



How to Create the Old Maid BAC Card Deck

- Print out cards on heavy paper.
- Cut out individual cards. There are 31 cards in all - 15 pairs and 1 “Old Maid BAC” card.
- You may wish to glue each card to cardboard cut to fit. This will extend the life of the cards.
- Two different games can be played with this deck – “Old Maid BAC” and “Food Safety Pairs.” All cards are used to play “Old Maid BAC.” The “Old Maid BAC” card is set aside to play “Food Safety Pairs.”
- Print out explanation sheets to discuss reasons for food safety tips with students.

How to Play “Food Safety Pairs” with 2-4 players

- Set aside “Old Maid BAC” card.
- Shuffle remaining 30 cards.
- Lay out cards face down in rows in a single layer.
- The starting player turns over two cards. If the cards are perfect matches, the player removes the pair from the board and keeps it. Because there was a match, the same player gets to turn over two more cards.
- When the two cards do not match, the player must turn them back face down in the same position where the cards were. Play then rotates to the next player on the left.
- When all pairs have been completed and removed from the board, the player with the most card pairs wins.

How to Play “Old Maid BAC” with 3-4 players

- Shuffle all 31 cards, making sure “Old Maid BAC” card is in the deck.
- Deal cards to each player one at a time until all cards are gone.
- Before play begins, players remove any matching pairs in their hands and place them face UP at their side.
- Players hold cards so that other players can’t see what’s in their hands. The starting player picks a card from the hand of the player on his or her left.

- If the card matches a card in the starting player's hand, then she/he places the matching pair face UP on the board with the other matching pairs. Because there was a match, the starting player selects another card from the player's hand to his or her left.
- When there is no match, the starting player puts the card in his or her hand. The turn is over and play rotates to the next player on the left. This player selects a card from the player on his or her left and so on, as above.
- Play continues in this way until all the matches have been made. The person who is left with the "Old Maid BAC" card loses the game.

Card Explanations and Discussion Starters:

Wash hands before eating: Let's say you haven't washed your hands and you pick up a delicious peanut butter and jelly sandwich. You're so happy – the sandwich tastes so good. The bacteria on your hands are happy too because they're now able to get on the sandwich. When you eat a bite of that sandwich, you're also eating a bite of bacteria. That's how bacteria can get a free ride to your stomach where they can make you sick. By washing your hands before you eat, bacteria are washed down the drain and don't have a chance to get on the food you eat.

Wash hands after using the bathroom: When people wash their hands after using the bathroom, they're less likely to spread bacteria to others. Every time you touch something with germ-y hands, you're leaving some bacteria behind. If people touch that same spot you touched, they can pick up the bacteria you left behind and spread them to other surfaces. Just one pair of germ-y hands can spread bacteria around to many places and make lots of people sick.

Use clean bowls, knives, forks, and spoons when making food:

Food can get bacteria on it if it touches knives, forks, spoons, or bowls that were used to store or make other foods. If you eat food with certain kinds of bacteria in or on it, you can get sick.

Throw away unwrapped food if it falls on the floor: Some people think that if food falls on the floor and you pick it up quickly, bacteria haven't had a chance to get on the food and it's still safe to eat. Unfortunately, that's not true. A floor can look clean, but still have bacteria on it. So, for example, if you drop a piece of bread on the floor, you should throw it away. If there are even a few bacteria on the bread and you eat it, you could get a bad stomachache and throw up.

Always wash fruit under running water even if you're planning to peel it before eating: Fresh fruits can have bacteria on their skins. If you cut into the fruit to remove

the peel, you could be transferring bacteria on the outside of the fruit to the inside of the fruit with the blade of your knife. By rinsing off fruit before peeling or eating it, you're sending germs down the drain.

Use different plates, knives, forks, and spoons for raw foods and cooked foods: When knives, forks, spoons, and bowls touch raw meats and poultry, bacteria can be left behind. So, if you used a knife to cut up raw meat and then used the same knife to cut up an apple, you could get bacteria from the raw meat onto the apple. If you eat the apple, you could get very sick.

Enjoy cookies only after the dough is cooked, never when it's raw: Some people love the taste of raw cookie dough, but dough has raw eggs in it that could have bacteria. The bacteria are killed by cooking the dough which is why cookies are safe to eat, but raw dough is not.

Always use a clean fork or spoon to take food out of a bowl or jar that other people use: When you use a fork or spoon that's been in your mouth to help yourself to a bowl of food other people are using, any bacteria in your mouth get into the food. Your bacteria may not be making you sick, but they could make other people sick.

The heat made by microwave ovens, not the microwaves themselves, kills germs: Microwave ovens will kill bacteria in foods when the foods are heated to a safe internal temperature. The microwaves themselves will not kill bacteria. That's why it's important to cook or heat food thoroughly no matter what type of cooking method you use.

Even if food is browned on the outside, check middle with a thermometer to make sure it's safe to eat: When it comes to food safety, you can't tell by looking at a food if it's safe to eat. Food (like meat) can be brown on the outside and still be undercooked on the inside. Undercooked food can mean bacteria are still alive and can make you sick. The only way to know if the food is cooked thoroughly and is safe to eat is to check the middle with a food thermometer.

Even if food is steaming, check middle with a thermometer to make sure it's safe to eat: Food can be steaming hot on the outside and barely warm on the inside. That means any bacteria on the inside haven't been killed. Always check the inside temperature of food with a thermometer. That way you'll know if the food is safe to eat.

Cold spots in microwaved foods are places where germs could still be hiding: Microwave ovens can heat or cook foods unevenly, leaving cold spots where bacteria can be hiding. Be sure to follow cooking instructions and turn and stir foods during the cooking process, if the instructions call for it. Let food stand for the time called for in the directions.

Keeping cold foods cold helps stop bacteria from growing: Bacteria grow and multiply best when they're in a warm place. By keeping cold foods at the right temperature in the refrigerator, bacteria are less likely to grow. Keep an appliance thermometer in your refrigerator to make sure the temperature is less than 40°F.

Throw away food if it has been left sitting outside of the refrigerator for more than 2 hours: Food left sitting out at room temperature (about 70°F) gives bacteria a chance to grow and multiply to dangerous levels. Food should be tossed out if it's been sitting at room temperature for more than 2 hours. If food has been sitting in temperatures of 90°F or more, then it should be tossed out after just 1 hour.

Germs in food can give you a bad stomach ache and make you throw up: Bacteria in food can make people very sick with vomiting, diarrhea, and fever. In other words, you feel awful. But by following food safety rules, you can help protect yourself and your family from getting sick. Become a BAC! Fighter today at www.fightbac.org.