

ONLINE COURSE MAPPING WORKSHEET

Course level objective:

By the end of this course, learners will be able to implement proper food safety practices in home kitchens to prevent foodborne illnesses by applying the four core principles: Clean, Separate, Cook, and Chill.

Schedule of Key Components

Component	Module 1: CLEAN	Module 2: Separate	Module 3 Cook & Chill
Topics	Clean • Intro to foodborne illness types and stats • Basic hygiene principles and proper handwashing techniques • Kitchen surface and tool cleaning • Produce washing techniques • Common cleaning myths debunked	Separate: • Cross-contamination prevention principles • Proper kitchen organization to prevent cross-contamination • Fridge and freezer organization best practices • Proper food storage container selection • Shopping and food transportation safety • Food recall safety • Safe handling of raw meat, poultry, and seafood	Cook & Chill • Temperature danger zone • Proper cooking temperatures for different foods • Using food thermometers correctly • Safe cooling techniques • Leftover storage and heating guidelines • Food preservation safety

Module level objectives – These are specific skills do not use “understand.” What will students be able to do when they complete the module. Be sure you have included some practice of these skills you identify.	After completing this module, learners will be able to: • Identify common foodborne illnesses and their symptoms • Apply correct sanitizing procedures for kitchen tools and equipment • Identify common cleaning misconceptions that compromise food safety • Implement proper produce washing techniques	After completing this module, learners will be able to: • Organize kitchen workspace to prevent cross-contamination • Apply safe-handling procedures for raw meat, poultry, and seafood • Arrange fridge contents according to food safety • Select appropriate storage containers for different food types • Implement food safety guidelines when shopping and transporting groceries	After completing this module, learners will be able to: • Identify the temperature danger zone and its significance • Use a food thermometer to verify safe cooking temperatures • Apply proper cooling techniques for hot foods • Implement appropriate leftover storage and reheating principles • Apply safe food preservation techniques
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Content Delivery (Readings, Lectures, Simulations, Other audio/video)	• Presentation slides on foodborne illness types and statistics (Narrated) • Presentation slides on cleaning techniques • Infographic on proper handwashing • Infographic on produce washing	• Vyond video covering cross contamination prevention • Simulation: storing groceries (alt. format multiple choice) • Food recall resource sheet • Content slides	• Temperature danger zone visual • Video demonstration of using a food thermometer • Cooking temperatures infographic • Content slides

Discussions (Topics)	Conduct a kitchen cleaning audit • Select three frequently used items/areas in your kitchen • Describe your current cleaning routine (if any) for these items • Visually inspect and rate them on their cleanliness • Reflect on the effectiveness of your current cleaning methods and where you might want to improve	Take a picture or describe your current fridge organization and how you could improve it. On your next grocery shopping trip, look for an item you regularly purchase. • Share a photo of the product • Identify where the batch number is on packaging • Research this product category: has it been involved in any recalls in the past 2 years Reflect on the process of researching about the food recall	Do a 2-Hour Food Watch by selecting a perishable food item (dairy, meat, prepared dish, etc.) and: • Place it on your counter • Take a photo of the food with a clock/timestamp visible • Take its temperature at the start • Check and record its temperature again after 2 hours • Take a final photo with the thermometer reading and timestamp • Share your before and after photos • Report how much the food's temperature changed during the 2-hour period • Explain whether the food entered the temperature danger zone (41°F-135°F/5°C-57°C)
			• Discuss whether this food would still be safe to consume after your experiment • Reflect on any surprises

Assessment Activities (Quizzes, Assignments, etc.)	• Scenario-based quiz: identifying the foodborne illness based on context and symptoms, with detailed feedback • Kitchen cleaning knowledge check	• Cross-contamination prevention scenario quiz • Fridge organization interactivity, drag and drop (and accessible alt format as multiple choice questions)	• Cooking temperature matching activity • Leftover storage and reheating scenario
Flow (The order in which activities will be sequenced)	1. Intro to foodborne illness 2. Foodborne illness identification activity 3. Discussion: personal experience with foodborne illness 4. Personal hygiene content slides 5. Kitchen cleaning content slides 6. Produce washing content slides 7. Kitchen cleaning Knowledge check quiz (true or false)	1. Cross-contamination intro 2. Kitchen organization principles 3. Safe handling raw foods 4. Fridge organization guidelines 5. Interactive fridge activity 6. Fridge storage discussion 7. Storage container selection 8. Shopping and transportation safety 9. Food recall procedures 10. Food recall discussion 11. Cross-contamination scenario quiz	1. Temperature danger zone content slides 2. Temperature danger zone discussion 3. Proper cooking temperatures content slides 4. Cooking temperature matching activity 5. Cooling techniques for hot foods content slides 6. Food preservation safety methods 7. Leftover storage and reheating 8. Reheating and leftover analysis scenario-based question
Notes	Visuals • Handwashing infographic • Foodborne illness symptoms chart	Visuals • Fridge storage interactivity	Visual • Temperature danger zone visual • Cooking temperature reference chart

Global Content Items:

Supplemental Resources:

- Refrigerator and freezer storage guide printable
- Temperature cooking guide for different food types
- QR code linking to current food recall database

- Grocery shopping food safety checklist

Needed Support Materials:

- Temperature danger zone visual •

Handwashing infographic

- Foodborne illness symptoms chart •

Fridge storage interactivity