

Date

Subtheme

Start Time: Choose a start time.
End Time: Choose an end time.

Curriculum Area:
 Choose a curriculum area.
 Choose a curriculum area.

Materials:

- Community member props (vest, hat, apron, etc.)
- Questions for students
- Asking for help social story

Objective(s):

Students will practice seeking and asking for help in the community.
 Students will identify the type of clothing worn by community members who can help.

Introduction:

- Students will review the adapted social story "Asking for Help in the Community."
- Review with students that safe strangers wear different articles of clothing that make themselves obvious/known to you (e.g. uniform, badge, name tag, etc.)

Body:

- Model for students how you can ask for assistance from a community member w/ colleague (e.g. I am at a fast food restaurant, and I am asking the cashier for more napkins)
- Pair students off and give each pair two scenarios (has a location and a question)
 - one plays the role of student, the other plays the role of community member
 - have community member put on props (e.g. apron for shelf stocker, yellow vest for metro, hat for police officer)
- Give students a question to practice asking another peer for help
 - Examples
 - Can you show me where the cereal is?
 - Where is the food court?
 - What time do you close?
 - How do I add money to my SmarTrip?
 - Are you hiring?
 - Words to model for students using VODs, eye gaze: help, go, where, bathroom, my name is, etc.
- After one student finishes, have them switch roles and repeat the exercise

Closing:

- Have students volunteer to act out their scenario in front of the class.
- Review type of clothing community members might have on and identifying them to help you
- Tell students that when we go to the grocery store next week, they will practice asking for assistance.

Accommodations:

Visual supports
 Adapted directions
 VODs


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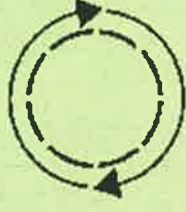
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Asking for Help in the Community



Turn



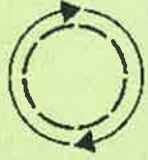


**Sometimes I need help in the
community.**

Go Back

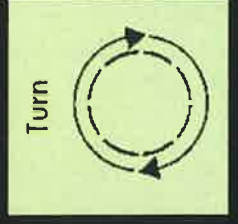


Turn





**There are different people I
can ask for help.**





**At the grocery store, I can ask
someone stocking shelves for
help.**

Go Back



Turn



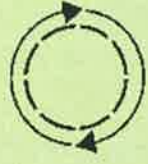


I can ask, "Do you know
where the soup is?"

Go Back



Turn





**At a museum, I can ask
security guard for help.**

Go Back



Turn



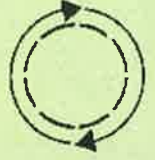


I can ask, "Do you know
where the bathrooms are?"

