



Presenter's Guide

*for
Working with Children from
Kindergarten through 3rd Grade
(Ages 5-9)*

Welcome, Fellow BAC-Fighter

Here is your hands-on guide for the *Fight BAC!*™ Learning Program for children.

This child-friendly interactive program — targeted to children from Kindergarten through 3rd grade (ages 5-9) — is sponsored by the Canadian Partnership for Consumer Food Safety Education, a public/private partnership created to reduce the incidence of foodborne illness by educating Canadians about safe food handling. The Partnership includes government, industry, health, environmental and consumer organizations.

- The program teaches young children and their families about the importance of safe food handling practices.
- This guide is for use by teachers, group leaders, day care workers, nutritionists, public health inspectors, nurses, etc. It is possible to teach the entire program in one session, however it is encouraged that the information be presented over a series of sessions to reinforce the messages.
- This guide gives you everything you need to make the topic of food safety lots of fun — for yourself *and* the children.



Read All About It!

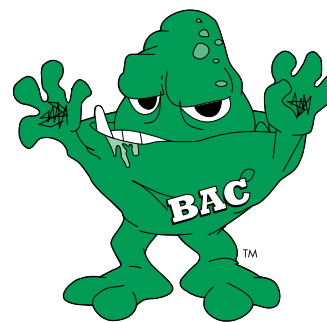
More and more, food safety is in the news. As government regulations continue to draw attention at national and local levels, teachers and schools are addressing food safety in their classes.

But many presenters do not have appropriate or easily accessible materials for sharing this topic. This package has been prepared to help fill that void and can be used in a classroom or group setting.

That's where you come in.

ABOUT THE PROGRAM

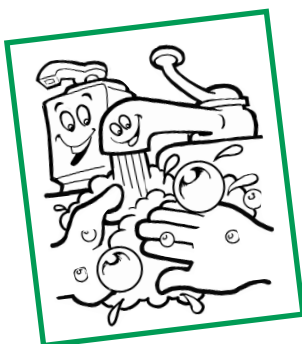
The program contains material that is easy to read and fun to learn. The germ culprit of unsafe food handling practices — BAC (bacteria), is the main character of the program.



Now, let's get started.

Your Young "Recruits" — **WHAT THEY WILL LEARN**

The four concepts you will be sharing with the children are:

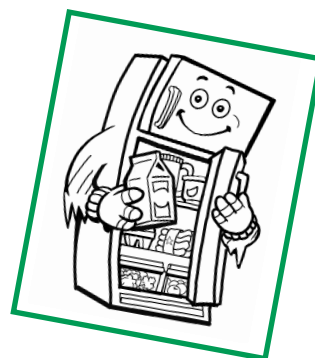


Wash your hands often —
but especially before handling food and after using the toilet.

At these ages, curious children are helping to prepare meals and pack lunches — and certainly, eating! Handwashing with soap is a key step in their food safety plan.

Refrigerate food that should be kept cold.

In addition to having the children understand the importance of putting food back in the refrigerator, they can also relate to the idea of packed lunches. Encourage them to use cold packs in their lunchboxes or insulated lunch bag.



Wash fruits and vegetables before eating.

Young snackers need to know about washing fruits and vegetables thoroughly with water before munching away. Remind them to just use water, though.

Keep counters clean.

Areas where food is prepared should be prime BAC-fighting spots. Remind children that some things do not belong on the counter — like backpacks, pets and smelly shoes. Intrigue them by asking about other things that do not belong there.



WHAT THIS PROGRAM INCLUDES

This self-contained Presenter's Guide gives you all the tools you will need. Just add a green sock or a paper lunch bag. (Puzzled? Read on.)

Here's what you will find:

- **Two Scripts**

One for K - 1st grade — designed as a “read aloud” story.
— *Includes handwashing poem #1.*

One for 2nd - 3rd grade — more interactive, for those at a more “inquisitive” age.
— *Includes handwashing poem #2 plus sing-along song.*

- **Reproducible Masters**

1. Illustrated Song Sheet, with 2 Handwashing Poems on the back (page 27-28)
— *For handout during the classroom visit*

2. For Parents: *Fight BAC!*™ Food Safety Fact Sheets (page 29-30)
— *For children to take home to parents*

3. Family Vacation Game (page 16-17)
— *For children and families to share together*

- **Full-colour BAC Puppet Character** (see assembly instructions on page 5)

- **5 colour copies of Family Vacation Game**

EXTRA BONUS!

In this package, you will find multiple copies of the Food Safety Patrol badge. Photocopy enough so that each child can have a badge — and distribute them when you “deputize” the children.



As this program was developed, it was tested in classrooms with children and presenters just like you.

The Scoop on Local Promotion

The classroom presentation offers a great opportunity for letting the local media know that you are working with children and families to educate them about food safety.

- Local press
- Neighbourhood weeklies
- School newsletters
- Parent/teacher announcements
- In-store/community bulletin boards

GETTING READY

Timing

Although any time is the right time for children to learn about food safety, consider using this program around holiday time, or as picnic season starts.

Contacting the School

If you are not a teacher and wish to present the program as a guest speaker, call the principal first. In an elementary school setting, the principal is usually the first point of contact. Ask for the name of the teacher(s) to contact to set up your visit. Review the concepts of the program with the teacher so that s/he knows what to expect.

Presenter/Teacher Prep

- Find out how many children are in the classroom/group, so you can make enough copies of the handouts. (See “Preparing Your Handout Materials,” page 6.)
- Request a table/desk and chair for yourself. Having a tabletop for the script makes it easier to turn the pages.
- Each presentation will take approx. 1 hour if completed in one session. However it is recommended that the information be presented over a series of sessions to reinforce the messages.

Making Your Puppet

The puppet is your “partner” in the presentation.
The puppet is easy to make with the enclosed BAC Character® and either a sock or a lunch-sized paper bag.

You will need:

- BAC Character®
- 1 sock (preferably a green one) or 1 small-sized paper bag


Steps:

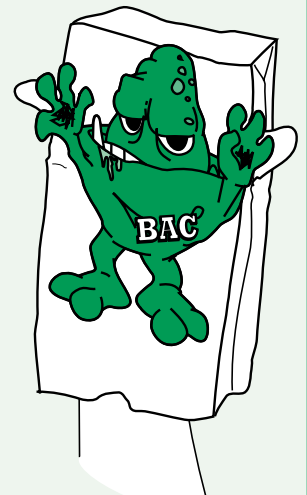
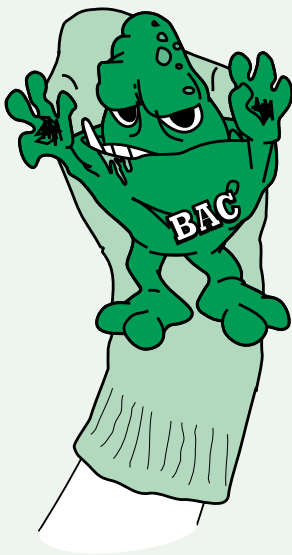
1. If using a sock:

- Attach the BAC Character® to the sock

If using a paper bag:

- Place your hand inside the paper bag. Mark where your thumb and pinky finger are.
- Cut holes in the bag for your thumb and pinky to fit through (they will move BAC’s “arms”).
- Glue the BAC Character® to the bag, placed so that the arms will be in front of your thumb and pinky.

