

# THE HIDDEN GERM

## Junior High

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### Description

Food poisoning is growing concern today, especially with outbreaks of the Ecoli virus and Mad Cow Disease. Food is being left in the "danger zone" too long. Food poisoning is often mistaken for the flu. A need has become apparent that people need to become aware of how they prepare and store food.

### Family and Consumer Sciences Classes

- 6-8<sup>th</sup> Grade classes
- 9<sup>th</sup> Grade Foods class

### Classroom Activities

- Teach students on proper food handling and storing techniques.
- Have students develop posters and facts sheets to display around school.
- Invited the school nurse and county health inspector to speak to the class.
- Tour you school kitchen and a local restaurant.
- Jell-O experiment (6 containers of Jell-O; 5 of the 6 are 'infected' with various bacteria, such as dirty or germs from dirty hands; bacteria growth is monitored).

### Class Connection of FCCLA Projects

- Student Body--Complete a project in the nutrition area
- STAR Event--Illustrated Talk
- Buddy Mentoring project--peer education to younger students on the importance of washing hands.

### Resources

- Video "Danger Zone"
- FDA Center for Food Safety and Applied Nutrition: [um.cfsan.fda.gov/list.html](http://um.cfsan.fda.gov/list.html).
- Food & Nutrition Information Center/National Agriculture Library: [www.nal.usda.gov/fnic/](http://www.nal.usda.gov/fnic/)

### Connection to Minnesota Graduation Standards

- Physical Education and Lifetime Fitness--Individual and Community Health