








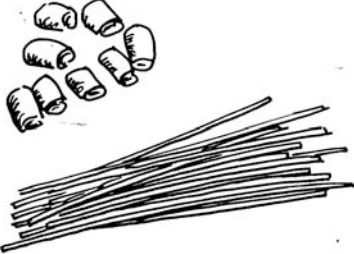
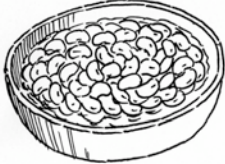



Handout #1
Foods for Soup

✂ Cut Out the Pictures



Handout 2
Food Words

carrot	onion	rice
peppers	chicken	lamb
potato	mushrooms	tomato
noodles	beans	celery



SAMPLE RECIPE

TORTILLA SOUP

- 2 cans onion soup
- 1 1/2 cups water
- 1 can Tomato Juice
- 1 can Green Chile Salsa
- 2 cups Jack Cheese
- Tortilla Chips

Put the soup, water, tomato juice and salsa together in a pan. Cook and stir to boiling. Put the soup in bowls.

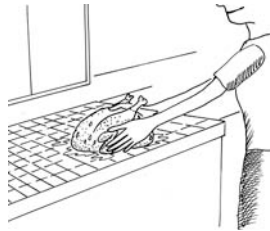
Put cheese and tortilla chips on top.

Serves 6 people.



Tom's Soup

It is winter and Tom has a bad cold. He decides to make some chicken soup. Tom likes chicken soup. It is healthy and tastes delicious. Tom has all of the ingredients in his kitchen. He has some chicken in the freezer. It needs to thaw so he puts it on the counter. Then Tom goes to work. He will cook the chicken soup when he comes home.



Tom returns home from work and forgets to wash his hands. He picks up the chicken. It feels soft and warm. He cuts the chicken into pieces. Next he chops up some onions, celery, and carrots using the same knife and cutting board. Then he puts the chicken and vegetables into a pot on the stove.



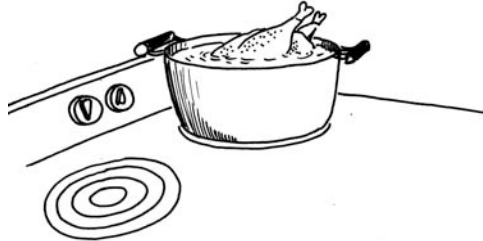
The soup smells good. Tom stirs the soup and then tastes it using the same spoon. He adds some salt and tastes and stirs the soup again. The hot soup feels good on his sore throat.



Finally the soup is ready, but his wife isn't home yet. Tom turns off the stove and leaves the pot on the burner until she comes home two hours later. Then he heats up the soup again for his wife. Tom's wife puts the soup in the refrigerator before she goes to bed. Tom is happy. There is still enough soup for Tom and his wife to eat tomorrow.



What's Wrong with Tom's Soup?



What is wrong with the soup? Write 4 food safety problems from the story.

1. _____

2. _____

3. _____

4. _____

What might happen the next day when they eat the soup again?

5. _____



"Maria's Soup"





Teacher Resource
Script - Maria's Soup

Maria wants chicken soup.

She washes her hands.

She takes the chicken out of the freezer.

She thaws the chicken in the refrigerator for the next day.

She wants vegetables and chicken in the soup.

She chops the vegetables on the cutting board. "V" is for vegetables.

Then she washes the knife.

She turns the cutting board over. "M" is for meat.

She cuts the meat on the M cutting board.

She cooks the soup for 1 hour.

Maria tastes the soup.

Then she washes the spoon.

She stirs the soup again.

Maria and her friend eat the soup for dinner.

She puts the soup in the refrigerator fast.



"Maria's Soup" Story

Wash your hands.

Take the chicken out of the freezer.

Thaw the chicken in the refrigerator.

Chop the vegetables on the "V" side. Wash the knife.

Turn the cutting board over. Cut the chicken on the "M" side.

Cook the soup on the stove and taste the soup.

Wash the spoon and stir the soup again.

Eat the soup.

Put the soup in the refrigerator fast.

?