2. At the end of the presentation, as BAC gets chased away, you can stick the red  symbol on the chest — or have one of the children do it.



PREP TIP

*For extended wear,
lamine the BAC Character®
before making your puppet.*

PREPARING YOUR HANDOUT MATERIALS

Photocopy one of each for every child

Handout #1: Song Sheet and Poems (Pages 27-28)

On the Front: Song/Colouring Sheet

- For grades 2-3, you will use the song sheet during the presentation. The simple lyric is sung to the tune of *Row, Row, Row Your Boat*.
- For grades K-1, the song is not part of the script. So, hand the sheet out at the end, and invite the children to colour the song sheet to use as a mini poster about food safety. It looks great on the refrigerator and they can sing with their families. (Remind them that *Row, Row, Row Your Boat* is the melody.)
- Artwork features the four key messages developed in the stories, and provides a visual cue for early readers.

On the Back: Handwashing Poems

- The back of the sheet features two handwashing poems, one for each level.

Handout #2: Family Vacation Game (Pages 16-17)

- The whimsical art features such landmarks as Soap and Water Hot Springs, Chilly Fridge Ridge, Clean Counter Plateau and Veggie Wash Falls. Children will love sharing the game — and their new knowledge about food safety — with parents, family and friends.



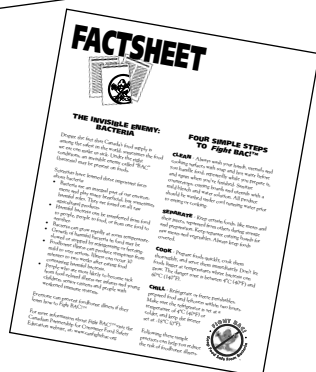
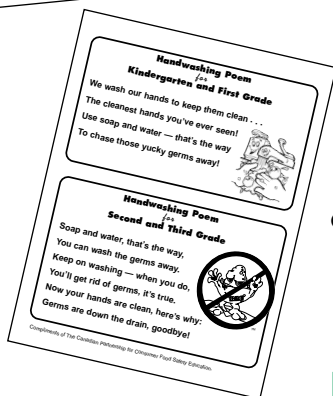
Photocopy as a “spread” on 11” x 17” paper if possible. If not, photocopy both pages and tape them together to form the game board. You may also laminate the game board and pieces for extended use.

Handout #3: Fight BAC!™ Parent Messages (Pages 29-30)

These reproducible fact sheets feature important food safety messages for adults. They are great tools for providing parents with valuable information and tips that will help them to practice good food safety habits.



In addition to the Parent Messages for each child to take home, consider making additional copies to leave in the school health office, or provide multiples for an upcoming parent/teacher event. Try using a brightly-coloured paper stock.



TRIAL RUN: *Rehearsing Your Presentation*

- Choose your script according to which age group you will be teaching.
- Read the script through a few times to become familiar with it. Try practicing with young family members or friends.
- Get to know BAC — your presentation “partner.” Make BAC talk to you in front of a mirror — and answer back. It helps to “ham it up” by using a different, “grumbly” voice for BAC.



Try to keep the puppet still when BAC is not speaking. You don't want to confuse the children as to whom is speaking, you or BAC.

THE BIG EVENT: *Presentation Day*

First

- Gather the children in a group (sitting on the floor is the most fun).
- Sit in front of the children. Place the script on a table or desk within reach to make it easy to turn the pages.
- Introduce yourself, and begin presenting the story.

For Grades 2 - 3: *Teaching the Song*

When it is time for the song, distribute the sheets and go through the verse line by line with the children, using the well-known melody from *Row, Row, Row Your Boat*. For the early readers, the pictures serve as visual cues.

After this initial practice, have them sing the whole verse.

Now Deputize the Kids!

It is time now to deputize the children. You are going to name them members of the “Food Safety Patrol”!

- Ask the children what important things they have learned today.
- Now, explain to them that they are ready to join the Food Safety Patrol. Talk with them about this important mission.
- Distribute the Food Safety Patrol Badges.
- Keep in mind that when children are interested and motivated they can be very persuasive. Challenge them to spread the word to their friends, families and other classes.

Last Step:

Be sure to distribute the family take-home material to the children. Remind them to share what they have learned with their parents and siblings!

- For the parents: The *Fight BAC!*™ Fact Sheets
- For the whole family: The Family Vacation Game



As a follow-up art project, have the children create posters or slogans to warn friends and family about the ways to get rid of BAC.

Storytelling Techniques

- Speak at a nice, even pace — not too quickly... not too slowly. Speak clearly so that all the children can hear.
- Remember to let BAC's germy personality shine through.
- Be confident. You have read the script many times and you know how to use the puppet. As the initial “test pilots” discovered, the children are going to be captivated by the story, and they are going to participate even when you have not asked them to.

Be Prepared for **QUESTIONS**

Kids will be kids. Do not be surprised if you get lots of questions. Try letting BAC be part of answering questions. That way you can give correct messages in a non-threatening, even humorous, way. (See first sample question below.)

“Real” Kid Questions:

Here are some typical questions heard throughout the testing of the program, along with the Partnership’s suggested responses:

Question: My hands look clean. Do I have germs on them now?

Answer: *Probably. Germs are everywhere. But as long as you wash your hands really well with soap and water before handling food or eating and after using the toilet, you will get rid of them.*

Or, BAC could respond (in a germ voice):

Yes — my friends and I are everywhere. But whatever you do, do not wash us away with soap and water. We hate that!

And you can finish with:

Now wait a minute BAC, you cannot fool them. They are smarter than that!

Question: Does bacteria really look like that puppet? What does bacteria really look like?

Answer: *Real bacteria are so tiny that we cannot see them unless we look under a microscope. But we know that harmful bacteria are there, so we have to get rid of them.*

Question: What happens if there is a germ on food and I eat it? What will happen to me? If it gets inside me, how do I get it out?

Answer: *There are good bacteria and bad bacteria that can be on the food you eat. Good bacteria are used in making foods like yogurt and cheese. But if bad germs are on the food you eat, there is a possibility that you could become ill. If you begin to feel sick, your parents should call a doctor who will help you get well.*

Question: Why should we try to get rid of germs if they are everywhere and they are just going to come back anyway?

