poultry, tuna or egg sandwiches, dairy products, and cut fruit. Make sure your child's lunch is stored in a cool place, away from the sun or other sources of heat.
- C Every parent should have a supply of shelf-stable foods for easy packing. These include fresh fruits and vegetables, crackers, peanut butter, packaged pudding and canned fruits or meats.
- C Freeze single-sized juice packs overnight and place the frozen drink in your child's lunch. The juice will thaw by lunchtime, but it will still be cold. The frozen drink also will keep the rest of the lunch cold.
- C If you make sandwiches the night before, keep them in the refrigerator until packing up to go in the morning.



Fight BAC![™] is a national consumer education campaign sponsored by the Partnership for Food Safety Education, a unique coalition of industry, government and consumer groups. The campaign is designed to teach consumers about the importance of food safety and reduce the incidence of foodborne illness.

SAFE HANDLING OF EXPRESSED BREAST MILK

THE WORKING MOTHER and CHILD CARE PROVIDER TEAM

As your child care provider, I am very happy you chose to breastfeed your baby. I will do all I can to meet the needs of both you and your baby. I am providing this fact sheet to you so together we can help you breastfeed safely. Careful handling of your expressed milk by both of us will keep your baby safe from harmful germs.

SUGGESTIONS FOR EXPRESSING BREAST MILK

- C Before expressing, wash your hands in hot soapy water for 20 seconds. Dry with a paper towel.
- C Make certain all storage containers are clean. Wash in hot, soapy water or in the dishwasher.
- C Make certain all pumping equipment are clean (see manufacturer's advice).
- C Make certain the area where you are expressing is sanitized. You can use a solution of 1 tablespoon bleach to 1 gallon of water.
- C There is a variety of ways to express your milk: hand pumping; battery-operated pumps; and electrical pumps. The most efficient type is the electrical pump. It allows you to pump both breasts at the same time.
- C Look at pictures of your baby to make it easier for you to express milk.
- C For specific questions about expressing milk and using pumps, talk your health care provider or other breastfeeding expert, such as a nurse, nutritionist, lactation consultant or La Leche League leader.

STORING BREAST MILK

- C Store in clean bottles or in specially made plastic breast milk bags.
- C Keep breast milk cool in a refrigerator or cooler with ice packs.
- C Store it in small amounts, 2 to 4 ounces, for a young baby.
- C Immediately after expressing, label each bottle with baby's name and the date of pumping.
- C Breast milk can be frozen. It is best to use a freezer that has it's own door. Use a thermometer to make certain your freezer maintains a constant 0°F.
- C Carry breast milk in an insulated thermos bottle or in an insulated container with a freezer gel pack to keep it cool.

USING EXPRESSED BREAST MILK

- C Use refrigerated breast milk within 5 days.*
- C Use frozen milk within 3 months. Use thawed frozen milk within 24 hours.
- C Use the oldest milk first.
- C To thaw frozen milk, place container in a plate and place in refrigerator. For quicker thawing, place under cold running water. Never use a microwave to thaw or warm breast milk.
- C Don't worry if the milk separates into layers. Simply shake gently to mix.
- C Discard any left-over breast milk in bottles.

FEEDING

- C Breastfeed when you pick your baby up from child care or when you get home. Relaxing together for about 30 minutes can refresh you, and give you some quiet time with your baby.
- C Breastfeed whenever you're with the baby to keep up your milk supply - mornings, evenings, and days off. Bottles of breast milk or formula are unnecessary when you're with your baby.

Remember - we are a team working together to help you maintain your choice to breastfeed your baby.

*Recommended storage times vary. These times are taken from the following Web site:
<http://www.aap.org/family/brstguid.htm>. Obtained, 2/28/01.

Food Safety in Child Care Settings

Answers to “How Are You Doing?” Questions

Compare your answers to the correct answers below. If needed, go back to the section of the self-study guide to review the information you might have missed. Page numbers are listed next to each question.

