



## **Welcome to the Kids' Corner of the Ripley County Food Protection Website!**

Food is something we need every day. But sometimes, the food we eat can make us sick. This page is just for kids, to learn about food safety and how to prevent themselves or their families from getting sick.

Good hand washing can keep us from getting sick and keeps our food safe.

Other pages give information and fun facts for kids about food safety. Just click on the words that are highlighted to see more pages.

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## Hand washing tips

**Question:** What is the easiest, best way to keep from getting sick from food?

**Answer:** It's so simple it might surprise you! The answer is **hand washing**.

Bacteria and viruses are tiny, one-celled living organisms. Just like people, bacteria need water, food, and air to breathe in order to stay alive and to multiply. Viruses do not need food or water, but they do need a host - another living creature - to live and multiply. These organisms are microscopic, meaning you can't see them without a microscope. You can't see, smell or taste them in your food.

Your body normally is covered with millions of bacteria every day. Most of these bacteria are harmless, but some can make you very sick. Our hands are usually one of the germiest parts of our bodies, because they touch lots of things every day. Think about the things that you have touched in the last hour, that might have a lot of germs (or bacteria) on them. Some examples might be a telephone, a doorknob, a computer keyboard, a toilet handle, a pet, a trashcan or even your own mouth. When you touch a surface that has many bacteria or viruses, you can transfer them to your mouth while eating, drinking, coughing or just touching your face. Some of these germs can make you pretty sick!

Knows how to keep yourself from getting sick from food - that's called a foodborne illness. Know that washing your hands at the right times will get rid of most of the bad bacteria and viruses that cause illness. Below, are listed some of the most important times to wash your hands.

- After using the restroom
- Before touching any food
- Before cooking or making a snack
- Before eating
- After coughing, sneezing or blowing his nose
- After feeding or playing with his pet, or after cleaning a pet's cage or litter box
- After taking out the trash
- After changing a baby's diaper
- After helping his parents with housecleaning chores
- After playing outside
- Any time his hands look or feel dirty



**Do you think you are a good hand washer?**

Here are some tips on the best way to wash your hands. Read the list below, and see if you wash your hands as well as you should.

Do you:

Wet your hands first with warm water?

Use about a  $\frac{1}{2}$  teaspoon of soap?

Scrub your hands for 20 seconds?

Rinse your hands completely?

Dry them off with a paper towel?

Use the towel to turn off the water faucet?

If you follow all these steps when you wash your hands, congratulations!

***You are a good handwasher.***

Here's a little trick you can use to remember how long to scrub:

Sing the "happy birthday" song two times in a row. This equals about 20 seconds



### **Packing your lunch Safely!**

If you take your lunch to school, there are some things you need to know to keep yourself from getting sick. Follow these rules, and you will stay safe and healthy! Some foods will grow bacteria more easily than others. To prevent the bacteria from growing, we need to keep these foods cold. The temperature of your refrigerator should be about 40 degrees Fahrenheit. This is how cold your food should be kept.

**Listed below are foods that need to be refrigerated at all times:**

- Sandwiches made with any kind of meat, such as turkey, roast beef, chicken, bologna, or ham, egg salad, tuna salad, or cheeses;
- Salad made with meat, tuna, cheese, eggs, potatoes, pasta or beans;
- Anything containing cheese;
- Baked beans or any other cooked beans;
- Cooked pasta such as macaroni and cheese, spaghetti or lasagna;
- Any food that has meat or poultry in it;
- Cut melons, especially cantaloupe;
- Dairy foods such as yogurt, cottage cheese, milk, or sour cream

Some food is safe without needing to be cold. Items that don't have to be refrigerated include whole fruits and vegetables, canned food (not opened), breads, crackers or cookies, peanut butter, jelly, mustard or ketchup, jello or chips.