Answer: *Even though they can come back, you want to remove them so you do not eat them. That is why it is important to wash your hands often and wash your fruits and vegetables before you eat them. Bad germs that may be on some foods can cause illness and they are the ones that can be killed if foods are always handled carefully and/or cooked safely.*

Question: What kinds of foods should be refrigerated?

Answer: *Lots of things. Like milk, cheese, eggs, salads, some fruits and vegetables, leftovers, meats, doggie bags, and many bottles and jars once you open them. Remind your parents to check the label to see if it says: “Refrigerate after opening.”*

Question: We have the TV on our kitchen counter. (Or plants, a fishbowl, microwave, or even the cat.) Is that bad? (This needs to be handled carefully, so as not to say to the children that their parents are doing something “wrong” or “bad”.)

Answer: *There are some things in our kitchens that we keep on the counter all the time, like a TV set or microwave. It is not really in the same exact place where we prepare food — so that is okay.*

The important thing is that the area where you prepare and serve food should be kept clean. Watch out for things that just do not belong on the counter. Pets should never be on the counter. And remember — do not put your backpack in the same place that you’ll be making a snack.

If a pet does get on the counter, remind your mom or dad to clean the counter before using it to prepare food.

Question: Should I wash my fruit with soap and water?

Answer: *No, just wash it well under cold running water.*

Question: How come you have to put soap on your hands to get rid of the germs, but only water on your fruits and vegetables?

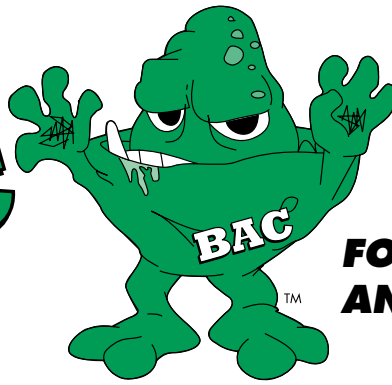
Answer: *Soap is made to be used on our hands and bodies, not on food.*

Using soap with warm running water, while rubbing your hands, will remove germs that may be on them. Hands have tiny pores where germs may rest and thorough washing will get rid of them.

Washing vegetables under cold running water helps remove germs and particles of material that may be on the surface. If the outside skin is hard or tough (apples, oranges, etc.) a clean vegetable brush can be used while washing.

THE STORY OF

BAC



**FOR KINDERGARTEN
AND FIRST GRADE**

Presenter: Once upon a time there was an ugly little germ.
It's real name was . . .

(scary, deep voice) **B - A - C - T - E - R - I - A**
but its friends called it BAC, for short.



(scraggly voice)

*I wish I were a nicer germ
But I am yucky — You will squirm:
I like to hide on hands and food.
I am grimy, green and very rude!*

Presenter: Now, ever since BAC was a little germ, BAC
would spend the days wandering around,
finding places to hide.

There were lots of places for germs like BAC
to hide!

Germs like the things you carry around every
day, like your backpack. Or your food before
you wash or cook it — or if you forget to put it
in the refrigerator. And most of all, your hands!
Especially after using the toilet!

Everybody knows that germs are everywhere!



There are places that I love:

Your shoes . . . your books . . . your baseball glove!

Your hands . . . the counter . . . on your food

They put me in a germy mood!

Presenter:

(stage whisper
to children)

Now, the one thing you may NOT know is that even though BAC and other germs are everywhere — it's EASY to get rid of them!



(to presenter)

Wait wait wait — don't let them know!

If they find out . . . I'll have to go!

Presenter:

(stage whisper)

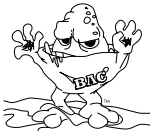
More about that later . . .

(regular voice)

So anyway, one day BAC was out looking for a fun new place to hide and invite all its other germy friends over to play.

BAC especially liked hanging around with children who didn't know anything about keeping their food safe from germs.

BAC knew that if they didn't know about germs, they didn't know how EASY it was to chase them away!



*It's easy to get rid of me;
You can do it — don't you see?
But many children just don't know.
That's great for me — so here I go!*

Presenter: BAC knew that if the children found out about germs, they would want to get rid of them. After all, BAC was a GERM — and no one likes GERMS!

Suddenly, BAC saw a group of children in a kitchen and snuck in. It looked like they were doing lots of things that were going to make it easy for germs to hide!



Yay! This is gonna be GREAT!

Presenter: They didn't put their milk back in the refrigerator . . .



Yippee Yippee — I hate cold!

Presenter: They forgot to wash their fruits and vegetables with water . . .



Dirty snacks! Just what I like!

Presenter: Oh no! They were putting their backpacks and smelly sneakers on the counter!



*All right! Putting their stuff
on the counter — where food belongs!*

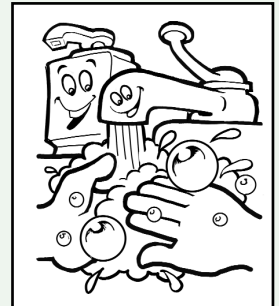
Presenter: And worst of all — they were about to eat
WITHOUT WASHING THEIR HANDS!



Ya - ay - ay!!!

Presenter: **BUT WAIT!**
Suddenly, the children
remembered what they had
learned in school that day!

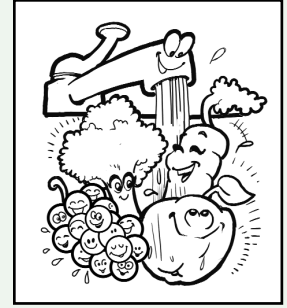
They started out by washing
their hands . . .



Oh, no! Say it isn't so!

Presenter:

Next they washed their fruits and vegetables with water!



Oh, no! I don't like clean snacks!

Presenter:

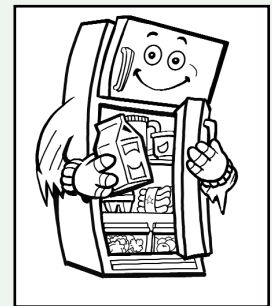
They took their dirty stuff off the counter! They washed the counter, too!



A clean counter?! Where will I go???

Presenter:

And finally, they put all of the cold food, like milk, back in the refrigerator when they were done!



(fading)

Brrrrr! I feel a terrible cold coming on!!!

Presenter: All of a sudden, BAC's excitement was gone.

THERE WAS NOWHERE TO HIDE ANYMORE!!!



(fades away
behind the table)

That's it for me — I'm done, it's true!

'Cause now you know just what to do.

Put food away . . . clean counters, too;

Wash fruits and veggies through and through!

And one last secret — now I'll tell.

Just wash your hands — and wash them well!

Soap and water do the trick.

They make you clean but make me S - I - C - K . . .

Presenter: So now you know the true story of BAC!
Those children had discovered that there
were EASY ways to get rid of germs.


