

FCS

Lesson on Food Safety

Date: July 2012

Time to complete: approximately 6 one hour class periods

Teacher: Becky Bruce

Grade Level: 9, 10, 11, & 12

Standards

National FACS Standard: 8.2 Demonstrate food safety and sanitation procedures

ISTE NETS for Students – National Technology Standards

1. Creativity and Innovation: Students demonstrate creative thinking, construct knowledge, and develop innovative products, and processes using technology.
2. Communication and Collaboration: Students use digital media and environments to communicate and work collaboratively, including at a distance, to support individual learning and contribute to the learning of others.
3. Research and Information Fluency: Students apply digital tools to gather, evaluate, and use information
4. Critical thinking, Problem-Solving & Decision-Making: Students use critical thinking skills to plan and conduct research, manage projects, solve problems and make informed decisions using appropriate digital tools and resources.
5. Digital Citizenship: Students understand human, cultural, and societal issues related to technology and practice legal and ethical behavior
6. Technology Operations and Concepts: Students demonstrate a sound understanding of technology concepts, systems, and operations.

Objectives

Upon completion of this lesson, students will be able to:

- Demonstrate food safety and sanitation procedures
- Identify the sources of food borne illness
- Describe important standards of personal hygiene and kitchen cleanliness
- Prevent time/temperature abuse and cross contamination in the kitchen
- Understand the difference between cleaning and sanitizing
- Create and publish a podcast, using PodcastMachine

Podcast

Teacher may prepare for this lesson by watching [Videos about Podcasting](#) and [Podcasting Tips](#)

Teacher will play a podcast for students containing information about the ServSafe Training Program developed by the National Restaurant Association to introduce them to the topic of food safety. Below is an example of a podcast about ServSafe made by BeckyBruce

<http://podcastmachine.com/podcasts/13723/episodes/70619>

Students will work in pairs to make podcast of their own about food safety after instructions are given to them by teacher

Introduction

The teacher begins the lesson by asking “Have any of you ever had a case of food poisoning?” Students raise their hands, the teacher calls on them and they tell their individual stories about food poisoning. After a short discussion teacher will play podcast example made by teacher to introduce ServSafe.

Body

Day 1: Teacher and students discuss food poisoning and food safety. Teacher plays Podcast and passes out instruction sheet on how to make a podcast. Teacher presents a sign-up sheet for students to choose a food safety topic and class moves to the computer lab to begin research

Day 2-5 Students complete research and make their podcasts

Day 6 Students play their podcasts for the members of their class

Conclusion

Students will play their podcasts for members of the class and use the podcast rubric to evaluate themselves and at least one other podcast.

Assessment

Podcast rubric used for final evaluation

Resources/Materials

ServSafe Employee Manuals from the National Restaurant Association

Podcast rubric from Kathy Schrock [evalpodcast.pdf](#)

How to Make a Podcast Instruction Sheet attached

Story Board for Podcast attached

Instructions for creating a podcast

Podcasts are a form of individually published content on the web. Transferring audio blogs to portable digital music players, e.g. mp3 players, lead to podcasts. Podcasting allows students to publish thoughts, music, reports, or whatever they wish. Podcasting software, a microphone, computer, and internet access are all you need to record and post podcasts. After creating the audio file, podcasters create an RSS feed which includes a description of the podcast and its location. Anyone can then download the podcast, and listen to it later, anywhere & anytime, even while offline.

What is a podcast?

Capilano University defines podcast in their social media glossary as:

Podcast, which the Oxford American Dictionary named the "Word of 2005," is a media file (usually audio but sometimes video) made available for download to a portable device or personal computer. Podcasts use feeds that let you subscribe to them, so that when a new audio clip is published online, it arrives on your digital doorstep right away.

Step 1: Preproduction

Planning is very important and must be done before anyone steps up to the microphone. You will use the storyboard your teacher gave you to plan your podcast. First think of a creative name for your podcast. Next decide on the format for the podcast. Will there be a host who is questioning people or interviewing people, or will just one person speak? Your podcast needs to be between 2 and 3 minutes long. Practice speaking several times before you actually record. Using the appropriate volume and speed for your voice takes practice.

Step 2: Recording

PC users will be using [Audacity](#) for recording and postproduction of the podcast. Sony's free ACID Xpress is a great place to find music for the podcast made with a PC. (The LAME MP3 encoder, which allows Audacity to export MP3 files, must be downloaded when Audacity is downloaded.) Macintosh users will use Garage Band software for recording and postproduction of the podcasts. It is best to use a microphone and headset to get the best quality recording. Some computers and iPods have built in microphones but the quality is not the best.