Go Back



Turn



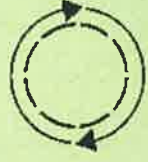


**In the metro, I can ask a metro
worker for help.**

Go Back



Turn



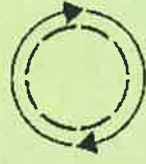


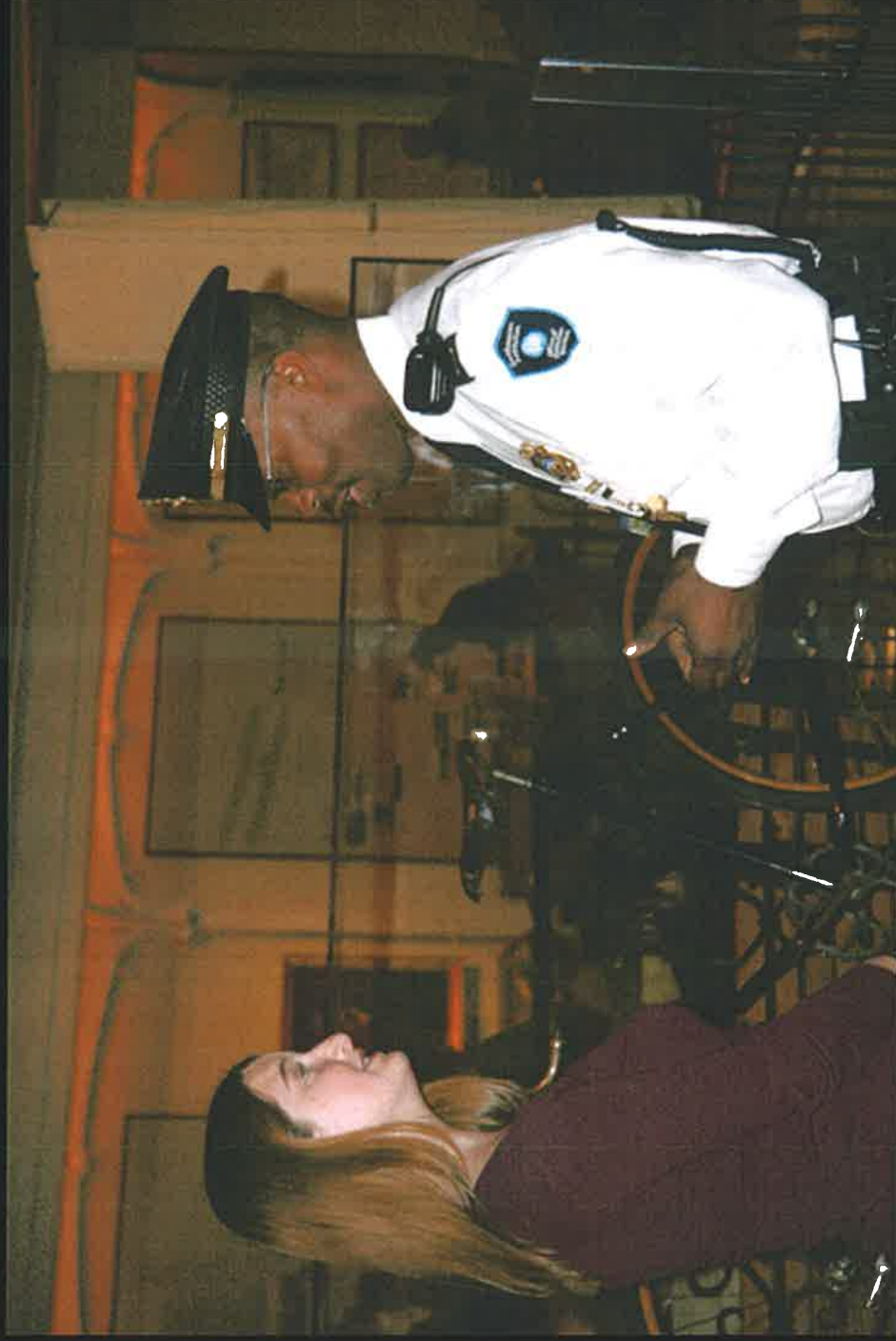
**I can ask, "Can you help me
with my SmarTrip?"**

