

Student Activity Sheet

Lunch Bag Choices - Lesson 3

Materials

- Paper lunch bags
- Picture of a cold pack
- Picture of a thermos
- Pictures of food



Directions

1. Each group should obtain 2 lunch bags, 1 picture of a cold pack, 1 picture of a thermos, and pictures of food.
2. Place the pictures of the thermos and the cold pack in one of the bags.
3. Separate the pictures of foods into risky foods (those foods which need to be either kept cold or hot to prevent bacterial growth) and non-risky foods. **Note: Remember that risky foods include:**
 - Foods from an animal source (examples: eggs, milk, meat, fish and poultry)
 - Foods from a plant source that have been cooked (examples: cooked potatoes, cooked rice, and cooked pasta).
 - Raw seed sprouts (examples: alfalfa sprouts and bean sprouts)
 - Cut melons (examples: watermelon, cantaloupe, and honeydew)
4. List the foods that you have determined to be risky foods. Explain why you decided that they are risky.

Name of Risky Food	Reasoning for Decision
Example: Cooked Rice	This is a cooked food from a plant source.
1.	
2.	
3.	
4.	

5.	
6.	
7.	
8.	
9.	
10.	

5. List the foods that you have determined to be non-risky foods. Explain why you decided that they are non-risky. Non-risky foods may include foods that you usually refrigerate because they taste better cold or their quality is better if they are kept refrigerated. They don't have to be kept cold to prevent foodborne illness. Some examples of non-risky foods that you might normally refrigerate are; strawberries, grapefruits, ketchup (too acidic for bacteria to grow) and pancake syrup (this contains enough sugar to combine with the water, so there isn't enough water available to bacteria to grow). When you're not sure whether a certain food has to be refrigerated or not, always refrigerate the food. It is better to be safe than sorry!

Name of Non-Risky Food	Reasoning for Decision
Example: Raw carrots	It is from a plant source, but it hasn't been cooked.
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

6. Share your decisions with the rest of the class. Be prepared to discuss why you made the decisions that you did.