Lesson Plans for Mrs. Jane Baker’s Family & Consumer Sciences classes March 16-20, 2020; March 30-April 3, 2020

You will be working on lessons from ChooseMyPlate.gov website. These lessons will help you make better choices for your food preparation, meals and health. Please contact the school if you cannot access the links online to pick up paper copies from that website.

<table>
<thead>
<tr>
<th>Assignments, Packet or online access</th>
<th>Grade</th>
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<tr>
<td>Watch video: [<a href="https://www.youtube.com/watch?v=">https://www.youtube.com/watch?v=</a> KJjNTYxJAJQ&amp;feature=emb_rel_pause](<a href="https://www.youtube.com/watch?v=">https://www.youtube.com/watch?v=</a> KJjNTYxJAJQ&amp;feature=emb_rel_pause) USDA Secretary of Agriculture, Sonny Perdue, speaks about food and the Coronavirus-19 Pandemic. March 17, 2020</td>
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<td>Go to <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></td>
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<td>Watch the video “Start Simple With My Plate” and read <a href="https://www.choosemyplate.gov/start-simple-myplate-tip-sheet-0">https://www.choosemyplate.gov/start-simple-myplate-tip-sheet-0</a></td>
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<td>On left side of page, under Resources, choose Print Materials</td>
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<td>On the print materials page, at the search buttons choose the group students and the topic food safety and click search</td>
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<tr>
<td>Choose 10 Tips: Be Food Safe or click link below: <a href="https://www.choosemyplate.gov/ten-tips-be-food-safe">https://www.choosemyplate.gov/ten-tips-be-food-safe</a> Read through the tips and make a list of the 10 Tips</td>
<td>10 points</td>
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<tr>
<td>Return to print materials page and keep the students group, but change the topic to meal planning and click search</td>
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<tr>
<td>Choose MyPlate, MyWins Tips: Healthy Eating Solutions for Everyday Life. Read the page and list the 6 tips given and identify what is the key to “MyWins”.</td>
<td>7 points</td>
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<tr>
<td>Read 10 tips: Choose MyPlate <a href="https://www.choosemyplate.gov/ten-tips-choose-myplate">https://www.choosemyplate.gov/ten-tips-choose-myplate</a> List all 10 tips. Choose 1 tip to improve or work on with your meal plans. Explain why you have chosen this tip. What is your plan to follow and improve or work on this tip? Evaluate your results after a week of following your plan. *BONUS: Document your results with pictures.</td>
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Choose and document (list) any links that you read. Give a summary of the information you found and how this will help you be healthier.

20 points/each
Videos topics include: making small changes, healthy eating and physical activity, adding more fruits and veggies, cooking with kids, kitchen timesavers, and using grains.

**Start Simple with MyPlate**

Start Simple With MyPlate

Do not worry if they cannot access videos. The material is include in the handouts!

**MyPlate, MyWins Video Series**

The MyPlate, MyWins video series combines information with inspirational stories from American families, as part of the overall effort to help people find healthy eating solutions and develop a personalized healthy eating style that fits within their overall lifestyle.

MyPlate, MyWins: Real Solutions from Real Families

MyPlate, MyWins: What’s Your Healthy Eating Style?
Focus on whole fruits
Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies
Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.

Vary your protein routine
Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.

Make half your grains whole grains
Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.

Move to low-fat or fat-free milk or yogurt
Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.

Drink and eat less sodium, saturated fat, and added sugars
Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans. Go to ChooseMyPlate.gov for more information.
10 Tips: Be Food Safe

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness — Clean, Separate, Cook, and Chill. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

**CLEAN**

1. **Wash hands with soap and water**
   Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2. **Sanitize surfaces**
   Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3. **Clean sweep refrigerated foods once a week**
   At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4. **Keep appliances clean**
   Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5. **Rinse produce**
   Rinse fresh vegetables and fruits under running water just before eating, cutting, or
cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6. Separate foods when shopping
   Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7. Separate foods when preparing and serving
   Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8. Use a food thermometer when cooking
   A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

9. Cook food to safe internal temperatures
   One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F.

10. Keep foods at safe temperatures
    Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).
Wash Hands and Surfaces Often

Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, CLEAN!

Wash your hands with warm water and soap for at least 20 seconds!

How?
- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds - about the time it takes to sing the “Happy Birthday” song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

When?
- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet

DID YOU KNOW?
In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

PARTNERSHIP FOR FOOD SAFETY EDUCATION
We develop and promote effective education programs to reduce foodborne illness risk for consumers.

FIGHTBAC.ORG
**Clean Surfaces**

**Keep Your Scene Clean**
Bacteria that can cause illness can survive in many places around your kitchen. Keep **countertops and other kitchen surfaces clean** to prevent cross-contamination.

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this **after preparing each food item and before going on to the next food item.**
- **Keep your fridge clean, too:** Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- After cleaning, you may **SANITIZE SURFACES** as an extra precaution to kill germs. Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.

**Rinse Produce**

Rinse fresh fruits and veggies under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should berubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled “ready-to-eat,” “washed” or “triple-washed” should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out our **ProducePro fact sheet** at [fightbac.org](http://fightbac.org).

**THE FOUR WAYS TO FIGHT BAC!**

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**Partnership for Food Safety Education, 2016**
We develop and promote effective education programs to reduce foodborne illness risk for consumers. | [FIGHTBAC.ORG](http://FIGHTBAC.ORG) | @Fight_BAC
MyPlate, MyWins

Healthy eating solutions for everyday life!

Everything you eat and drink matters. Find your healthy eating style and maintain it for a lifetime. Start with small changes to make healthier choices you can enjoy. The right mix can help you be healthier now and into the future.

To build your own healthy eating style, follow the MyPlate building blocks below. Each one has starter tips to inspire you to create your own solutions — “MyWins.” The key is choosing a variety of foods and beverages from each food group — and making sure that each choice is limited in sodium, saturated fat, and added sugars.

Make half your plate fruits and vegetables: Focus on whole fruits

- Choose whole fruits — fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or for a dessert.

Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, side dishes, and recipes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list — try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Vary your protein routine

- Mix up your protein foods to include a variety — seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

**Move to low-fat or fat-free milk or yogurt**

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.
- Replace sour cream, cream, and regular cheese in recipes and dishes with low-fat yogurt, milk, and cheese.

**Drink and eat less sodium, saturated fat, and added sugars**

- Use the Nutrition Facts label and ingredients list to compare foods and drinks. Limit items high in sodium, saturated fat, and added sugars.
- Use vegetable oils instead of butter and choose oil-based sauces and dips instead of those with butter, cream, or cheese.
- Drink water instead of sugary drinks.

**USDA ChooseMyPlate**

U.S. DEPARTMENT OF AGRICULTURE
Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1. Find your healthy eating style
   Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2. Make half your plate fruits and vegetables
   Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3. Focus on whole fruits
   Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

4. Vary your veggies
   Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.

5. Make half your grains whole grains
   Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.

6. Move to low-fat or fat-free milk or yogurt
   Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7. Vary your protein routine
   Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

8. Drink and eat beverages and food with less sodium, saturated fat, and added sugars
   Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9. Drink water instead of sugary drinks
   Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10. Everything you eat and drink matters
    The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Go to ChooseMyPlate.gov for more information.