# HEALTHY EATING SUMMER CAMP FOR KIDS

**Lesson Plan:** Day 2: 6/29/2010 – Safety Day

**Objectives:**
1. Students will identify their group members and their location in the lab.
2. Students will know the kitchen set-up, time schedule, rules and regulation.
3. Students will identify kitchen safety and sanitation practices.

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| **Activity 1:** (15 min) Experiment for Glo-Germ. | • Inform students that they are going to be a part of an experiment.  
• Have TAs apply Glo-Germ on each student’s hands.  
• Ask students to rub their hands together.  
• Turn off lights, turn on UV light and have students look at their hands under the light.  
• Ask students what they believe they are seeing on their hands.  
• Instructor reveals the point of the experiment – Germ  
• Have students wash their hands with the help of the TAs.  
• Have students look at their hands under the UV lights after washing, and discuss what they have discovered. | • Glo Germ Kit, UV light |

| **Lesson 1:** (30 min) | • What is sanitation?  
• The importance of sanitation in the kitchen. | • PowerPoint Presentation |
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| • Mention some key points which can help keep bacteria at low levels.  
  - Keep produce and meat cutting boards separate!  
  - Keep **hot** foods hot and **cold** foods cold.  
  - Expiration dates on food items.  
  - What you should do when there is mold on a food item.  
  - Foods that are left out of the refrigerated for more than 2 hours should be thrown away.  
  - Procedure on how to wash hands the proper way.  
| • What is kitchen safety?  
• How kitchen safety is implemented.  
  - Take students to the kitchen and mention safety rules and guidelines for working in the kitchen.  |
| **Activity 2: (50 min)**  
Group assignments/poster design.  
| • Divide students into groups of 6, making up 4 groups.  
• Assign a TA to each group of students.  
• Have students create a name and a poster to represent their group.  
• After the posters have been completed, assign each group to a kitchen. Have the groups attach their poster in their assigned kitchen.  
• Have students clean up for the last five minutes of the activity.  |
| • Butcher paper  
• Crayons  
• Markers  
• Pencils  
• Glue  
• Scissors |
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| Permission Forms: (10 min)   | • Pass out permission forms for the pre/post test for students to take home, and ask them to have their parents sign it.  
• Pass out the audio release form for students to take home, and ask them to have their parents sign it.  
• Pass out and explain permission forms for students to sign in class. | • IRB permission forms for pre/post test & Audio release |