Go Back



Turn



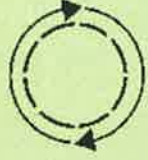


**If I am lost, I can look for a
police officer and ask him for
help.**

Go Back



Turn





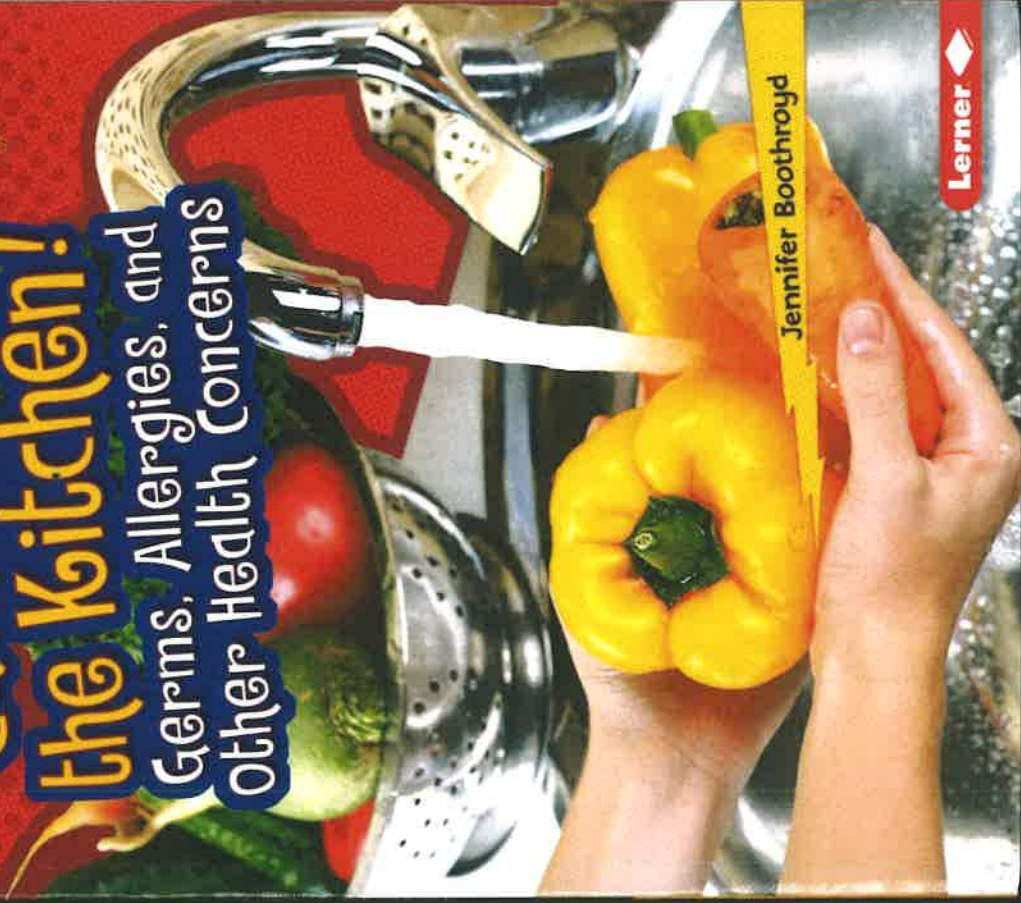
LIGHTNING
BOLT
BOOKS

Caution in the Kitchen!

Germs, Allergies, and
Other Health Concerns

Jennifer Boothroyd

Lerner



For D,
C, and J



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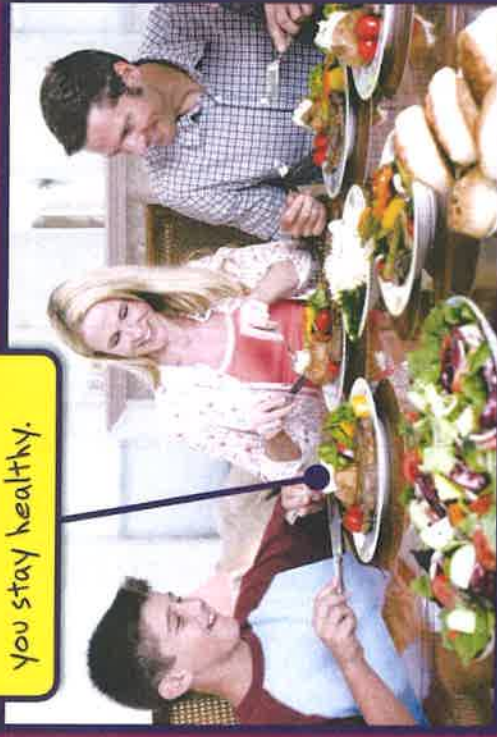
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Eating Carefully

Food keeps us healthy. It gives us energy and nutrients.

Balanced meals help you stay healthy.



4

But sometimes, food can make us sick. Food can carry germs. Some germs can make your stomach very upset.

Tell an adult if you ever feel ill after eating.