Teacher Resource
Sentence Strips for Tom's Story

"What's Wrong With Tom's Soup?" Story

Tom has a bad cold.
He wants to make chicken soup.

He thaws the chicken on the counter before he goes to work.

The chicken is soft and warm.
He cooks the chicken.

He chops the vegetables, and cuts the chicken.
He uses the same knife and cutting board.

Tom tastes the soup. He adds salt.

He stirs the soup.

He tastes the soup again.

The soup is ready, but Tom's wife isn't home yet.
He turns off the stove. The soup will wait.

Tom's wife comes home.
He heats the soup, and they eat it.

Tom's wife puts the soup in the refrigerator later.

They eat the soup for lunch the next day.



Quiz

Directions:

1. Here is Tom's story. He doesn't use safe practices in the kitchen. Circle the things that are unsafe.

Tom wants to make chicken soup. He takes the chicken out of the freezer and thaws it on the counter before he goes to work in the morning. After work he comes home and starts to make the soup. He doesn't wash his hands. He takes the thawed chicken and cuts it on the cutting board. He puts it in a pot to cook on the stove. Then he cuts some onions, carrots, potatoes and celery with the same knife and on the same cutting board. He puts those vegetables in the pot too. Later he tastes the soup with a spoon. He adds salt and pepper, stirs the soup and tastes it again. When the soup is ready, he turns off the stove and leaves it there until his wife comes home from work. When his wife comes home he heats the soup on the stove and they eat it. After dinner, they relax and watch TV. They leave the soup in the pot until it gets cool. They put the soup in the refrigerator an hour after eating. They'll eat it again the next day.

2. Write the story again. Give advice to Tom to make his soup safe to eat.

Tom wants to make chicken soup. He should
thaw the chicken in the refrigerator before he goes
to work.



Quiz - Answer Key

Here is Tom's story. He doesn't use safe practices in the kitchen. Give Tom advice about making his soup safe to eat.

Tom wants to make chicken soup. He takes the chicken out of the freezer and **thaws it on the counter** before he goes to work in the morning. After work he comes home and starts to make the soup. He **doesn't wash his hands**. He takes the thawed chicken and cuts it on the cutting board. He puts it in a pot to cook on the stove. Then he cuts some onions, carrots, potatoes and celery **with the same knife** and **on the same cutting board**. He puts those vegetables in the pot too. Later he tastes the soup with a spoon. He adds salt and pepper, **stirs the soup** and **tastes it again**. When the soup is ready, he turns off the stove and **leaves it there** until his wife comes home from work. When his wife comes home he heats the soup on the stove and they eat it. After dinner, they relax and watch TV. They **leave the soup in the pot until it gets cool**. They **put the soup in the refrigerator 2 hours after eating**. They'll eat it again the next day.

_____ Tom wants to make chicken soup. He **should thaw the chicken** in the refrigerator before he goes to work. After work he comes home and starts to make the soup. He **should wash his hands**. He takes the thawed chicken and cuts it on the cutting board. He puts it in a pot to cook on the stove. He **should wash the knife** and turn over the cutting board before he cuts some onions, carrots, potatoes and celery. He puts those vegetables in the pot too. Later he tastes the soup with a spoon.. He adds salt and pepper. He **should wash the spoon** before he stirs the soup and tastes it again. When the soup is ready, he turns off the stove. He **should put it in the refrigerator** until his wife comes home from work. When his wife comes home , he **should heat the soup** on the stove before they eat it. After dinner, they **should put the soup in the refrigerator fast**. They relax and watch TV. They'll eat the soup again the next day.



Quiz - Safe Soup

Directions: Check the sentences about making safe soup. Copy them.

- Tom thaws the chicken on the counter.
- Tom thaws the chicken in the refrigerator.

- When he comes home, he washes his hands.
- When he comes home, he forgets to wash his hands.

- He cuts the vegetables and chicken on the same cutting board.
- He cuts the chicken on a cutting board. He turns over the cutting board and chops the vegetables.

- He tastes the soup with a spoon. He adds salt and stirs the soup.
- He tastes the soup with a spoon. He washes the spoon. He adds salt and stirs the soup.

