

# Supplementary Activities



These supplementary activities and resources can be paired with the lessons in this toolkit as reinforcement or for additional learning. They are organized by the lessons' four key garden safety topics: watering plants, handwashing, harvesting, and produce rinsing.

## Watering Plants

- Water Plants in the Garden Crossword (page 32)

## Handwashing

- Handwashing Coloring Page (English) (page 33)
- Handwashing Coloring Page (Spanish) (page 34)
- Handwashing Placemat (page 35)

## Harvesting

- Clean Hands for Harvesting Crossword (36)

## Produce Rinsing

- Wash Fruits and Veggies Coloring Page (English) (page 37)
- Wash Fruits and Veggies Coloring Page (Spanish) (page 38)
- Scrub Firm Fruits and Veggies Coloring Page (English) (page 39)
- Scrub Firm Fruits and Veggies Coloring Page (Spanish) (page 40)



## Watering Plants in the Garden Crossword

Q T W S A T I C L I U I L H S  
S N F P V E G E T A B L E S F  
S R I E A T Y B M W G J S J R  
V F Q R G A R D E N C V K F U  
C W A T E R I N G K E D H S I  
G H E F A P J B A G X B V E T  
S U M E M U P H D R R H R H S  
A J C K E O L F L O W E R S C  
E D I B L E A U F W U Z I R L  
R B X R O M N J X Z M J O L E  
D Z B P R S T K D M R O I U A  
J P C X Q U S D D Z C R N W N  
I X J K G H B V X T R D A C O  
G E L F P X C F Y B Z R A I N  
O H G R E Y W A T E R I N H K

watering

plants

garden

rain

greywater

clean

fruit

vegetables

edible

flowers

eat

grow

# Kids Fight BAC-teria!

Wash hands with soap and water.



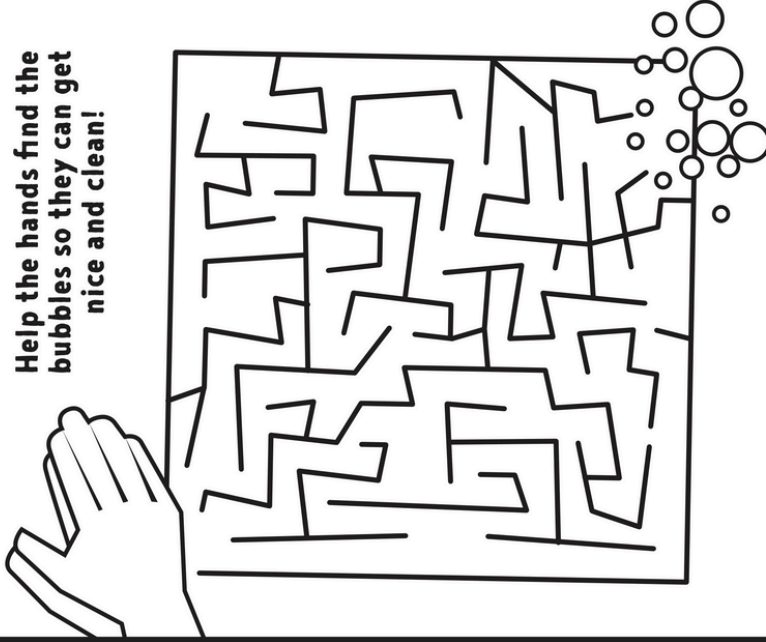
# Niños Luchan Contra Bacterias

Lávate las manos con agua y jabón.



# HAND WASHING

Help the hands find the bubbles so they can get nice and clean!

