



<p>Language Arts Art</p>	<p><b>BAC!'s Story — In His Own Words!</b></p> <ul style="list-style-type: none"> <li>• Invite children to write a short adventure story from the point of view of the bacteria — featuring their efforts to stay alive and multiply! Encourage them to include several food safety mistakes that help bacteria multiply and several good food safety habits that keep bacteria from multiplying!</li> <li>• Have students illustrate their stories with their own portrait of BAC!</li> </ul>
<p>Language Arts Music</p>	<p><b>Fight BAC!<sup>®</sup> Rap</b></p> <ul style="list-style-type: none"> <li>• Have children (as a group) compose a rap song or chant using the basic messages of food safety. Start by having students list all the vocabulary words they can think of for each key “Action,” along with words that rhyme. Remind them to create one verse for each key “Action.”</li> <li>• When the rap is done, have children perform it with percussion or rhythm instruments.</li> </ul>
<p>Language Arts Science</p>	<p><b>Good Guys/Bad Guys</b></p> <ul style="list-style-type: none"> <li>• Not all bacteria are bad! Have students research good bacteria and bring in three kinds of food — or pictures of food — that have good bacteria (like yogurt or cheddar cheese).</li> <li>• Ask children to research the purpose of good bacteria in food. Encourage them to use a variety of sources: Internet, library, the school nurse, etc.</li> </ul>
<p>Language Arts Science Art</p>	<p><b>Bacteria — From the Artist's View!</b></p> <ul style="list-style-type: none"> <li>• Under a microscope, bacteria can look like a colorful work of art! Have students find pictures of magnified bacteria cells in the encyclopedia or through other research.</li> <li>• Have students draw their own pictures of bacteria as if they were seeing them through a microscope, using colored pencils and other materials to give texture to the artwork. Remind them to label their pictures with the scientific name! (What does <i>Salmonella</i> really look like?)</li> <li>• Remind the students to check the <a href="http://www.fightbac.org">www.fightbac.org</a> web site to find other bacteria names.</li> </ul>
<p>Math Science</p>	<p><b>Lunch Box Test Pilots!</b></p> <ul style="list-style-type: none"> <li>• Pack two lunches in the morning with some cold food items (like pasta salad, a cheese sandwich or yogurt). Use a cold pack in one lunch bag.</li> <li>• Have students test each food's temperatures at 1-hour intervals to see if any of the foods are in the “danger zone.” (See thermometer illustration on page 13.)</li> <li>• Make a bar chart of the food's temperatures to show the difference between the two lunches, plotting out the temperatures taken at each interval.</li> <li>• Invite children to explain the significance of this information!</li> </ul>
<p>Math</p>	<p><b>Multiplying Bacteria</b></p> <ul style="list-style-type: none"> <li>• Have students imagine a fictional bacteria that will reproduce once every 30 minutes at room temperature (70°F/21°C), once every 10 hours when cooled in the refrigerator at 40°F/4°C, and once every 7 hours when heated in the oven at 120°F/49°C.</li> <li>• Now, challenge them to figure out and chart: How many bacteria would be present in each location after 1 hour . . . 2 hours . . . 6 hours . . . 1 day.</li> <li>• Through this exercise, what can they hypothesize about how temperature affects bacterial growth?</li> </ul>
<p>Social Studies Creative Dramatics</p>	<p><b>Food Safety's Cast of Characters</b></p> <ul style="list-style-type: none"> <li>• Many people are responsible for helping to keep food safe. Conduct research about the people involved from farm to table like farmers, grocers, cooks, government inspectors and others.</li> <li>• Role-play these characters in class using props students bring in or make.</li> </ul>
<p>Social Studies</p>	<p><b>Food Safety Long Ago . . . and Far Away</b></p> <ul style="list-style-type: none"> <li>• Ask your school librarian to help students research food safety practices from long ago — such as the use of drying and salting for a long sea-voyage . . . first use of thermometers in determining safe food temperatures . . . the invention of pasteurization . . . irradiation.</li> <li>• Encourage students to talk to parents and grandparents about how food was stored when they were growing up and contrast it with how food is stored today.</li> <li>• In current times, how might people in different parts of the world deal with food safety? Have students brainstorm how the availability of soap . . . water . . . and refrigeration would make a difference. What about places impacted by weather disasters like earthquakes or hurricanes?</li> <li>• What strategies could they come up with for these affected areas?</li> </ul>





### Food Safety Signs

- “Spread the word . . . not the germs!” Have students design food safety signs that cover basic food safety messages to post in key places around the school.
- Then they can decide the best places to post the signs — like “wash your hands” signs in the bathrooms and “use a cold pack!” signs in the cafeteria.
- For handwashing signs, show the proper steps — and try to laminate them for lasting use! Don’t forget the adult bathrooms — even teachers can use some tips and reminders.

### Your Attention Please!

#### SEPTEMBER Is National Food Safety Month!

- Have your students write fun “copy” for loudspeaker announcements giving basic food safety messages.
- Try composing a “tip of the day” that can be announced every morning for a week. Announce it to be Fight BAC!<sup>™</sup> Week!
- Choose “student announcers” to get the word out!

