

Food Safety Storybooks



Body Buddies Say... "Wash Your Hands!"

Leeann Wenkman, Sunrise Publications, 1999

After playing with his sick brother, Jordan forgot to wash his hands before touching his face. See how Jordan's body reacts to the nasty germ, Rhinovirus and why hand washing and eating fruits and vegetables are essential to staying healthy.

Food Safety

Sharon Gordon, Children's Press, 2001

This book from the *Rookie Read-About Health* series teaches how to look for unhealthy food signs and the steps to keep food healthy with large and colorful pictures.



Germs, Germs, Germs

Bobbi Katz, Cartwheel Books, 1996

A rhyming story introduces young readers to germs and where they live, from food left out of the refrigerator to the inside of the body, and offers gentle rhyming instructions on how to keep germs away.

Germs on their Fingers! / ¡Gérmanes en tus manos!

Wendy Wakefield Ferrin, The Wakefield Connection, 2002

A bilingual book with illustration that teaches children of all ages to wash their hands and encouraged community leadership. A parent/teacher activity guide with a bilingual audio CD is available with this title.

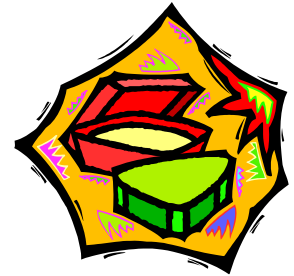
"A messy kitchen is a happy kitchen and this kitchen is delirious"

Unknown

The Germ Busters

Rosemary Wells, Bt Bound, 2002

This beginning reader is a good springboard for classroom discussion about personal hygiene. Students not only sing "The Clean Hands Song" but they wash their hand and wipe their nose. The Frank twins are the exception and everyone else knows it. After Nora and several of her classmates get sick, Mr. Wagweed, the science teacher, and one of her students build a Germostat machine to check each child's paws for cleanliness before lunchtime. The Franks are caught with germs and promised to wash their hands.



Germs Make Me Sick

Melvin Berger, Harper Collins Children's Books, revised edition 1996

From the Lets-Read-And-Find-Out Science series, Germs are everywhere, and you cannot see them. They can make you sick or they can make you feel better. This book is excellent for introducing young readers to viruses and bacteria; where they live, what they do to humans, how our bodies fight them off, and much more.

Hands

Janet Kurzynske and Kay Cotton,
Kentucky Cooperative Extension Service, 1996

This book describes the important of washing one's hands, after sneezing, playing outside, using the toilet, etc. It stresses the importance of cleanliness when handling food in order to prevent illness



I Know How We Fight Germs

Kate Rowan, Candlewick Press, 1999

The Sam's Science series introduces Sam, who has caught a cold and sneezes. His mother talks to him about how people get colds; how the body fights germs and about the blood composition.

The Magic School Bus Inside Ralphie: A Book about Germs

Joanna Cole and Beth Nadler, Scholastic Trade, 1995

Ralphie is sick and can't host the Frizzle News Network TV show on health--until Ms. Frizzle and the gang travel inside his bloodstream to learn how the human body fights germs.

Those Mean Nasty Dirty Downright Disgusting but ... Invisible Germs

Judith Rice; Toys 'n Things Press, 1998



Five-year-old Rosa discovers the most disgusting germ on her hand while painting at school Wonderful and colorful graphics and an easy to understand story, keep kids curious. This is a wonderful resource book for children preschool to 8 years old. It is bilingual in English and Spanish.

Those Icky Sticky Smelly Cavity Causing But...Invisible Germs

Judith Anne Rice, Redleaf Press, Bilingual edition 1997

Seven-year-old Sal knows that in a typical day, icky, sticky germs can get all over his teeth during breakfast, after lunch and before he goes to bed. By brushing his teeth and visiting his dentist regularly, Sal gets rid of the germs that cause cavities and tooth decay. It's a wonderful preschool teachers' aid to bathroom etiquette and a good tool for parents.



Wash Your Hands!

Tony Ross, Kane/Miller Book Pub, 2000

The Little Princess is constantly being reminded to wash her hands-after playing outside, frolicking with the dog, using the potty, and sneezing. After questioning why, she is told that germs and nasties can get in her food and make her sick. Without being didactic, this book shows the benefits of clean hands-and the downside of the opposite.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

Mark Twain

Websites



Food Safety Lessons

This Iowa State University Extension website provides four food safety lessons for teachers, parents and children.

<http://www.extension.iastate.edu/foodsafety/Lesson/lessons.html>

Foodborne Illness Education Information Center

This is a USDA/FDA website that offers a wide range of food safety information; Food Safety Education & Training Materials, Food Safety Links, Foodsafe Discussion groups, and other resources.



<http://www.nal.usda.gov/foodborne/>

Gateway to Government Food Safety Information

This site links readers to credible food safety advice from the Food and Drug Administration, US Dept. of Agriculture, Centers for Disease Control, and some state and local health agencies. Its purpose is to serve as a "gateway to government food safety information." It has a Kids, Teens & Educators section with coloring books and quiz for kids, materials for educators, food safety web sites and more.

<http://www.foodsafety.gov/>

Partnership for Food Safety Education

This site is aimed at consumers, media and educators. It is committed to being a key resource for education programs, ideas and fun activities for kids on food safety issues. It also contains curriculum for all age ranges from day care through high school, community activities, season campaigns as well as a kid's only section.

<http://www.fightbac.org/main.cfm>



"One cannot think well, love well and sleep well, if one has not dined well."

Virginia Woolf, English novelist (1882-1941)

Websites for Children



FDA Kids

The FDA Kid's home page has fun information for kids including a food safety quiz, a medicine word find, tips on pet care and a tobacco quiz.

<http://www.fda.gov/oc/opacom/kids/default.htm>



Food Safety at Home, School and When Eating Out: An Activity Book for You to Color

Simple messages to teach safe food handling habits. Covers the concept of bacteria, hand washing, safe food handling, food labeling, washing fruits and vegetables, keeping foods refrigerated, avoiding food contamination, and keeping hot foods hot and cold foods cold. Provides two recipes so that the child can practice safe food handling while preparing food. Children can color it on the computer or you can print it from:

<http://www.foodsafety.gov/%7Edms/cbook.html>

Food Safety Music

Developed by a food toxicologist with a music background, this site offers parodies of popular songs with an approach for food safety education. The songs can be accessed directly from this website as Real Player streaming audio files.

<http://foodsafety.ucdavis.edu/music.html>



Henry the Hand

This website, is designed to promote the importance of good hand hygiene in preventing the spread of infections among children and adults. The site also provides information on infection control, home and school programs.

<http://www.henrythehand.com>

Kids World Web Page

This site contains information on nutrition and food safety, how to serve a safe BBQ, food safety facts, quiz and the Bad Bug Book. Even though it appeals mostly to older children, it has a coloring book that the younger ones can color.

<http://www.agr.state.nc.us/cyber/kidswrld/index.htm>

Super Scrub & Bubbles

On this Website, you'll find information, quizzes, and coloring pages. You might want to print out many of the pages from this Website for the activities. You'll find the answers to the quizzes on the last page.

<http://www.healthdept.co.pierce.wa.us/FCS/SSB1.html>