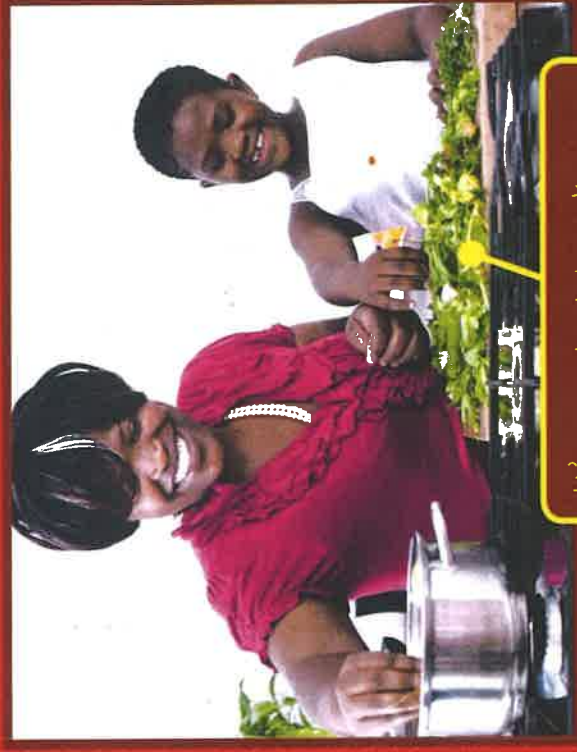


5

Certain foods can also cause reactions in some people. An allergic reaction is when somebody gets sick from something that doesn't make most other people sick. Peanuts may be fine for you to eat. But they may give your best friend a rash. They may even make it hard for him to breathe.



6



It's important to make sure the food you eat is safe.

People can do many things to make sure their food is safe to eat. Let's find out about a few of them!

7

Making Food Safely

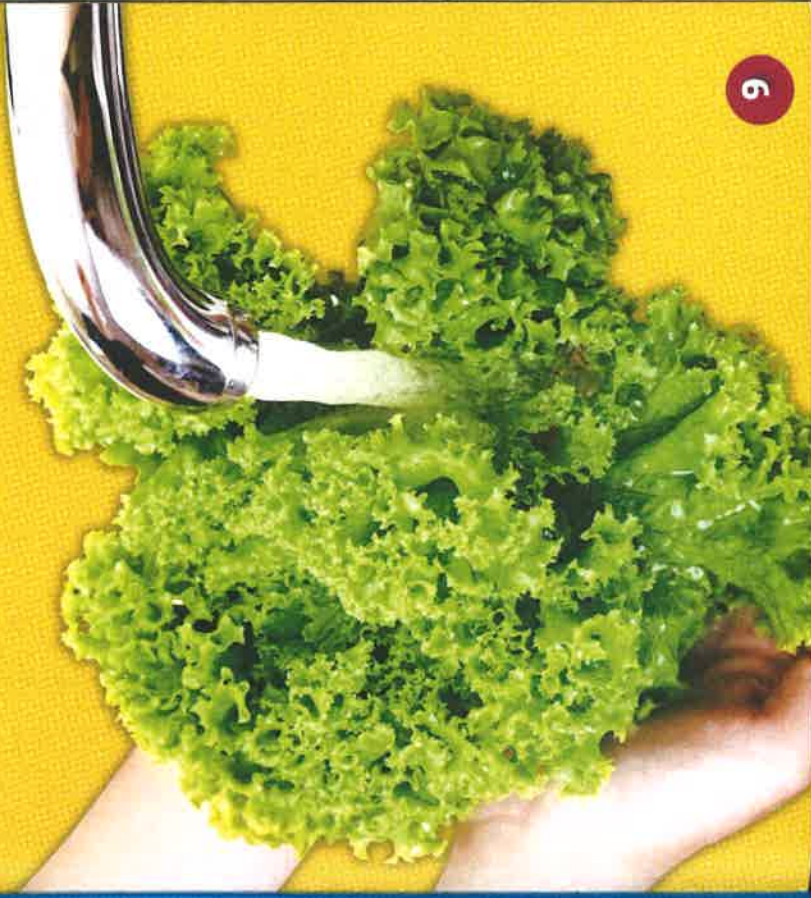
Washing your hands with soap and warm water is a good way to get rid of germs.

Always wash your hands
before touching any food.



8

Rinse all fruits and vegetables in running water. It's a good idea to rinse even the ones you peel.



9

Be very careful with raw meat and raw eggs. The liquids from these foods can leave germs behind. And they splash easily. Be sure to clean off countertops after working with these foods.



Ask an adult to help you clean the counter after working with raw eggs.

10

You should also wash any dishes that touch raw meat or raw eggs.

Wash cutting boards between each use.



11

Frozen meat should be thawed in the refrigerator. It shouldn't be left out on a counter to thaw.



The fridge is the safest place to thaw meat.

12



Cooking food completely kills many harmful germs.

13

Storing Food Safely

It is important to store food carefully so it doesn't spoil.