But they also had to remember — even though
they got rid of BAC, there were other germs out
there too!

So they made up a rhyme that they could say
each time they washed their hands. Maybe you
can learn it too!

Presenter: Say it **TWO TIMES** through, every time you wash your hands. That way, the germs will all go away!

It goes like this:

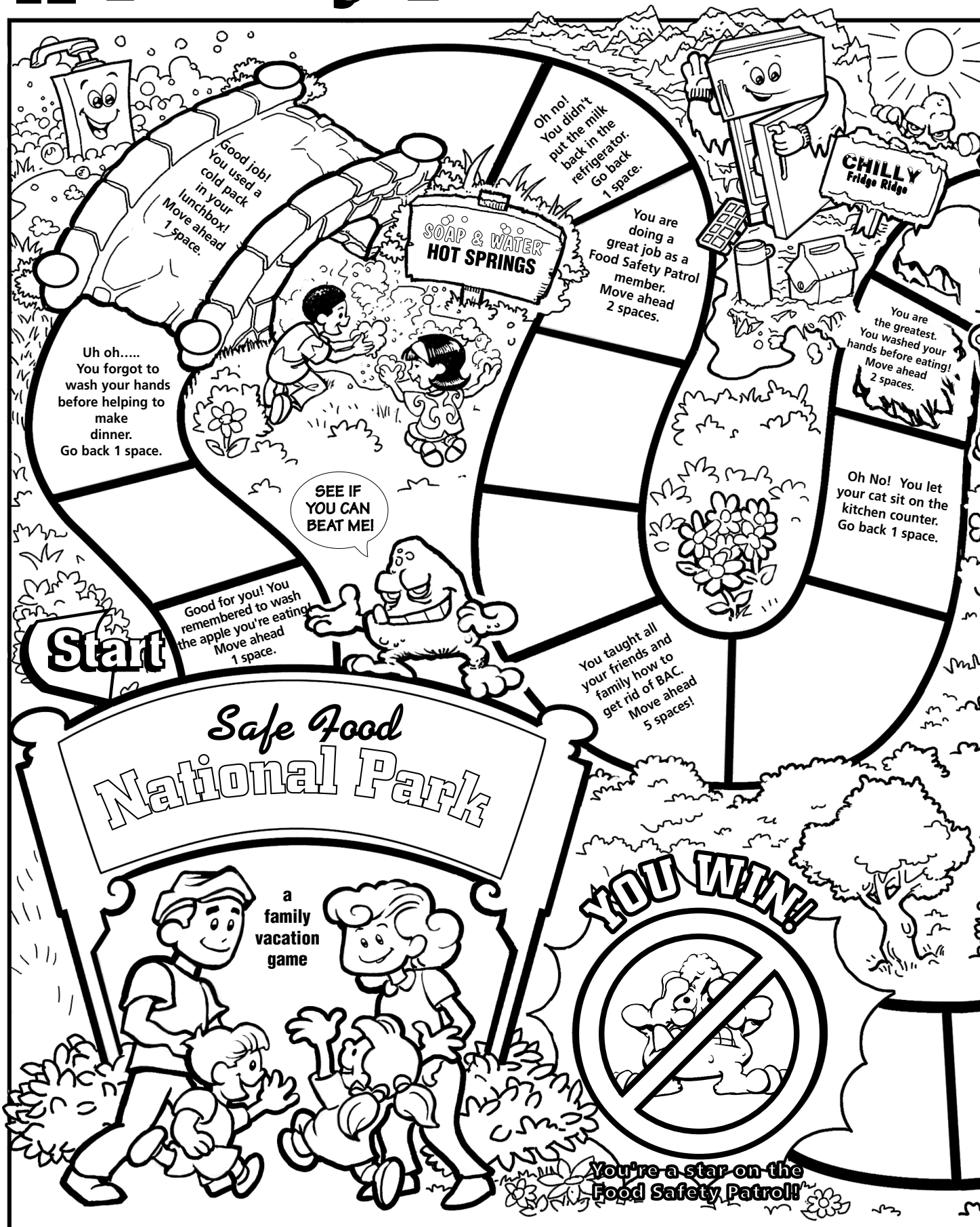
**WE WASH OUR HANDS TO KEEP THEM CLEAN . . .
THE CLEANEST HANDS YOU'VE EVER SEEN!
USE SOAP AND WATER — THAT'S THE WAY
TO CHASE THOSE YUCKY GERMS AWAY!**

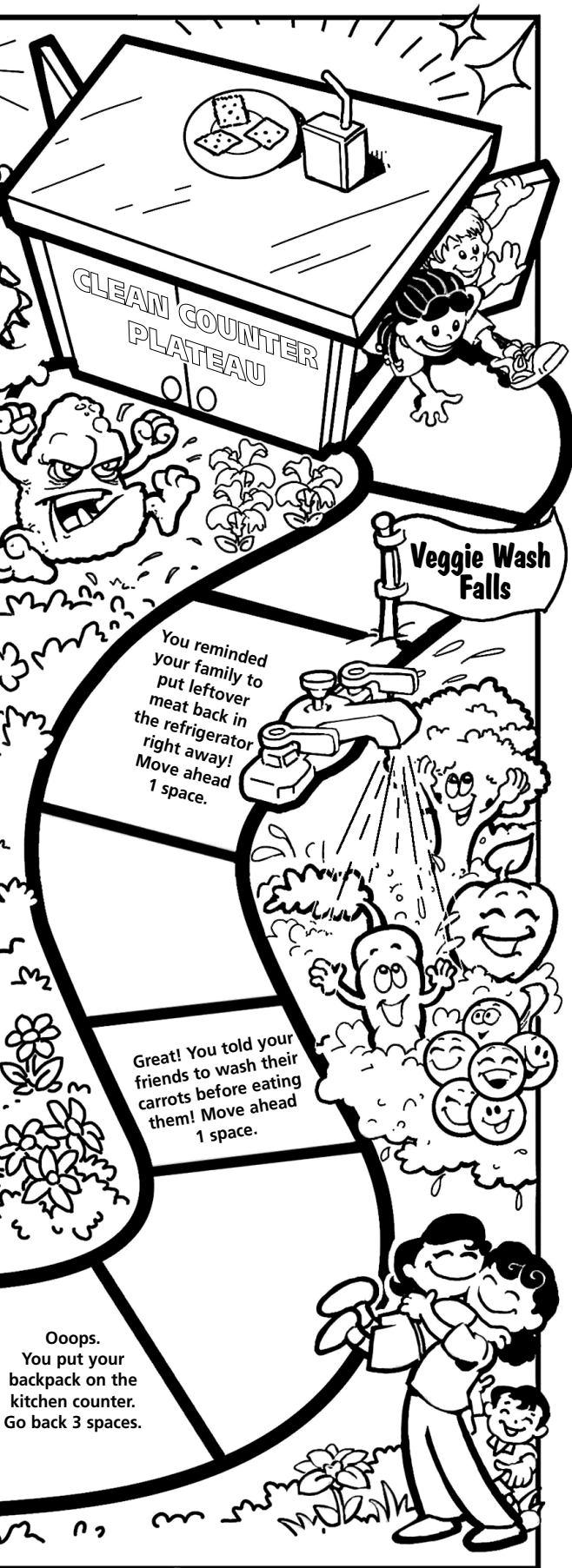
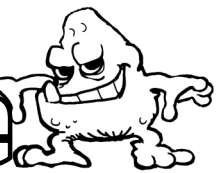
(At the end of the presentation, as BAC gets chased away, you can stick the red  symbol on its chest — or have one of the children do it. When you are done, remember to distribute badges to your new “deputies”!)

