

Safe Eating on the Go

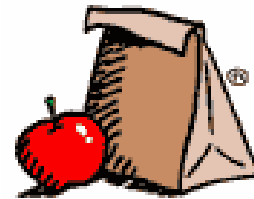
Pre-reading

Questions:

- Do you pack a meal to take to work?
- How do you keep foods safe in a meal packed for work?

Definitions:

- Food borne illness – getting sick from eating spoiled foods.
- Pre-cooked foods – foods that were cooked earlier, but need to be warmed up in a microwave or oven before you eat them, like left-over pizza or egg rolls.



Reading

When packing a meal for work, think of interesting things to pack. Also think of keeping it safe so you don't get sick from spoiled foods. If you get sick from spoiled foods, you have what is called a food borne illness.

To avoid getting a food borne illness, prepare foods with clean hands, clean equipment and in a clean work area. Wash lunch boxes with warm water and soap after every use.

Anything taken out of the refrigerator and put into your meal must be kept cold. Foods that must be kept cold in a packed lunch include:

- Meat, tuna or egg sandwiches
- milk, cheese and yogurt
- canned foods that are open
- fresh vegetables
- rice and pastas

If the meal contains pre-cooked foods, like left-over pizza that needs to be warmed in a microwave oven, these foods also need to be kept cold until reheated.

Sandwiches can be frozen to keep them safe. If you bring them to work at the beginning of the day, they will thaw by lunch time. Lettuce and other greens do not freeze well. Pack these separately and add them to your sandwich just before eating.

If there is a refrigerator at work, put your lunch in the refrigerator to keep it cold. You can also keep your packed lunch cold with an ice pack. You can make your own ice pack by freezing water in a plastic container with a tight-fitting lid such as a water bottle.

Foods that do not need to be kept cold are:

- peanut butter sandwiches
- cookies, crackers, chips and breads
- fresh fruit in the peel
- unopened canned foods

Understanding

1. How do you get a food borne illness? _____

2. What are some foods that should be kept cold in a packed meal? _____

3. What should you put into your packed meal to keep it cold? _____

4. How can you avoid getting a food borne illness? _____

5. What are some foods that do not need to be kept cold in a packed meal? _____

6. If you take food out of the refrigerator to put into your meal, do you need to keep it cold? _____
7. How can you make your own ice pack? _____

Writing

What food items do you like in your packed lunch and how do you keep them cold?