Leftover pizza can make a good snack if you store it safely.

14

Airtight containers keep food fresh.

Containers like these can help keep germs out.



15

Many foods should be stored
in the refrigerator.



Cold temperatures slow
the growth of germs.



16



Frozen foods should be kept
in the freezer.

17

Some leftovers spoil very quickly. Store them in the refrigerator as soon as possible.

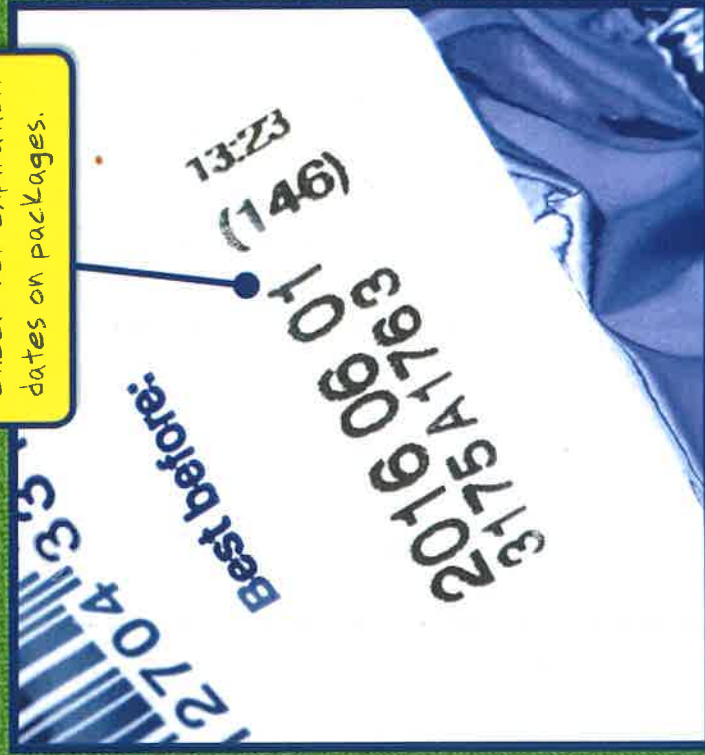
Pork and chicken dishes tend to spoil quickly.



18

Many foods have an expiration date. **Foods shouldn't be eaten after this date.**

Check for expiration dates on packages.



19

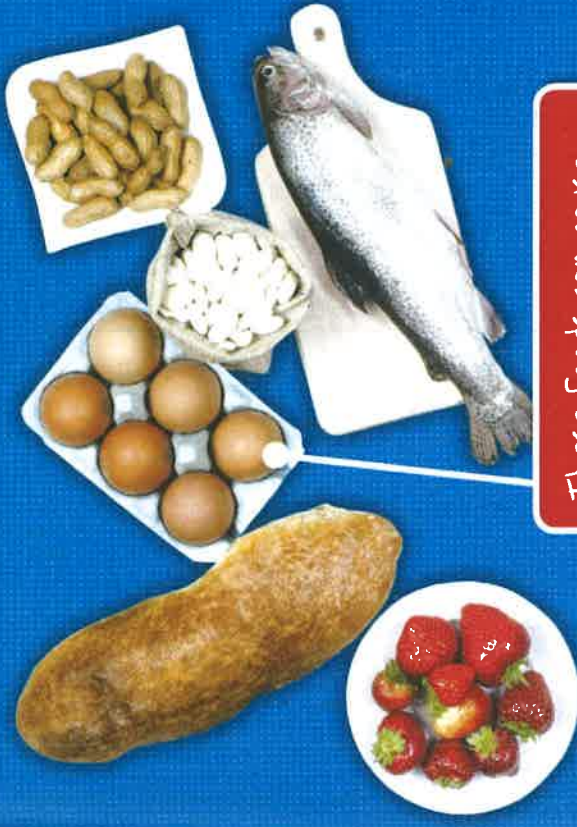
Choosing Safe Foods

People who have food allergies need to be extra careful about food. Other health conditions also call for extra caution.

Kids with food allergies need to be careful when eating at friends' homes.



