Safe Food and Fun Parties

Pre-reading

Questions:
- What food would not be safe to eat? Why?

Definitions:
- Handle – to hold or touch with your hands
- Thrive – to grow quickly or well

Reading

Steve loves to spend time in the kitchen. He enjoys cooking. He hosts many parties throughout the year. Some of his best times are spent **preparing** large meals for his friends. Holiday times and weekends mean lots of food and fun for Steve. Steve wants all of his guests to enjoy his food and to stay healthy. He is aware of the need to keep his food fresh and safe to eat. Millions of people get food borne illnesses each year. Some even die from them. Food borne illness is a sickness that results from eating food that contains harmful bacteria.

Steve washes his hands with soap and warm water for a full 20 seconds before and after handling raw foods. He also washes his cutting boards with soap and warm water after each use. He knows that wiping off the cutting board with a dry cloth is not enough to keep his food safe.

Steve keeps his kitchen counters clean. He does not want germs from the counter to get into his food. He uses hot water, soap and clean dish cloths to wash his counters. Steve has thrown out all of his sponges. He knows that bacteria thrive in those moist places where bits of food exist. In fact, the average kitchen sponge harbors more than 7 billion bacteria!

Steve keeps his hands and food spaces clean. He wants to keep both his friends and himself safe from food borne illnesses. Good, safe food means happy and healthy guests.

**Level 3.5**
Understanding
1. What does the word **prepare** mean? ______________________________________________
   _______________________________________________________

2. Where do bacteria like to live and grow? ____________________________________________
   _______________________________________________________

3. What does Steve no longer use in his kitchen? Why? _________________________________
   _______________________________________________________

4. What is it in the food that can make people sick? _________________________________
   _______________________________________________________

5. How often does Steve wash his cutting board? _________________________________
   _______________________________________________________

6. What two things does Steve use when washing things in his kitchen? _____________
   _______________________________________________________

Writing
**Choice A:** Retell the story in your own words.

**Choice B:** Write about a food borne illness that you’ve had. How did you feel? How
did you get the illness? How long did it take you to recover from it?

**Choice C:** Write about what you do to keep your food safe.

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