

## LESSON TITLE: *Food Safety 101*

**Recommended Grade Level:** 2<sup>nd</sup> Grade

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

**# Of Participants:** Class size: 10-30

**Life Skill:** Understanding the importance of food safety

**Character Focus:** Self-responsibility

**Integrated Curriculum Concepts\*:**

- Nutrition: Identifying healthy ways to shop and prepare food
- Language Arts: Active listening, responding
- Health Science: Food preparation and cooking tips for healthy living
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of food safety
- Making healthy food choices

**What you need for the Lesson:**

- Sir Rebrum beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book pgs. 3 and 4 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

**Getting Ready:**

- Read and familiarize yourself with the book.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show the illustrations.

\* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to learn more from The OrganWise Guy character named Sir Rebrum. Sir Rebrum is very smart but needs lots of energy from food to function properly.	Hold up the Sir Rebrum character to the class and then sit him next to you as you read the book (WITH ENTHUSIASM!).	Sit quietly and listen until interactive parts of book.
When shopping, where are you supposed to put raw meat?  (ANSWER: by itself in the grocery cart, away from fresh food)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Before preparing fruits and vegetables, what should you do with them?  (ANSWER: rinse with cool water)	Call on students to answer the question.	Respond and answer questions by raising hands.
TRUE/FALSE: It is okay to eat cookie dough before it is cooked.  (ANSWER: false)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<b>Is a cooked egg a good choice for breakfast?</b>  (Answer: yes!)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the first thing you should always do before handling any food?  (Answer: wash your hands)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Do you ever help your Mom and Dad cook?  (Answer: varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are your favorite things to help cook?  (Answer: varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

<p>Do you ever help out at the grocery store?  Can you help your mom or dad pick healthy snacks? Name some examples. Did you learn good shopping tips from Sir Rebrum?</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
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***Optional Follow-up Activities:***

- Use pgs. 3 and 4 in the Companion Activity Book or download the Activities Sheets found beneath the book
- View the three short videos (1-2 minutes) found below the Activity Sheets.