The End.



A Family Vacation Game





Getting Ready

1. Cut out the 8 playing pieces (below).
2. Cut out the 12 playing cards (below).
3. Optional: Laminate all the pieces to protect them.

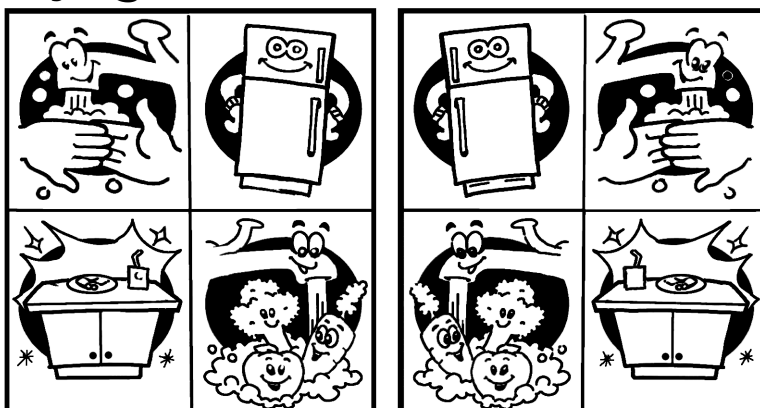
Playing the Game

1. Turn playing cards face down and mix them up.
2. Each player selects a playing piece and places it on the Safe Food National Park sign.
3. The youngest player starts the game by selecting a playing card and moving his/her game piece the number of spaces on the card. If you draw a soap card you get another turn. If you draw a BAC card you lose a turn.
4. If you land on a "space" with directions, you must follow the directions to move forward or backward.
5. After each move, the playing card is placed on the bottom of the pile, face down. Each player takes a turn, continuing in order.
6. Up to 8 players may occupy the same "square."
7. The first player to reach the "YOU WIN" sign is the winner!!

Playing Cards

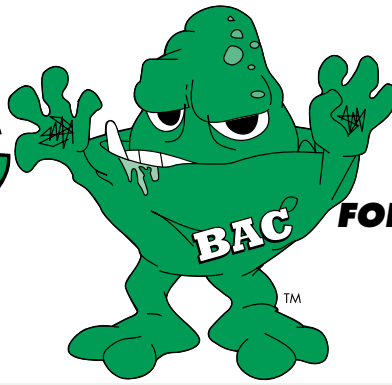
Move Ahead 3 Spaces	Move Ahead 2 Spaces	Move Ahead 1 Space	Move Ahead 1 Space
Move Ahead 2 Spaces	Move Ahead 1 Space	Move Ahead 2 Spaces	Move Ahead 3 Spaces
 Take Another Card	 Take Another Card	 Lose Your Turn	 Lose Your Turn

Playing Pieces



THE STORY OF

BAC



FOR SECOND and THIRD GRADE

Presenter

Hi. I'm (your name) and I have a question for you. Can you think of some things that are around you everyday, but you can't see them, or taste them, you can't touch them and you can't smell them?

(The children may have the answer at this point; if so, let them answer it.)

These things are everywhere. They're on your backpack, your friend's backpack, they're in your house, your school, they're all over the place.

But there's no reason to be afraid of them, because YOU have the power to get rid of them. Can you guess what they are? — I'll give you a hint: the name for these things rhymes with the word "worms."

Children

Germs!

Presenter

Right!

(Suddenly, BAC leaps over the desk.)



(Turn BAC so you are facing each other.)

*I'm Bacteria of the nastiest sort,
but you can call me BAC for short.*

Presenter Hello there, BAC. It's bacteria. I call it BAC.
But you probably know it as... a germ.



*Ha! I am not afraid of you. I'm here.
There's nothing you can do.*

Presenter
(to BAC) Oh, that's where you're wrong, BAC. There's a lot
we can do to get rid of you and your germy friends

(in stage whisper
to children) I know something that will make BAC crazy.

(Call on the class) Can someone raise their hand and tell me what
grownups are always asking you to do to your
hands before you eat?

Children Wash them!



*Oh , don't — don't wash your hands, I beg of you!
That isn't something you should do!*

(start to shake BAC)

Presenter
(to BAC) BAC, I bet all these children wash their hands to
get rid of germs like you.

(to children) Let's see. Raise your hand if you wash your
hands before you eat.

Good for you! And there are lots of other times
it is important to wash your hands. Before you
help with cooking, before you set the table, after
you've come in from playing outside, and after you
use the toilet.



***Hey! Wait a minute! That's enough!
These kids don't have to know this stuff!***

Presenter
(to BAC)

Of course they do.

(to children)

Now, to REALLY get rid of germs you have to wash your hands all over—front and back, with soap and warm water. Here's a way to make sure you're washing your hands long enough to get rid of germs.



***Oh no. I do not like this trick,
I think I'm starting to feel sick.***

Presenter

(Throughout poem BAC is groaning and moaning and sinking down.)

It's a poem. We'll say it together. If you say this poem aloud or in your head while you're washing your hands, you'll know you're washing long enough to get rid of germs. I'll say a line and then you say it back.

Presenter

Soap and water, that's the way,

Children

Soap and water, that's the way,



Groan...

Presenter

You can wash the germs away.

Children

You can wash the germs away.



Oh, no...

Presenter Keep on washing — when you do,

Children Keep on washing — when you do,



I feel ill...

Presenter You'll get rid of germs, it's true.

Children You'll get rid of germs, it's true.



Argh...

Presenter Now your hands are clean, here's why:

Children Now your hands are clean, here's why:

Presenter Germs are down the drain, goodbye!

Kids Germs are down the drain, goodbye!



Somebody call for help...

Presenter
(Repeat the poem slowly with the children. When the children repeat the line BAC repeats it sarcastically.)

That was great. Now let's try it one time through and while you are saying this poem, rub your hands together and imagine yourself washing your hands.