- The soup is finished. He puts the soup in the refrigerator. He waits for his wife.
- The soup is finished. He waits for his wife. He leaves the soup on the stove.

- Tom and his wife eat the soup. They put the soup in the refrigerator after 2 hours.
- Tom and his wife eat the soup. His wife puts the soup in the refrigerator fast.

Tom thaws the chicken in the refrigerator.



Quiz - Safe Soup

Directions: Check the sentences about making safe soup. Copy them.

- Tom thaws the chicken on the counter.
- Tom thaws the chicken in the refrigerator.

- When he comes home, he washes his hands.
- When he comes home, he forgets to wash his hands.

- He cuts the vegetables and chicken on the same cutting board.
- He cuts the chicken on a cutting board. He turns over the cutting board, washes the knife and chops the vegetables.

- He tastes the soup with a spoon. He adds salt and stirs the soup again.
- He tastes the soup with a spoon. He washes the spoon. He adds salt and stirs the soup again.

- The soup is finished. He puts the soup in the refrigerator. He waits for his wife.
- The soup is finished. He waits for his wife. He leaves the soup on the stove.

- Tom and his wife eat the soup. They put the soup in the refrigerator after 2 hours.
- Tom and his wife eat the soup. His wife puts the soup in the refrigerator fast.

Tom thaws the chicken in the refrigerator.

When he comes home he washes his hands. He cuts the chicken on a cutting board. He turns over the cutting board, washes the knife, and chops the vegetables. He tastes the soup with a spoon. He washes the spoon. He adds salt, stirs the soup again. The soup is finished. He puts the soup in the refrigerator. He waits for his wife. Tom and his wife eat the soup. His wife puts the soup in the refrigerator fast.



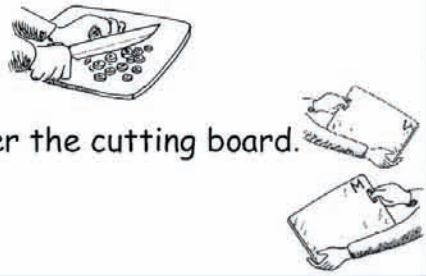


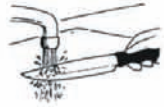




QUIZ

Name: _____

Date: _____

DIRECTIONS: Listen to the teacher. Number the pictures in the story.

<p>_____ Cook the soup.</p> 	<p>_____ Wash your hands.</p> 
<p>_____ Chop the vegetables, and turn over the cutting board.</p> 	<p>_____ Thaw the chicken in the refrigerator.</p> 
<p>_____ Put the soup in the refrigerator fast.</p> 	<p>_____ Wash the knife.</p> 
<p>_____ Cut the chicken on the "M" side.</p> 	<p>_____ Taste the soup.</p> 





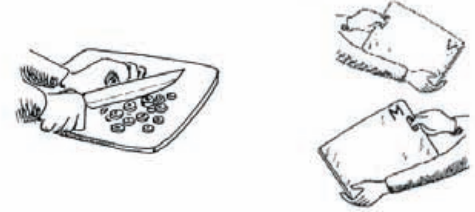


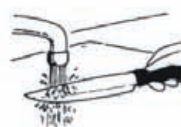


QUIZ

Name: _____

Date: _____

DIRECTIONS: Write the word in the blank. Use the words from the box.

chop	cook	eat	put away	wash
taste	cut	turn over	wash	thaw

<p><u>Cook</u> the soup.</p> 	<p><u>Wash</u> your hands.</p> 
<p><u>Chop</u> the vegetables. <u>Turn over</u> the cutting board .</p> 	<p><u>Thaw</u> the chicken in the refrigerator.</p> 
<p><u>Put away</u> the soup in the refrigerator fast.</p> 	<p><u>Wash</u> the knife.</p> 
<p><u>Cut</u> the chicken on the "M" side.</p> 	<p><u>Taste</u> the soup.</p> 


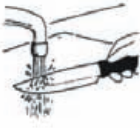







My Goal: I will be safe with food at home.

