

**EXERCISE 1**

*DIRECTIONS: Circle the word or phrase the teacher says.*

- |     |                |              |              |
|-----|----------------|--------------|--------------|
| 1.  | fish           | beef         | veal         |
| 2.  | food           | germs        | eggs         |
| 3.  | milk           | meat         | raw          |
| 4.  | water          | yolk         | seafood      |
| 5.  | fruits         | vegetables   | leftovers    |
| 6.  | cereal         | chips        | crackers     |
| 7.  | frost line     | refrozen     | reheated     |
| 8.  | sauce          | seafood      | soapy        |
| 9.  | cooked         | cooler       | unclean      |
| 10. | ice            | insulated    | illnesses    |
| 11. | standing times | foodborne    | undercooked  |
| 12. | temperature    | thermometer  | thaw         |
| 13. | grocery        | restaurant   | store        |
| 14. | microwave      | refrigerator | mayonnaise   |
| 15. | sauce          | sandwiches   | shelf-stable |
| 16. | freezer        | freezing     | frozen       |
| 17. | contaminate    | circulate    | marinade     |
| 18. | suspect        | sanitize     | sauce        |
| 19. | prepared       | perishable   | poultry      |
| 20. | bacteria       | burger       | beans        |

**TEACHER DIRECTIONS for EXERCISE 1**

Say the following aloud. Say, "Circle only the word you hear. I will repeat the word two times." Choose and say a word from each row. This exercise may be repeated using different words each time.

*This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson. For more information contact Alice Carroll at [acarroll@doe.state.la.us](mailto:acarroll@doe.state.la.us) or (225) 342-3695.*

**EXERCISE 2**

*DIRECTIONS: Listen to the sentences as the teacher dictates them. Unscramble the words to make each sentence correct. Don't forget to begin a sentence with a capital letter and end the sentence with a period. Allow ample time to rewrite.*

1. carry backpacks germs
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2. makes foods thorough cooking safe
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3. to safe food handling are the key clean hands
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4. hands for about 20 should be washed seconds
- 

5. at 40°F or colder needs to be set a refrigerator
- 

6. shelf-stable foods kept cold do not need to be
- 

7. from home kitchens of foodborne illnesses over half may come
- 

8. chosen, stored, handled, and prepared how food is food safety involves
- 

9. when germs spread cross-contamination occurs from one food to another
- 

10. of food is the biggest cause improper cooling of foodborne illness
-

**EXERCISE 3**

*DIRECTIONS: Listen to the sentences. The teacher will say each sentence three times. When the teacher says the sentence the first time, do not write, just listen. When the teacher says it the second time, try to write as much of it as you can. By the time the teacher says it a third time, you should have written the complete sentence.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**TEACHER DIRECTIONS for EXERCISES 2 and 3**

The following sentences should be read aloud by the teacher for exercises 2 and 3. Lower level learners can use the unscrambled form. More advanced students can take dictation. Read each sentence 3 times.

**KEY**

1. Backpacks carry germs.
2. Thorough cooking makes foods safe.
3. Clean hands are the key to safe food handling.
4. Hands should be washed for about 20 seconds.
5. A refrigerator needs to be set at 40°F or colder.
6. Shelf-stable foods do not need to be kept cold.
7. Over half of foodborne illnesses may come from home kitchens.
8. Food safety involves how food is chosen, stored, handled, and prepared.
9. Cross-contamination occurs when germs spread from one food to another.
10. Improper cooling of food is the biggest cause of foodborne illness.

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