



Produce Safety Activities

Suggested Activity: 15 minutes

Supplies: Fake fruits and vegetables (preferably fake watermelon and unbagged spinach), vegetable brush, fake knife, cutting board, grocery bags, and fake raw meat

1. Demonstrate unsafe produce handling.
 - a. Place the watermelon in a grocery bag with the raw meat.
 - b. Take the watermelon out of the bag and begin cutting it without washing hands, cutting board or knife.
2. Ask the participants “What went wrong?” and allow them to identify which precautions you should have been taken.
3. Have the participants split into groups of three or four. Give each group a fake raw fruit or vegetable, a cutting board and a fake knife. Have each group member demonstrate safe produce handling practices by washing hands, knives, and cutting boards and rinsing the fruit or vegetable (scrubbing with vegetable brush if tough skinned).
4. Observe, answer questions and correct if needed.

Alternative Activity:

Trivia – True or False (10 minutes)

Supplies: two colors of index cards

Directions: Pass out index cards, identify which color indicates “true” and which color indicates “false.” Then ask participants to hold up correct card when asking the true or false questions.

1. (*Show a picture of a watermelon.*) Since I’m not eating the rind, I don’t have to wash this. True or **False**
2. I must always wash my hands and my fruit before eating an apple. **True** or False
3. It’s okay for my refrigerator to stay at 45 degrees F. True or **False**
4. “God made dirt, dirt won’t hurt” so I don’t need to wash my produce. True or **False**
5. My fruits and vegetables should always be kept separate from my raw meat. **True** or False

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| 6. If I rinse my knife with running water after cutting raw chicken, it's okay to use to cut my raw carrots. | True or False |
| 7. Hard or tough-skinned produce should be cleaned under running water with a clean vegetable brush. | True or False |
| 8. Raw meats are the number one cause of foodborne illnesses. | True or False |
| 9. I can still eat my apple fresh even though it was touching the raw chicken in the refrigerator. | True or False |
| 10. I can prevent foodborne illnesses in my family by following safe produce handling rules. | True or False |

Go over the answers and why the answer is or isn't correct with each trivia question.

Answers to True or False statements:

F, T, F, F, T, F, T, F, F, T

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