**Remember to keep cold foods cold!**

Wash your hands before making lunch or a snack. Always pack your lunch in a cooler or insulated container, if possible. Keep food cold by including freezer packs, a sealed bag with ice, or freeze a sandwich or your drink the night before you pack your lunch. Once you get to school or wherever you're going, store your food in a cool place. If possible, keep it in a refrigerator. Remember that food should not be left at room temperature for more than four hours. If you can't keep your lunch in a refrigerator, and you didn't pack it with ice or ice packs, eat the food as soon as possible. Be sure to wash your hands before eating. Don't keep leftover food from your lunch for a snack after school. If you're not sure how long the food has been out of the refrigerator, it's best to throw it away.

And keep hot foods hot! Use an insulated container to keep hot food hot - 140 degrees Fahrenheit or above. Foods like chili, soup or stew can be stored hot by filling an insulated container (like a thermos) with boiling water first. Let the thermos stand for a few minutes, then empty it. Fill it with the hot food, and cover it tightly until it's time to eat!

## Owning a Reptile



If you or any member of your family owns a pet reptile, you should know that reptiles can make you sick. However, there are steps you can take to make sure that no one in your household becomes ill. Reptiles include turtles, snakes, or lizards. It is now known that all reptiles can carry a bacterium called Salmonella on their skin.

include headache, fever, diarrhea, vomiting, chills and cramps. It takes about eight to seventy two hours for symptoms to begin after you become ill with Salmonella. This disease can spread easily from your hands to your mouth or the food you eat.

There are many cases of people becoming ill from Salmonella, in which the disease was traced back to a pet reptile that was in their home or in an area they often visited. A normal healthy adult can recover from this disease within five days, but children and older people are very likely to become extremely ill. Babies under one year of age are especially at risk of illness, hospitalization and even death.

How can you avoid illness for you and your family? If you own a reptile, follow the steps below to stay safe:

- Thoroughly wash your hands after touching your pet;
- Wash your hands after cleaning the animal's cage, feeding or watering it;
- If the animal is allowed to be out of its cage, keep it in an area that is easy to clean up afterwards, and keep it out of the kitchen or places you eat. Don't wash bowls in the kitchen sink;
- Do not allow very young children to handle the animal; if they do, wash the child's hands afterwards;
- If you have a baby less than one year old, it is best to remove the animal;
- If a young child in your house goes to a daycare or preschool, make sure the school does not keep a reptile, or if they do, that they take care to prevent illness by following the steps above.

If you would like to have more information about reptile safety, visit the sites below.

- <http://www.petstation.com/repalmo.html>
- <http://www.nraac.org/salmonella.html>
- <http://www.cdc.gov/epo/mmwr/preview/mmwrhtml/mm4844a1.htm>





## **Kid Friendly Sites**

USDA CFSAN For Kids

[www.cfsan.fda.gov/~dms/educate.html](http://www.cfsan.fda.gov/~dms/educate.html)

Kids World

[www.agr.state.nc.us/cyber/kidswrld/foodsaf](http://www.agr.state.nc.us/cyber/kidswrld/foodsaf)

Food Safety.Gov

<http://www.foodsafety.gov/~fsg/fsgkids.html>

FDA Kids Home Page

[www.fda.gov/oc/opacom/kids](http://www.fda.gov/oc/opacom/kids)

USDA for Kids

[www.usda.gov/news/usdakids](http://www.usda.gov/news/usdakids)

### **Resources for Teachers**

Nutriteach

<http://outreach.missouri.edu/nutriteach>

USDA/FDA Foodborne Illness Education Info. Center  
(To purchase teaching materials for children)

<http://peaches.nal.usda.gov/foodborne/fbidb/kids.asp>

Kids Thought 4 Food Safety

<http://expage.com/page/kidsthought4food>

FSIS Food Safety Education (Thermy™ Campaign)

[www.fsis.usda.gov/OA/consedu.htm](http://www.fsis.usda.gov/OA/consedu.htm)

### **Other**

Food Safety for Babysitters

[www.ianr.unl.edu/pubs/foods/nf103.htm](http://www.ianr.unl.edu/pubs/foods/nf103.htm)

Home Food Safety

<http://www.homefoodsafety.org/>