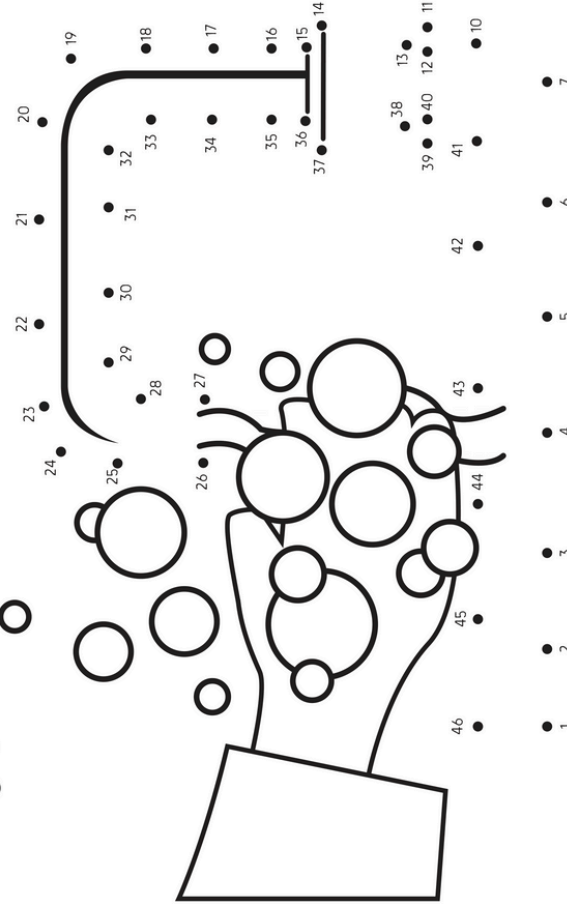


## The Happy Fingers, Happy Hands Song

(SING TO THE TUNE OF TWINKLE, TWINKLE LITTLE STAR)

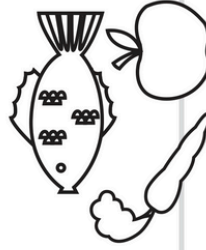


Happy fingers, happy hands,  
Making bubbles is my plan.  
Just add water, soap, then rub.  
Make it fun, sing while you scrub.  
If you want the germs away,  
You must wash your hands this way.



## PARENT TIPS!

Model good hand washing for your kids. Wash your hands with warm water and soap **BEFORE** and **AFTER** handling food.



### CORE FOUR RULES OF HOME FOOD SAFETY



**CLEAN**  
Wash hands and surfaces often.



**SEPARATE**  
Don't cross-contaminate.



**COOK**  
Cook to the safe internal temperature.



**CHILL**  
Refrigerate or freeze promptly.

**PARENT TIP:** Parents, help your kids learn proper hand washing! To wash away bacteria, kids must wash hands for 20 seconds with warm water and soap. Have your kids sing the song above **TWICE** while they wash. Use a timer!

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org).

BROUGHT TO YOU BY:



## Clean Hands for Harvesting Crossword

C W A T E R D X C L M T S E R  
C X C B W Y R I N S E S K B Q  
Z L V U X W N G Y W E L P M H  
W A E X Y A V K E W X T P H S  
Q X W A N S E S D L G B Q T N  
G E H F N H G Y T H K J W A J  
P L A K E L E Z I Q G V O X W  
H Q N F L P T I L I E W X X L  
I Z D R M D A P H A R V E S T  
M D S U E I B I I U M W I S E  
V Q M I T O L C R Z S S Q O Z  
G D F T B D E K X M Z C P A L  
D N T S K W S K X R B R W P K  
O S L X I K I Y G Z B U C I S  
R E X L T W U X Z G U B X J O

vegetables

harvest

fruits

rinse

clean

germs

water

pick

scrub

wash

hands

soap

# Kids Fight BAC-teria!

Gently rub fruits and vegetables under cold running water.