### Fight BAC!<sup>®</sup>

#### Puppet Show or Play

- Using what they’ve learned about food safety through the classroom program and their own research, have students write a play or puppet show about food safety. Characters can be played by real students, or by puppets!
- To make puppets: Have students create BAC! figures using green construction paper. (Or check the [www.fightbac.org](http://www.fightbac.org) web site to download and print out the BAC! character.)
- Mount the figures with velcro on old socks to make puppets. They can create other characters for the show if needed.
- Have students present their puppet show or play to a kindergarten or first grade class. (For other options, see the next activity.)

### (Food) Safety in Numbers!

#### In an Assembly

- Join with other classes in your school that are participating in the Fight BAC!<sup>®</sup> Program, and create a food safety assembly! Perform the play or puppet show written by the class. You might even invite an outside speaker who is an expert on food safety to be part of the program. Include your rap song!

#### For the PTA

- Arrange for a group of students to speak at the next PTA meeting to share what they’ve learned about Food Safety, or perform their Fight BAC!<sup>®</sup> play. Have copies of the Action Chart (page 20) to hand out. (Note: see the Special Event inset box on page 23.)

### “Food Safety Stuff” Bulletin Board

- Choose a bulletin board in a central spot for “Food Safety Stuff.” Divide it into four sections — one for each “Action.”
- Have students design how to best present food safety. Encourage them to include stories, poems, drawings, collages and magazine cut-outs to illustrate each message.

### Food Safety Buddies

- Help your students become Fight BAC!<sup>®</sup> Buddies for a kindergarten or first grade class in your school. Topics can include handwashing and safe snacks or lunch.
- Brainstorm ideas ahead of time and plan and practice the lesson. This lunchtime lesson can be especially useful for young children who eat in their own classroom.





### PSAs on the Air

- Talk with students about what a Public Service Announcement is and does. (Try recording a couple at home, or ask a local radio station or cable network for samples!)
- Now, challenge students to write their own PSAs about food safety.
- Vote on the best ones and see if you can get one aired on local TV or radio.

### Food Safety Scouts

- Contact your local scout troops and see if your students can help them plan a food safety presentation.
- Encourage them to visit the younger Brownie and Cub Scout troops to talk about handwashing and food safety.

### Food Safety Bookworms

- Anyone who cooks needs to know about food safety! Have students hold a school-wide contest to create a great food safety bookmark.
- Laminate copies of the winners and ask local bookstores if they will make them available to customers who buy cookbooks.

### Helping the Elderly or Home-bound

- Have students prepare posters or little refrigerator magnets as food safety reminders for Meals on Wheels, Guardian Angels, Hot Meals for Seniors and other programs that reach out to those with special needs. The student can be a "Food Safety Guardian Angel" to be sure the client follows the food safety rules.

### Where's the Beef? — A Supermarket Field Trip

- Arrange a class trip to a local supermarket. This is a great activity to do during Food Safety Month in September . . . in November, before the holidays (when lots of turkeys and roasts are cooked), or before picnic season starts on Memorial Day!
- Encourage the class to investigate meat, poultry and fish labels for cooking and safe temperature instructions.
- Have them see if food thermometers are sold and what types are available.
- As followup, have students create a PR campaign for the supermarket to publicize the importance of food safety. Have them consult the supermarket manager to see what would work best for the store. Suggest posters, in-bag flyers, or brochures.

### Restaurant Safety

- Have students generate a list of local restaurants where they eat.
- Together compose a letter letting the restaurants know that your class is studying food safety and wants to learn more about how to keep food safe. Send them a copy of the Four Actions chart from the inside cover so they know what your students are learning.
- Invite a local restaurant manager to visit the class and talk more about the food safety rules that restaurants follow.
- Encourage the children to prepare questions in advance and then have them write up the group interview to be featured in the school newspaper.

### Host a **Fight BAC!**<sup>®</sup> Special Event!

It's fun to hold a special event in the classroom . . . around the school . . . or out in the community. Encourage students to take their Food Safety Play or Puppet Show "on the road" to get the word out!

Assign groups of students to manage the different parts of the event:

- **Set up a time** on the school calendar (September is Food Safety Month).
- **Design** and distribute invitations.
- **Make posters** to publicize the event.
- Include an announcement in the **school newspaper**.
- Prepare **hand-out materials** to give to the audience.
- Invite the school nurse, food service director, or other expert to hold a **Q&A session**.
- Create **costumes**, puppets and other props.
- Include a **rap song** in the program.
- Post **bacteria artwork** and other food safety projects around the room for family viewing.
- Set up a VCR to **show the video**.
- If **Internet access** is available, access the [www.fightbac.org](http://www.fightbac.org) web site for family browsing.
- **Serve refreshments** — being sure to use good food safety practices!
- Invite the local **community press** to be guests of honor!

Visit the **Fight BAC!**<sup>®</sup> web site:

[www.fightbac.org](http://www.fightbac.org)

Learn more and develop new ways for your students to become Food Safety Ambassadors!