

Activity Task Sheets

Food & Kitchen Safety

Activity One: The Kitchen

You are showing a new family around their kitchen. Point out some of the dangerous appliances, and make sure they know how to avoid injuries. Use the kitchen safety resources to remind them.

Activity Two: Shopping

Food safety begins with the food purchasing behaviours. Work with a partner to develop a role-play focusing on a shopping trip. One person is unfamiliar with shopping, and the other person is accompanying them and helping them shop. This is a good opportunity to promote some food-safe behaviour.

In this role-play, you need to communicate food safety messages about the temperature danger zone.

The shopping list includes:

- Bread
- Milk
- Fruit and vegetables
- Tinned tuna
- Ice cream
- Rice
- Hot chicken
- Meat for one week
- Herbs and spices
- Watermelon seeds
- beans

The last three items are to be bought from a specialty store, whilst the others are available at a supermarket.

Consider:

- Order of purchases
- Packing the trolley
- Going home

Activity Three: Food Storage

You have just arrived at the home of a refugee family as they are arriving home from grocery shopping. Unfortunately, they are not familiar with shopping for more than one day at a time and do not know how best to store food. Amongst the items bought are tinned tuna, bread, milk, ice-cream, herbs, lettuce, oranges, unripe tomatoes, carrots, bananas, apples, lots of meat, a hot chicken, rice, frozen vegetables, tinned vegetables, and some beans. Advise them on the best way to store these items. Use the poster “Some foods belong in the fridge...” which has conveniently been affixed to their fridge beforehand, to help you explain it. Present your role-play to the group.

Make sure you cover:

- Foods that can be kept at room temperature
- Foods that must be kept in the fridge
- Prolonging the life of meat by freezing it

The information in the “Meat: Storage and Preparation” resource may also help you.

This table provides the approximate storage life of frozen meat products, but relates to quality rather than safety. Storing foods for long periods of time may result in some taste or texture changes that make it not as nice to consume, and it may be handy to point this out!

Product	Approximate frozen storage life
Beef/lamb roasts	4-6 months
Ground beef mince	2-3 months
Sausages	1-2 months
Beef Steaks	3-4 months
Beef/Lamb Casserole	2-3 months
Lamb chops	2-3 months
Offal	1 month
Whole chicken	4-6 months
Chicken portions	3 months
Lean fish (eg. Whiting)	4 months
Oily fish (eg. Mackerel)	3 months

(Source: Meat and Livestock Australia Food Safety Campaign Group: Food Safety in the Home)

Activity Four: School Lunches

Present a role play to the group where you advise a refugee on a packing a suitable school lunch. Explain what facilities are available to the child at school for food storage and preparation – in most cases, this will probably be none. Communicate the keep cold food cold and hot food hot message, explaining the background temperature danger zone concept. Also provide some hints about keeping the lunchbox cool.

Activity Five: Home food preparation

Brainstorm all the food and kitchen safety issues involved in the preparation of two course meal, consisting of a meat and vegetable stew, served with rice, followed by a fruit salad for dessert. Think about equipment, utensils, and pay attention to high risk foods and ready to eat foods. Share your ideas with the group.

Activity Six: Leftovers

You have been helping a refugee family for one week. Yesterday, you observed them eating left over rice from a pot which had obviously been sitting out overnight. Explain to them (and the group) why this is not such a good idea, and how they can safely store leftovers to consume later.

Activity Seven: Picnics and Barbeques

A family you know has made friends and have been invited to a barbeque in the local park for the first time. They ask your advice on what foods to take, how to take it and how to cook it. You tell them to take some steak, sausages, salad, bread, and juice for the children. Explain to them the facilities available at the park, and how to store and transport these foods on the day, and how to cook the food. Work in a group to prepare a role-play, as you demonstrate packing an esky and communicate aspects of food safety including temperature, cross-contamination, high-risk foods, and handling food safely.