20



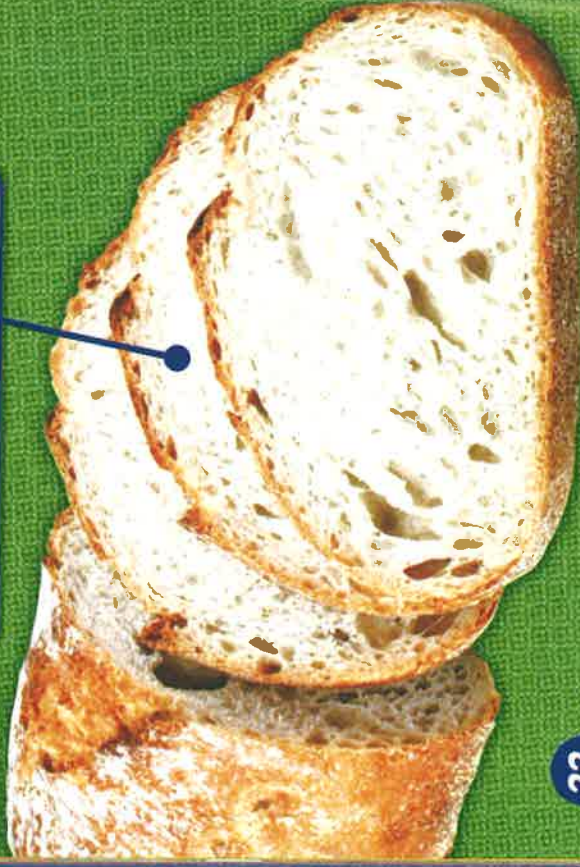
These foods can cause stomach pain, itchy rashes, or even trouble breathing for some people.

Nuts, seafood, and eggs can cause allergic reactions in many people. People who are allergic to these foods must avoid them.

21

Other people may not have allergies, but some foods can still make them sick.

Some people are gluten intolerant. This means they can't eat a protein called gluten, which is in most bread.



22

These people have food sensitivities. Some foods hurt their insides. They must be careful when they order food at restaurants. And they must shop for foods that don't make them sick.

Many restaurants offer special food for people with food sensitivities.



23

Still other people have a disease called diabetes.



People with diabetes keep close track of the foods they eat.

24

People with diabetes need to make careful food choices. They need to keep their blood sugar regular.

This girl gets help checking her blood sugar levels.



25

Packaged foods have nutrition labels. People on special diets often check these labels. They list the ingredients and the nutrients in food.

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container about 8

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 120mg 5%

Potassium 360mg 10%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 8g

Vitamin A 10% • Vitamin C 0%

Calcium 30% • Iron 0%

Vitamin D 25%

You can check these labels too. Even if you aren't on a special diet, it's smart to look for healthy foods. **Foods** with lots of **vitamins** and **minerals** are good choices for everyone!



Oatmeal and other whole grain cereals often have lots of nutrients.

Try This!

Ask an adult if you can check the expiration dates of the items on a shelf in your fridge. If the adult says yes, look for dates on the containers on that shelf. If you see a date that is earlier than today's date, the item with that date has expired. Throw the item away. If you see a date that is coming soon, set that food near the front of the shelf as a reminder to eat it soon.



Fun Facts

- The temperature of your refrigerator should be at or below 40°F (4°C). An appliance thermometer can help you check the temperature.
- Rub your hands with soap for at least twenty seconds when washing your hands. That's about the time it takes to sing "Happy Birthday."
- Respect any special food needs your classmates may have. Don't bring peanuts near a classmate who is allergic to them. If you're inviting a classmate with a chocolate allergy to your birthday party, it's nice to provide him or her with a snack that does not include chocolate.

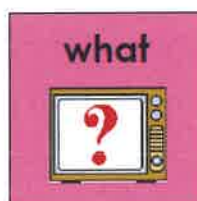
Location:



Scenario: You can't find bananas.



What do you do?



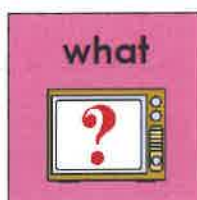
Location:



Scenario: You can't find the bathrooms.



What do you do?



Location: metro



Scenario: Your SmarTrip card is broken.



What do you do?

Who do you ask for help?

What do you say?

Location:



Scenario: You do not feel good.

Say:



or

