

BREAKFAST BLOOPERS:

Case Studies

Read the following food safety cases out loud to the group. Encourage them to listen for the food safety–related mistake that is being made in each of the cases.

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Case 1:

Devon is running late for school, but decides he wants to eat breakfast before he catches the bus. He hurries down to the kitchen, grabs a banana and a box of cereal, then pulls a gallon jug of milk from the refrigerator and drinks directly from it.

What breakfast safety blooper has Devon committed?

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Case 2:

Kyoko spies the pizza box from last night’s supper still sitting on the table and decides to have pizza for breakfast. She pulls a slice from the box, pours herself a glass of 100-per-cent fruit juice and begins to eat the pizza.

What breakfast safety blooper has Kyoko committed?

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Case 3:

Sam and Tiara are playing with Tags, Frodo and Green, the family dogs, while their mom butters their breakfast toast. When the toast is ready and the fruit smoothies have been poured, Mom calls them to the table to eat. Sam and Tiara race to the table and start in on their favorite – cinnamon toast.

What breakfast safety blooper have Sam and Tiara committed?

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Case 4:

Hans is mixing up a cinnamon-blueberry coffee cake as a Sunday morning breakfast treat for his family. He carefully measures all of the ingredients (including two raw eggs) into the mixing bowl, and after beating everything together, he uses a large wooden spoon to scrape the mixture into the baking pan. Then he treats himself by licking the remaining batter from the spoon.

What breakfast safety blooper has Hans committed?

BREAKFAST BLOOPERS:

Explanation Sheet

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Case 1:

Devon is running late for school, but decides he wants to eat breakfast before he catches the bus. He hurries down to the kitchen, grabs a banana and a box of cereal, then pulls a gallon jug of milk from the refrigerator and drinks directly from it.

Explanation: Devon’s food choices are great, but drinking straight from the milk jug is a breakfast safety blooper! It contaminates the milk in the jug with bacteria from Devon’s mouth. This may cause the milk to spoil quickly and drinking spoiled milk may cause you to get sick. The correct choice for Devon to make was to pour the milk into a glass and drink from the glass.

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Case 2:

Kyoko spies the pizza box from last night’s supper still sitting on the table and decides to have pizza for breakfast. She pulls a slice from the box, pours herself a glass of 100-percent fruit juice and begins to eat the pizza.

Explanation: Pizza can be a good choice for breakfast, but in this case the pizza had spent the night out on the kitchen table without refrigeration. Pizza usually has cheese and sauce on it, and may include other food items that must be kept cold to be safe to eat. Kyoko should have thrown the pizza away and found a safer food choice for breakfast.

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Case 3:

Sam and Tiara are playing with Tags, Frodo and Green, the family dogs, while their mom butters their breakfast toast. When the toast is ready and the fruit smoothies have been poured, Mom calls them to the table to eat. Sam and Tiara race to the table and start in on their favorite – cinnamon toast.

Explanation: Sam and Tiara (and everyone else) should make it a habit to wash their hands before they eat. This is especially true in this case because they were playing with their pets just before Mom called them to eat. Other times you should be sure to wash your hands include when they look dirty; after you’ve used the bathroom or changed a diaper; when you’ve coughed or sneezed into your hand; and when you’ve taken out the trash. Remember, washing your hands before eating or handling foods is the easiest way to help keep germs away from food and keep foods safe to eat.

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Case 4:

Hans is mixing up a cinnamon-blueberry coffee cake as a Sunday morning breakfast treat for his family. He carefully measures all of the ingredients (including two raw eggs) into the mixing bowl, and after beating everything together, he uses a large wooden spoon to scrape the mixture into the baking pan. Then he treats himself by licking the remaining batter from the spoon.

Explanation: While it’s very likely that Hans followed the recipe correctly, he’s running the risk of becoming very sick from eating the raw eggs that are in the batter. Raw eggs may contain salmonella bacteria, which can cause severe food poisoning. Therefore it’s important not to taste cake batter, cookie dough or any other batter that contains raw eggs. All foods made with eggs should be thoroughly cooked before eating.

HANDOUT:

Fast Breaks to B.R.E.A.K.F.A.S.T.

Step 1:

The Foods in Breakfast

In the "Breakfast Foods" column next to each of the letters listed below, write the names of at least two foods you can eat for breakfast that start with that letter. (For example, B = bread sticks, bagels, banana shake; R = raisins, rolls, rice cereal.)

Step 2:

Breakfast Moves

In the "Breakfast Moves" column next to each of the letters listed below, write the names of at least two physical activities you can do that start with that letter. (For example, B = basketball, break dancing; R = running, rappelling (mountain or cliff climbing), racquetball; E = exercise.)

Breakfast Foods	Letter	Breakfast Moves (Activity Ideas)
_____	B	_____
_____	R	_____
_____	E	_____
_____	A	_____
_____	K	_____
_____	F	_____
_____	A	_____
_____	S	_____
_____	T	_____