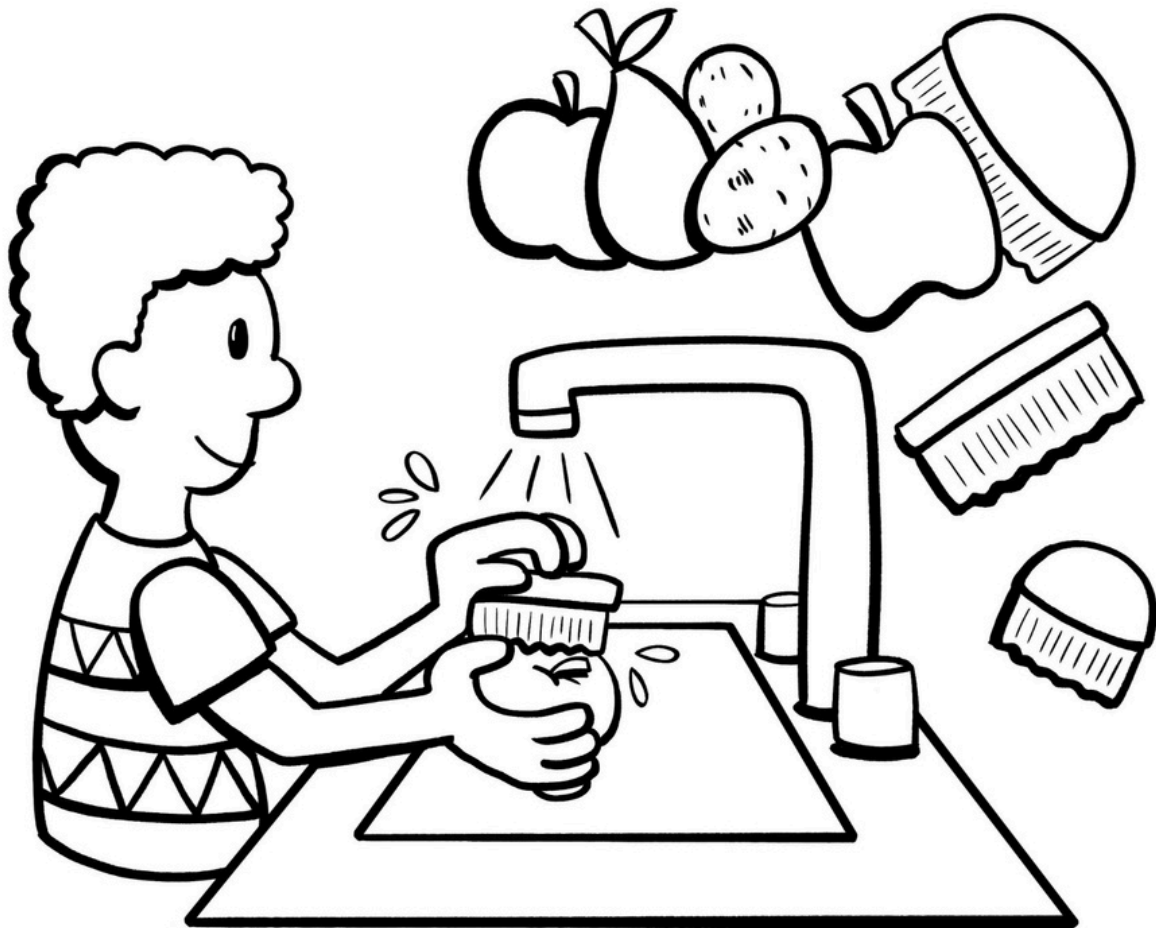
# Niños Luchan Contra Bacterias

Talla suavemente las frutas y verduras  
con agua fría.