Info Found on

<u>Section 1 (Page 5)</u>	<u>Page #</u>
----------------------------------	----------------------

- | | | |
|----|-------|---|
| 1. | True | 1 |
| 2. | False | 2 |
| 3. | True | 2 |
| 4. | False | 2 |
| 5. | True | 2 |

Info Found on

<u>Section 2 (Page 17-18)</u>	<u>Page #</u>
--------------------------------------	----------------------

- | | | |
|-----|-----------|----|
| 6. | A | 6 |
| 7. | B | 7 |
| 8. | F | 10 |
| 9. | C | 10 |
| 10. | D | 11 |
| 11. | G | 12 |
| 12. | E | 12 |
| 13. | Disinfect | 12 |
| 14. | Sanitize | 11 |
| 15. | Disinfect | 12 |
| 16. | Sanitize | 11 |
| 17. | Sanitize | 11 |
| 18. | Disinfect | 12 |

- | | | |
|-----|---|-------------|
| 19. | Plan Ahead, Supervise Carefully, Use Good Group Management
(Or any of the specific steps mentioned in these three groups.) | Pages 14-15 |
|-----|---|-------------|

Info Found on

<u>Section 3 (Page 30-31)</u>	<u>Page #</u>
--------------------------------------	----------------------

- | | | |
|-----|-------|--------|
| 20. | True | 19, 22 |
| 21. | True | 19, 20 |
| 22. | False | 19 |
| 23. | False | 20, 21 |
| 24. | False | 22 |
| 25. | True | 23 |
| 26. | False | 24 |
| 27. | True | 26-29 |

<u>Section 3 (Continued):</u>		Info Found on Page #
28.	Purchase a separate cutting board for raw meat and use the other one for cutting vegetables and other food. <u>or</u> Wash and disinfect the cutting board between each use.	12-13
29.	Caregiver washes his or her hands after wiping the child's nose.	8
30.	Cooked chicken is put on a clean plate.	12
31.	Soup is put in several shallow containers and placed, uncovered in the refrigerator to cool, then covered when cool.	22
32.	Baby food is spooned from the jar into a bowl. The baby is fed from the bowl. If the baby wants more, the caregiver uses a clean spoon to get more food from the jar. Left over food from the serving bowl is thrown away.	28
33.	The caregiver washes her or his hands with warm water and soap after helping a child in the bathroom.	8
34.	Before serving or eating food at the table, it is washed with warm soapy water and sanitized with a sanitizing bleach solution, then allowed to air dry or wiped with paper towels.	10-11

Food Safety in Child Care Settings

Glossary

Bacteria - germs or microorganisms that can not be seen with the naked eye, that are present all around humans (in food and on surfaces). Some can cause people to become sick.

Best Before or Best If Used By Date - phrases that tell how long a food product will retain its best flavor or quality.

Cleaning - removing visible food or dirt by wiping or scrubbing.

Cross Contamination - when bacteria move from one surface or food to another (like from a cutting board to food, or from hands to mouth).

Danger Zone - the temperature zone between 40°F (for cold foods) and 140°F (for hot foods), where bacteria will grow at rapid speeds, contaminating food.

Disinfecting - using heat or chemicals (like a strong bleach solution) to kill germs on surfaces that do not come in contact with the mouth (like floors and toilets), especially spills of blood or body fluids.

Foodborne Illness - illness in humans caused by bacteria in food that is then eaten by people.

Food Poisoning - a common term for foodborne illnesses.

Immune System - the system in the human body that kills germs and bacteria and keep humans from becoming sick.

Metal-Stem Food Thermometer - a special thermometer used to test the internal temperature of cooked foods (like hamburger, chicken, or leftovers). This type of thermometer is either left in the meat while it is in the oven or placed inside cooked meat to check its internal temperature.

Policy - a written plan or rule about how to handle a particular question or issue. Child care programs usually write policies about many things, like when payments are due or how they will handle discipline with children. These policies are then given to parents so they know what to expect from the program.

Sanitizing - using heat or chemicals (like a mild bleach solution) to kill germs on surfaces that come in contact with food or the mouth (like counter tops, utensils, and dishes).

Sell By Date - the last day a food product can be sold in the store.

Use By Date - is the day when a food product is no longer fresh enough to eat. It may also say "expires by".

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