Safe Eating on the Go

Pre-reading
Questions:
• Do you pack a meal to take to work?
• How do you keep foods safe in a meal packed for work?

Definitions:
• Food borne illness – getting sick from eating spoiled foods.
• Pre-cooked foods – foods that were cooked earlier, but need to be warmed up in a microwave or oven before you eat them, like left-over pizza or egg rolls.

Reading
When packing a meal for work, think of interesting things to pack. Also think of keeping it safe so you don’t get sick from spoiled foods. If you get sick from spoiled foods, you have what is called a food borne illness.

To avoid getting a food borne illness, prepare foods with clean hands, clean equipment and in a clean work area. Wash lunch boxes with warm water and soap after every use.

Anything taken out of the refrigerator and put into your meal must be kept cold. Foods that must be kept cold in a packed lunch include:

99  • Meat, tuna or egg sandwiches
105  • milk, cheese and yogurt
110  • canned foods that are open
116  • fresh vegetables
119  • rice and pastas

123  If the meal contains pre-cooked foods, like left-over pizza that needs to be warmed in a microwave oven, these foods also need to be kept cold until reheated.

151 Sandwiches can be frozen to keep them safe. If you bring them to work at the beginning of the day, they will thaw by lunch time. Lettuce and other greens do not freeze well. Pack these separately and add them to your sandwich just before eating.

197  If there is a refrigerator at work, put your lunch in the refrigerator to keep it cold.

214 You can also keep your packed lunch cold with an ice pack. You can make your own ice pack by freezing water in a plastic container with a tight-fitting lid such as a water bottle.

249  Foods that do not need to be kept cold are:

259  • peanut butter sandwiches
263  • cookies, crackers, chips and breads
269  • fresh fruit in the peel
275  • unopened canned foods

Adapted from Info U, University of Minnesota Extension Service
Understanding

1. How do you get a food borne illness? ________________________________
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2. What are some foods that should be kept cold in a packed meal? ______________
   ________________________________________________________________

3. What should you put into your packed meal to keep it cold?_____________________
   ________________________________________________________________

4. How can you avoid getting a food borne illness?______________________________
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5. What are some foods that do not need to be kept cold in a packed meal? ___________
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6. If you take food out of the refrigerator to put into your meal, do you need to keep it cold?
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7. How can you make your own ice pack?________________________________________
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Writing

What food items do you like in your packed lunch and how do you keep them cold?

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