

## Computer Lab One-Pager Assignment

1. Go to [FightBac.org](http://FightBac.org)
2. Draw and write a *Food Safety Plan* one-pager that includes: title, who, what, where and how you would apply 3 food safety goals at school or a favorite activity. Use 3 images, 10-50 words.
3. Share with class or group.

## Baking Food Safety Sites Baking Food Storage

Storing ingredients, batter, dough, and baked goods.  
<https://www.foodsafety.gov/keep/types/>

## Home Baking Association

How to bake glossary, guides  
[HomeBaking.org](http://HomeBaking.org)

## International Food Information Council

Consumer surveys  
Learn more about baking ingredients, Field-to-table  
[Foodinsight.org](http://Foodinsight.org)

## North American Millers' Association

View *How Flour is Milled* (Kids Zone) and *Did You Know* videos  
[namamillers.org](http://namamillers.org)

## Partnership for Food Safety Education

Access Baking Food Safety Infographic, Pumpkin Chocolate Chip Cookie Video and Recipe, The Story of Your Dinner,  
[FightBac.org](http://FightBac.org)

## Recalls, Market Withdrawals, & Safety Alerts

Visit this reliable food recall resource <https://www.fda.gov/Safety/Recalls/>

**Family & Consumer Sciences Competencies**, 2018, 3.0 (Access complete resource at [nasafacs.org](http://nasafacs.org))

**Consumer and Family Resources**, 2.1.3—Analyze decisions made for providing safe and nutritious foods for individuals and families.

**Family and Human Services**, 7.4.1—Investigate health, wellness, and safety issues of individual and families.

**Food Production and Services**, 8.2—Demonstrate food safety and sanitation procedures.

**Nutrition and Wellness**, 14.4—Evaluate factors that affect food safety from production to consumption.

## Leader Objectives

Guide participants to:

1. Define *raw ingredients* and why fully baking is essential.
2. Assess your baking food safety practices, with Baking Food Safety 101 Checklist (text box).
3. Locate reliable consumer food safety resources.
4. Add the food safety steps in all baking recipes.
5. Use internal food temperatures and visual cues to assure products are fully cooked.
6. Cool baked goods separate from raw flour, batter.
7. Wash hands before preparing batter, after placing food in oven and before you enjoy, package or serve baked goods.

## Lesson Steps

### Step 1. View *Did You Know* flour food safety video

<http://www.namamillers.org/flour-food-safety-video/>

**Critical Thinking Q:** Grain is *cleaned* in the field by combines as it is harvested. Millers *clean and temper* grain at the flour mill. What's the difference between being "raw and clean" and "fully baked or cooked"?

(Answer: Grain and flour are clean, but still raw and can carry harmful bacteria. Temperatures that kill bacteria aren't reached until ingredients are fully baked or cooked.)

### Step 2. Read the Blueberry Mug Muffin recipe

**Critical Thinking Q:** State food safety steps needed in the recipe's steps.

(Answer: 1) wash hands, counters, and again in steps 1, 2, and 3—before preparing, after product is in oven, before serving or eating; 2) don't lick bowl; scrape and wash tools; return eggs to refrigerator and flour to cupboard; 3) test muffin at center for doneness after 5 minutes—consult Temperature Chart here:

<http://homebaking.org/PDF/bakingfoodsafety101.pdf>)

### Blueberry Mug Muffin

Adapted from original recipe at <https://www.landolakes.com/recipe/16943/blueberry-muffin-mug-cake/>

#### Ingredients:

- 2 Tablespoons unsalted butter
- ¼ cup all-purpose flour (may be half whole wheat flour)
- 2 Tablespoons brown sugar
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 large egg, yolk only
- 1 Tablespoon milk
- 1 teaspoon vanilla
- 1 Tablespoon blueberries (fresh, frozen or dried)

#### Directions:

1. Wash hands and counter.
2. In small bowl or cup use fork to blend dry ingredients. Place butter into large (12 oz. or larger) coffee mug. Microwave until butter is melted, about 30 seconds. Add blended dry ingredients, yolk, milk and vanilla. Stir to blend with fork. Add blueberries, stirring just until distributed.
3. Microwave 60-90 seconds or until muffin pulls away from sides and top is dry. Wash hands; temperature at center should be minimum 180°F, will rise 5-10°F as muffin stands. Do not over cook.) Cool slightly before enjoying.
4. Wash hands. *Optional:* Drizzle with 2 Tablespoons powdered sugar mixed with ½ teaspoon lemon juice or water.

Nutritional Information: One recipe provides 570 calories, 28mg fat, 245mg cholesterol, 280mg sodium, 71g carbohydrates, 2g fiber, 7g protein

### Step 3. Teams prepare Blueberry Mug Muffin recipe

**Critical Thinking:** Use Temperature Chart and food thermometer to test muffin at center after cooling 5 minutes for optimum product doneness. Use Checklist to assess Baking Food Safety practices.

## Did You Know? Flour Food Safety

North American Millers Association  
Canadian National Millers Association



"Fully cooked"  
Take an internal temperature  
<http://homebaking.org/PDF/bakingfoodsafety101.pdf>

#### Lesson Supply Checklist:

- Sink, aprons, hair ties
- Microwave oven(s)
- Microwaveable mug (one per team of two)
- Mug Muffin ingredients (one recipe per team)
- Food thermometers
- Toothpicks
- Fork for stirring
- Spoons (for sampling)
- Napkins
- Copy of *Baking Food Safety Checklist* (one per person)
- pencil or pen

## SAY NO TO RAW DOUGH

[www.fightbac.org/kids](http://www.fightbac.org/kids)