Presenter Soap and water, that's the way,

BAC/Children Soap and water, that's the way,

Presenter You can wash the germs away.

BAC/Children You can wash the germs away.

Presenter Keep on washing — when you do,

BAC/Children Keep on washing — when you do,

Presenter You'll get rid of germs, it's true.

BAC/Children You'll get rid of germs, it's true.

Presenter Now your hands are clean, here's why:

BAC/Children Now your hands are clean here's why:

Presenter Germs are down the drain, goodbye!

BAC/Children Germs are down the drain, goodbye!

(At the end of the poem BAC slides down and "disappears".)

Presenter
(to child) So now, you're home after school. You've washed your hands. You're all ready for a snack, so you reach for an apple and...



(Suddenly BAC jumps back over the desk.)

*You washed away my friends it's true,
But now I'm here and I'm a germ too!*

Presenter You got the germs off your hands with soap and water. But how do you get germs that might be hanging around off fruits and vegetables?

(Call on the class) What should you do to fruit before you eat it?

Children Wash it!



*If you do then I'll complain,
because you'll send me down the drain!*

Presenter

That's right. It's important to wash fruits and vegetables before you eat them. Don't use soap. Wash them with just water. Soap is something you DON'T want on your food.



*If you wash with water, I'll slide away...
I'm having a very rotten day.*

Presenter

Now, germs are really picky. They don't like to be around things that are too hot or too cold.

Like in your lunchbox. Cold things should be kept cold. How many of you use an insulated lunchbox? How many of you include an ice pack or a frozen juice box with your lunch when you bring it to school? Does anyone know what an ice pack does?

Children

It keeps things cold.



(BAC shivers)

*When I get cold I feel quite small —
Brrr. I don't like the cold at all!*

Presenter

Keeping cold food cold helps keep germs away. When you're at home, where should you put foods like milk and yogurt to keep them cold?

Children

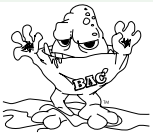
In the refrigerator.



*The refrigerator, you will see
Is NOT a place I like to be!!!*

Presenter

Right. Put food away in the refrigerator. Now, let's think about something like your backpack or your school books. There are germs on them, but it's not a big deal. **UNLESS** your backpack gets near the place where food is being prepared. Then the germs can get on the food.



*(BAC starts
jumping around)*

*I travel 'round from here to there.
You see -- germs can be anywhere!!*

Presenter

So... keep your counters clear and clean. Be careful not to put things down where food is prepared. Not your pets, not your toys, not your smelly socks.



*Smelly socks! I love them a lot!
Give me all the smelly socks you've got!!!*

Presenter
(to BAC)

Hey BAC, these kids know there are lots of ways we can get rid of you.

(to children)

There are four ways we've talked about. Now, we're going to give you each a colouring sheet to help you remember the ways.



*Oh, this is the worst news yet.
With that sheet, they won't forget!*

Presenter

Okay. Look at your sheets.

The first way to get rid of germs is to wash your hands all over with soap and water, especially before touching food and after using the toilet.

To get any germs off fruits and vegetables wash them with water.

Put food back in the refrigerator. Germs don't like the cold.

Be sure that you don't put your pet, or your backpack, or your old sneakers up on the counter. Keep the counter clear and clean where food is going to be prepared.

**(BAC reluctantly
"sings" along)**

Now, we're going to end by singing a song. All of you know *Row, Row, Row Your Boat*, right? On the sheet are the words to the song. I'll sing a line and then you sing it.

Presenter

**Wash, wash, wash your hands
with soap and water too.**

Children

**Wash, wash, wash your hands
with soap and water too.**

Presenter

**Wash your fruits and vegetables
and make them clean for you.**

Children

**Wash your fruits and vegetables
and make them clean for you.**

Presenter

**Put food in the refrigerator.
Do it right away.**

Children

**Put food in the refrigerator.
Do it right away.**

Presenter

**Keep counters clear where food is prepared
and chase those germs away.**

Children

**Keep counters clear where food is prepared
and chase those germs away.**

Presenter

That was great. Let's try it from the top.

(Presenter leads kids through the song again. BAC reluctantly “sings” along too.
Stick the red ⓪ symbol on his chest or have one of the children do it.
When you are done, remember to distribute badges to your new “deputies”!)

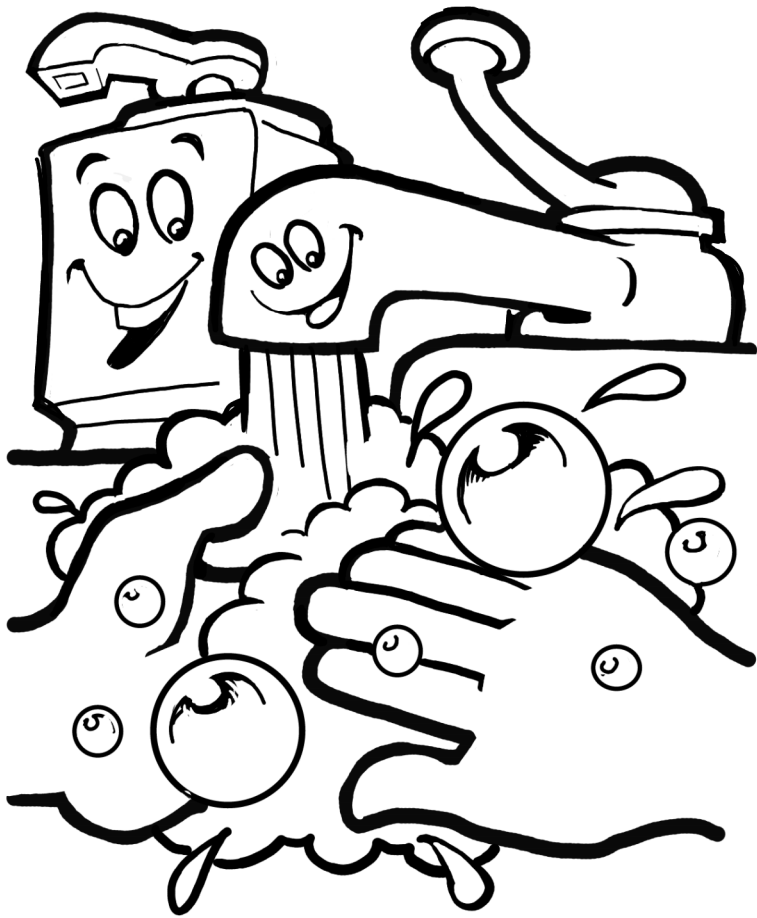
Presenter

**Now, you can go out there and fight those germs.
You know all the secrets of food safety, and that
means that you are official members of the
Food Safety Patrol. So tell everyone at home
all about how they can chase germs away
everyday.**