Step 3: Postproduction

After recording, it is time to edit the audio. Music and sound effects can be added in postproduction. Those using Garage Band can compose their own music but Audacity users cannot compose music, they must find podsafe music. Podsafe music is the term used for music that can be legally used in a podcast and freely distributed online for others to download. The Free Sound Project, SoundSnap, Podcast Bumper Music, Podsafe Audio, and Mutopia are a just a few music sites to explore. Always give the artist credit for the music.

Step 4: Publishing

Once the podcast sounds just the way you want it, you will send it to iTunes. You can do this from the File Menu in Garage Band or you can export to an AIFF or MP3 in Audacity and then open the exported file in iTunes. When you are ready to upload your first podcast for publishing, you will use a hosting solution such as PodcastMachine or PodOMatic.

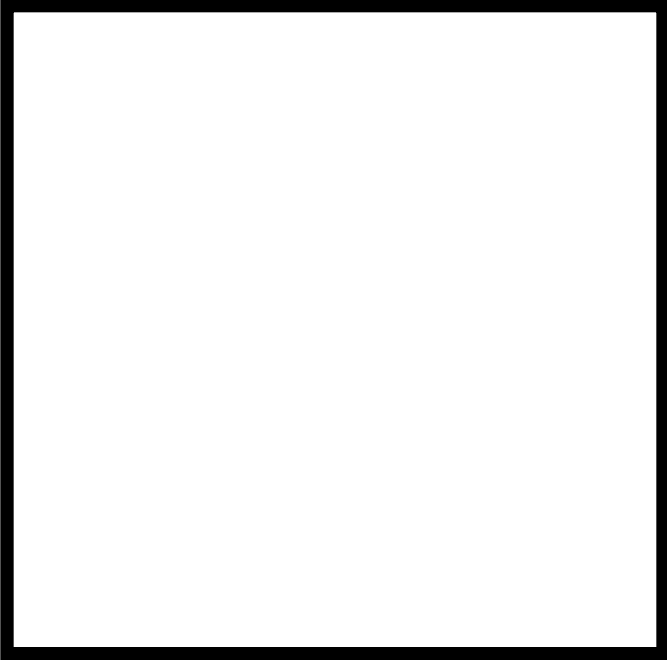
PodcastMachine Instructions

Step-by-step publishing instructions are found on the PodcastMachine website. Go to <http://podcastmachine.com> and click "Sign Up" in the menu. You will create a channel and then a podcast episode. The Podcast Machine will walk you through the entire process in clear and easy steps. Once you upload your podcast, wait for it to be analyzed and then transcoded. This takes a few minutes to be patient. Once it is done listen to your podcast to make sure it sounds just the way you want it to. Copy the link to your new episode by right clicking (or control clicking for Macs) on the episode title or the episode icon, and copying the link. Email this link to your teacher at the teacher's school email address.

Storyboard for Podcast (Student will make copies of this and use as many as needed to complete project)

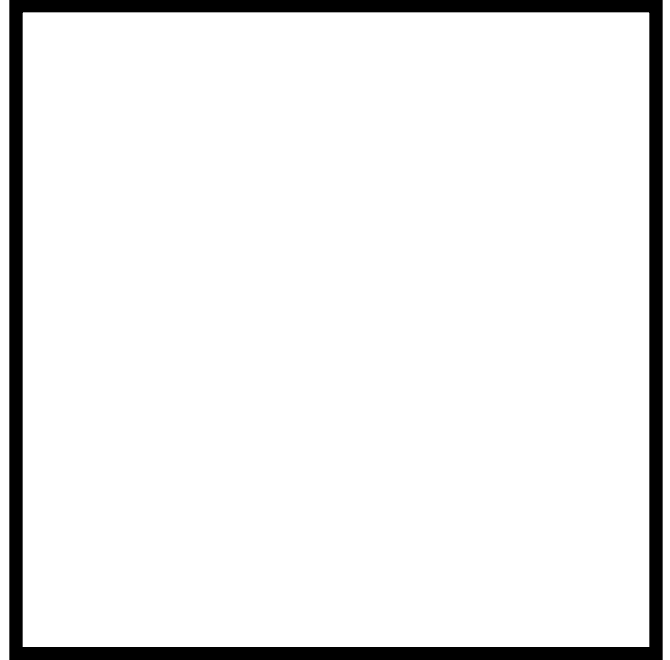
Directions: Complete a storyboard outlining each important point for your podcast.

A storyboard is a panel of rough sketches outlining the scene sequence and major changes of action or plot in a production for a podcast. Number each panel. Sketch and plot out your information in the panels below and write the words you will use for your podcast in the spaces provided.



Who will speak: _____

What will they say?



Who will speak: _____

What will they say?

Main Idea: _____

Main Idea: _____