Date: _____

Directions:

1. Check what you do now.
2. Check what you will do tomorrow.
3. In 3 days, write My Report.

	Now I	I will		Now I	I will
1. Thaw chicken in refrigerator. 			4. Wash the knife. 		
2. Use the 'V' side for vegetables. 			5. Taste the soup.  Wash the spoon. 		
3. Use the 'M' side for meat. 			6. Put away the soup fast. 		

My Report

Date: _____

1. Now I _____.
2. Now I _____.
3. Now I _____.



My Goal: Over the next 3 days, I will try food safety tips _____.

BEFORE this lesson, I...	TIPS	NOW, I...	IN THE FUTURE, I...
1. <input type="checkbox"/>	... thaw meat in the refrigerator.	<input type="checkbox"/>	<input type="checkbox"/>
2. <input type="checkbox"/>	... use one cutting board for meat and another for other food.	<input type="checkbox"/>	<input type="checkbox"/>
3. <input type="checkbox"/>	... wash the cutting board and utensils with hot water and soap.	<input type="checkbox"/>	<input type="checkbox"/>
4. <input type="checkbox"/>	... wash the knife after I cut meat and before cutting other food.	<input type="checkbox"/>	<input type="checkbox"/>
5. <input type="checkbox"/>	... taste and stir using different spoons.	<input type="checkbox"/>	<input type="checkbox"/>
6. <input type="checkbox"/>	... refrigerate leftover food immediately.	<input type="checkbox"/>	<input type="checkbox"/>
7. <input type="checkbox"/>	... throw away meat if it has been out of the refrigerator for more than 2 hours.	<input type="checkbox"/>	<input type="checkbox"/>

MY REPORT DATE: _____

- Now I _____.
- Next week, I will _____.



My Goal: Over the next 3 days, I will try food safety tips _____.

BEFORE this lesson, I...	TIPS	Now I...	In the future, I will...
1. <input type="checkbox"/>	... thaw meat in the refrigerator.	<input type="checkbox"/>	<input type="checkbox"/>
2. <input type="checkbox"/>	... use one cutting board for meat and another for other food.	<input type="checkbox"/>	<input type="checkbox"/>
3. <input type="checkbox"/>	... wash the cutting board and utensils with hot water and soap.	<input type="checkbox"/>	<input type="checkbox"/>
4. <input type="checkbox"/>	... wash the knife after I cut meat and before cutting other food.	<input type="checkbox"/>	<input type="checkbox"/>
5. <input type="checkbox"/>	... taste and stir using different spoons.	<input type="checkbox"/>	<input type="checkbox"/>
6. <input type="checkbox"/>	... refrigerate leftover food immediately.	<input type="checkbox"/>	<input type="checkbox"/>
7. <input type="checkbox"/>	... throw away meat if it has been out of the refrigerator for more than 2 hours.	<input type="checkbox"/>	<input type="checkbox"/>



My Report	Date: _____
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1. Write about all the things you do to keep food safe in your home.

2. People get sick from unsafe food. What will you do in the future so you or your family will not get sick from food?



GOALS

NAME	FOOD SAFETY GOALS
	<ul style="list-style-type: none"> <input type="checkbox"/> Thaw meat in the refrigerator <input type="checkbox"/> Turn the cutting board over for 'V'egetables and 'M'eat <input type="checkbox"/> Wash the knife after you cut meat. <input type="checkbox"/> Wash the spoon after you taste. <input type="checkbox"/> Put food in the refrigerator fast.
	<ul style="list-style-type: none"> <input type="checkbox"/> Thaw meat in the refrigerator <input type="checkbox"/> Turn the cutting board over for 'V'egetables and 'M'eat <input type="checkbox"/> Wash the knife after you cut meat. <input type="checkbox"/> Wash the spoon after you taste. <input type="checkbox"/> Put food in the refrigerator fast.
	<ul style="list-style-type: none"> <input type="checkbox"/> Thaw meat in the refrigerator <input type="checkbox"/> Turn the cutting board over for 'V'egetables and 'M'eat <input type="checkbox"/> Wash the knife after you cut meat. <input type="checkbox"/> Wash the spoon after you taste. <input type="checkbox"/> Put food in the refrigerator fast.
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