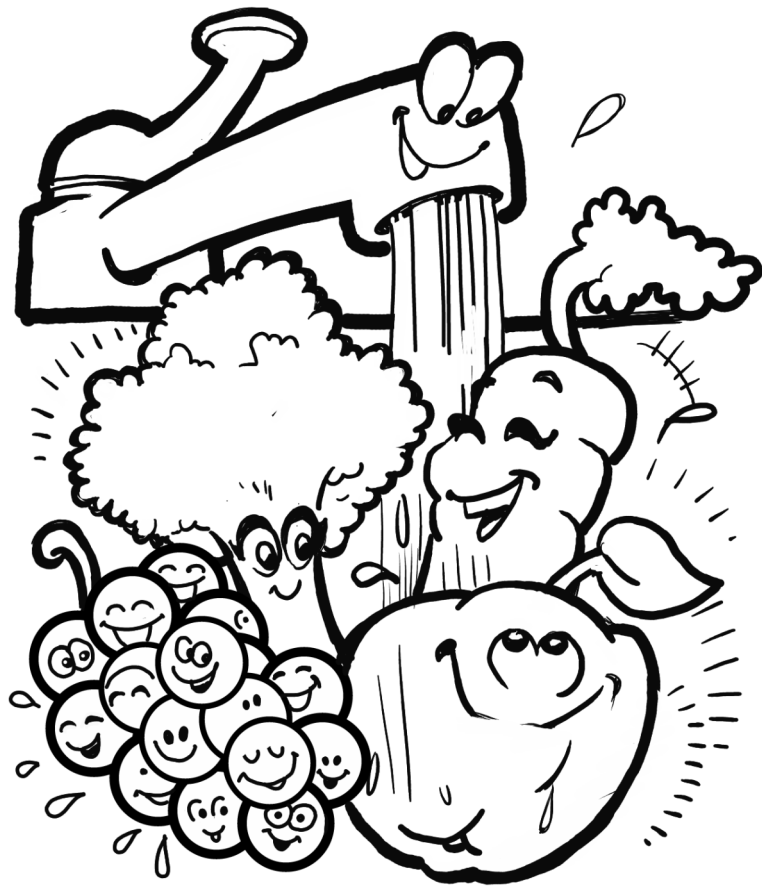


***Argh... being a germ is really tough
Goodbye. I think I've heard... enough!***

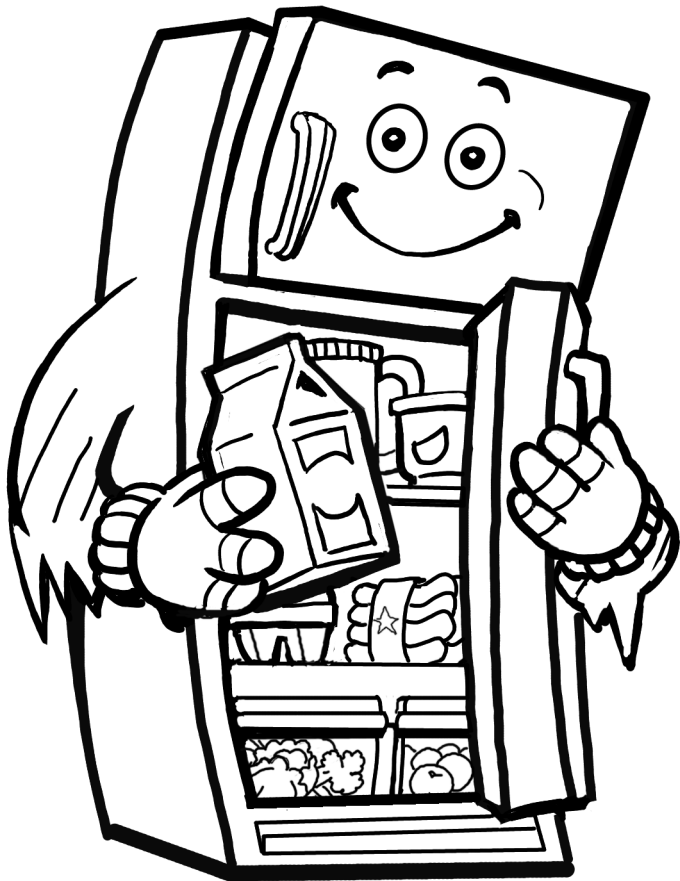
THE END



Wash your hands
With soap and water too



Wash your fruits and vegetables
and make them clean for you



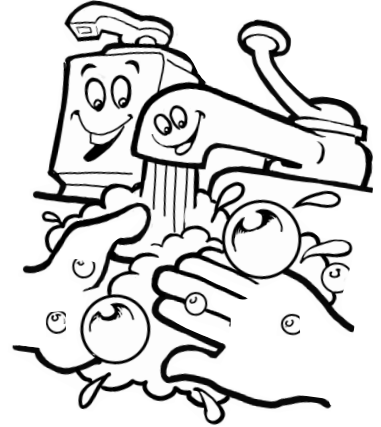
Put food in the refrigerator
Do it right away



Keep counters clean where food is prepared
And chase those germs away.

Handwashing Poem *for* **Kindergarten and First Grade**

We wash our hands to keep them clean . . .
The cleanest hands you've ever seen!
Use soap and water — that's the way
To chase those yucky germs away!



Handwashing Poem *for* **Second and Third Grade**

Soap and water, that's the way,
You can wash the germs away.
Keep on washing — when you do,
You'll get rid of germs, it's true.
Now your hands are clean, here's why:
Germs are down the drain, goodbye!



Four Simple Steps to Food Safety

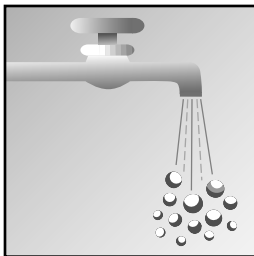
Right now, there may be an invisible enemy ready to strike. It is called BAC (bacteria) and it can make you and those you care about sick. In fact, even though you cannot see BAC — or smell it, or feel it — it and millions more like it may have already invaded the food you eat.

But you have the power to **Fight BAC!™** and to keep your food safe from harmful bacteria. It is as easy as following these four simple steps:



CLEAN

Wash hands and surfaces often

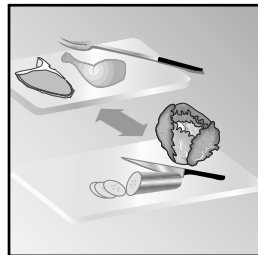


Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops. Here's how to *Fight BAC!™*:

- Wash hands, utensils and surfaces in hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs, fish or seafood, to adequately protect against bacteria. Use a sanitizing solution or a mixture of household bleach and water. Also, remember to wash your hands after using the toilet, changing diapers and handling pets.
- Always wash fruits and vegetables thoroughly before eating or cooking.
- Use plastic, hardwood or other non-porous cutting boards. These boards should be run through the dishwasher – or washed in hot soapy water and sanitized – after each use.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

SEPARATE

Don't cross-contaminate

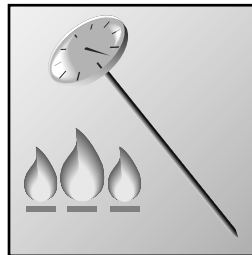


Cross-contamination is the scientific term for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, fish and seafood, so keep these foods and their juices away from ready-to-eat foods. Here's how to *Fight BAC!™*:

- Separate raw meat, poultry, fish and seafood from other foods in your grocery shopping cart and in your refrigerator.
- Use different cutting boards for raw meat and ready-to-eat foods.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry, fish and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry, fish and seafood.

COOK

Cook to proper temperatures



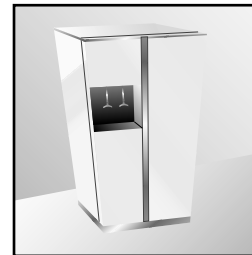
Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. Cooking times and temperatures vary for different meats, fish and poultry products. Consult your local health authority for recommended cooking times and temperatures.

The best way to *Fight BAC!™* is to:

- Use a clean thermometer which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are cooked all the way through.
- Be sure to cook ground meat and poultry thoroughly, until there is no pink and the juices are clear.
- Cook eggs until the yolk and white are firm. Do not use recipes in which eggs remain raw or only partially cooked.
- Fish should be opaque and flake easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. For best results, cover food, stir, rotate for even cooking, and let stand for 2 minutes. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Reheat sauces, soups and gravy to a boil.

CHILL

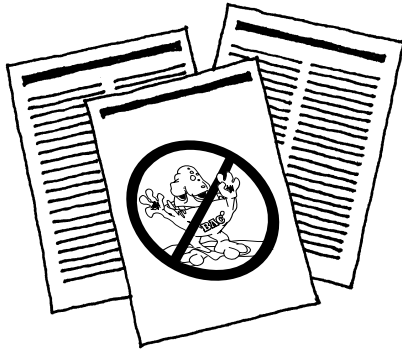
Refrigerate promptly



Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. So, set your refrigerator no higher than 4°C (40°F) and the freezer unit at -18°C (0°F). Check these temperatures occasionally with an appliance thermometer. Then, *Fight BAC!™* by following these steps:

- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or sooner.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Do not pack the refrigerator. Cool air must circulate to keep food safe.

FACTSHEET



THE INVISIBLE ENEMY: BACTERIA

Despite the fact that Canada's food supply is among the safest in the world, sometimes the food we eat can make us sick. Under the right conditions, an invisible enemy called "BAC" (bacteria) may be present on foods.

Scientists have learned these important facts about bacteria:

- Bacteria are an integral part of our environment and play many beneficial, but sometimes harmful roles. They are found on all raw agricultural products.
- Harmful bacteria can be transferred from food to people, people to food, or from one food to another.
- Bacteria can grow rapidly at room temperature.
- Growth of harmful bacteria in food may be slowed or stopped by refrigerating or freezing.
- Foodborne illness can produce symptoms from mild to very serious. Illness can occur 30 minutes to two weeks after eating food containing harmful bacteria.
- People who are most likely to become sick from food-related illness are infants and young children, senior citizens and people with weakened immune systems.

Everyone can prevent foodborne illness if they learn how to *Fight BAC!*TM

Visit the Canadian Partnership for Consumer Food Safety Education website at: www.canfightbac.org for more information about *Fight BAC!*TM

FOUR SIMPLE STEPS TO *Fight BAC!*TM

CLEAN - Always wash your hands, utensils and cooking surfaces with soap and hot water before you handle food, repeatedly while you prepare it, and again when you've finished. Sanitize countertops, cutting boards and utensils with a mild bleach and water solution. All produce should be washed under cool running water prior to eating or cooking.

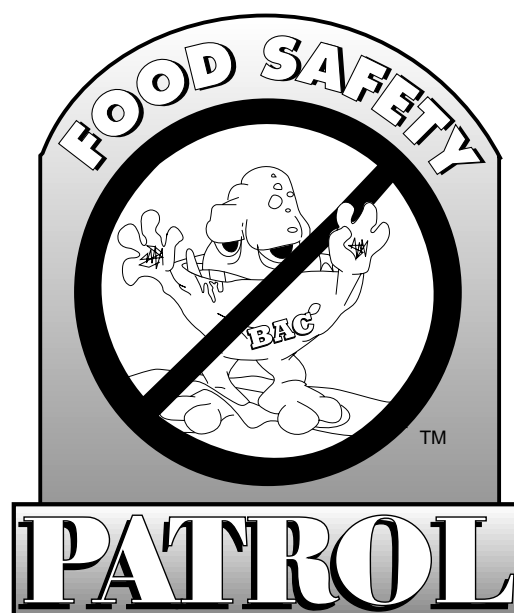
SEPARATE - Keep certain foods, like meats, poultry, fish and seafood and their juices, separated from others during storage and preparation. Keep separate cutting boards for raw meats and vegetables. Always keep foods covered.

COOK - Prepare foods quickly, cook them thoroughly, and serve them immediately. Don't let foods linger at temperatures where bacteria can grow. The danger zone is between 4°C (40°F) and 60°C (140°F).

CHILL - Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at a temperature of 4°C (40°F) or colder, and keep the freezer set at -18°C (0°F).

Following these simple practices can help you reduce the risk of foodborne illness.





Compliments of the Canadian Partnership for Consumer Food Safety Education.



PARTNERSHIP MEMBERS

The Canadian Partnership for Consumer Food Safety Education is made up of industry, consumer, health and environmental organizations, as well as provincial and federal government departments and agencies.

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Consumer, Health and Environmental Organizations
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Industry Organizations

Beef Information Centre
Canada Pork
Canadian Council of Grocery Distributors
Canadian Egg Marketing Agency
Canadian Federation of Agriculture
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Canadian Meat Council
Canadian Poultry & Egg Processors Council
Canadian Produce Marketing Agency
Canadian Turkey Marketing Agency
Chicken Farmers of Canada
Chicken Farmers of Ontario

Crop Protection Institute of Canada
Dairy Farmers of Canada
Further Poultry Processors of Canada

Government Organizations

Canadian Food Inspection Agency
Federal/Provincial/Territorial Committee on Food Safety
Health Canada
Ontario Ministry of Agriculture, Food and Rural Affairs
Vancouver/Richmond Health Board

International Affiliate Member

United States Partnership for Food Safety Education

For a full list of Partnership Members, visit the *Fight BAC!™* website at www.canfightbac.org