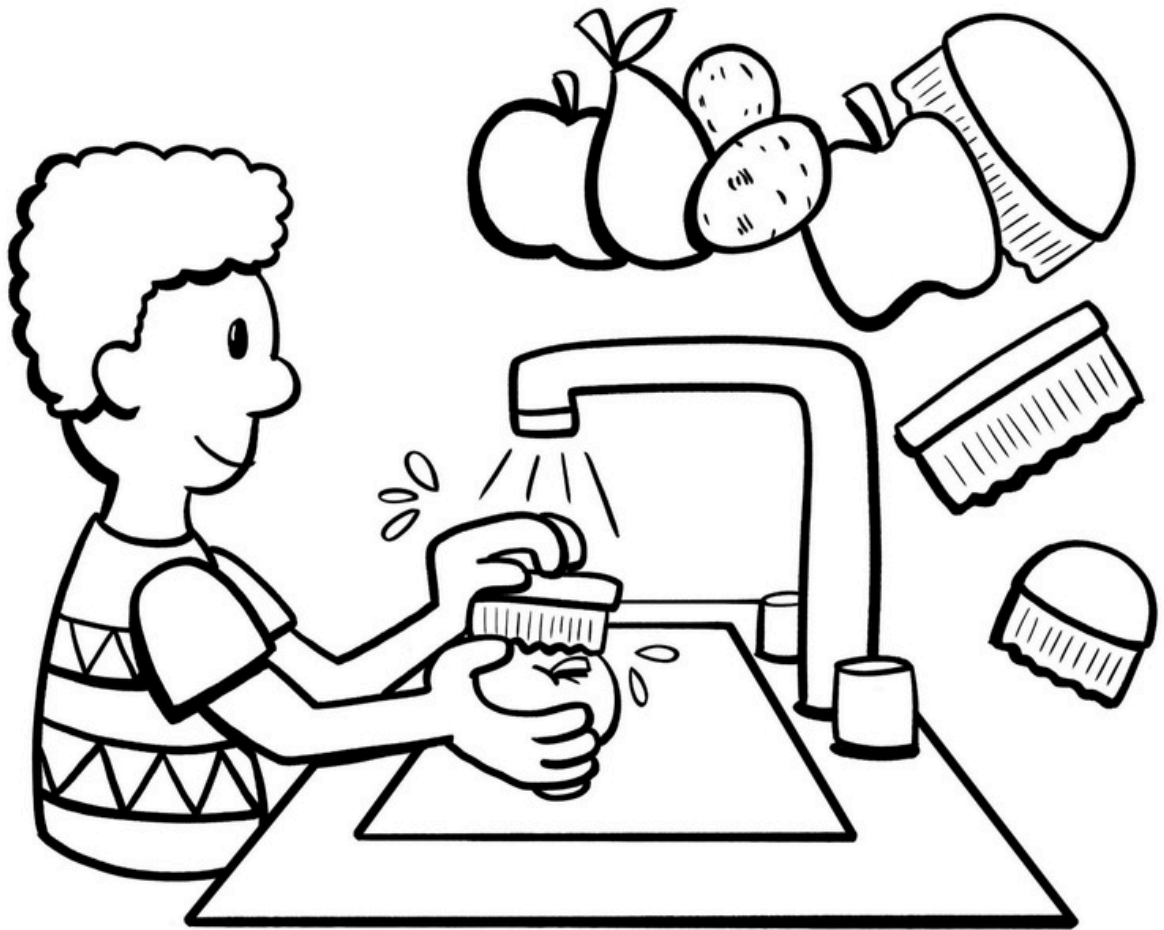
# Kids Fight BAC-teria!

Scrub firm fruits and vegetables with a clean vegetable brush under running water.



# Niños Luchan Contra Bacterias

Deja correr el agua de la llave (grifo) sobre las frutas y verduras firmes, y tállalas con un cepillo limpio.



## Additional Resources

### Tips for Working with Children in Garden-Based Food Safety Lessons

Garden-based food safety lessons offer rich, hands-on learning that engages children across ages. Whether you're a teacher, volunteer, or community leader, here are some tips for how to successfully work with children in PreK through high school.

#### Tips for Effective Lessons

- **Be hands-on:** Kids learn best by doing. Each lesson should involve physical activity, like watering, harvesting, or washing produce.
- **Model first:** Demonstrate how to complete a task (e.g., handwashing, using a tool) before asking students to try.
- **Ask questions:** Encourage curiosity by asking “What do you notice?” or “What do you think will happen?”
- **Expect surprises:** Children may ask unrelated or unexpected questions, it's okay to redirect with, “That’s an interesting question! Let’s come back to it after the garden.”
- **Keep it moving:** Young learners do best with short transitions, multiple types of activities (movement + quiet), and opportunities to explore.

#### Age-Appropriate Engagement

##### PreK–2nd Grade (Ages 4–7)

- Use songs, visuals, and simple steps (e.g., 5 steps to wash hands).
- Focus on sensory exploration: touch, smell, observe.
- Tasks: watering, simple weeding, handwashing practice, observing bugs.
- Use tools like child-safe trowels, watering cans, and magnifying glasses.



## Additional Resources



### Tips for Working with Children in Garden-Based Food Safety Lessons

#### Grades 3–5 (Ages 8–11)

- Support beginning data collection (measuring, recording).
- Encourage simple predictions and observations.
- Tasks: rinsing produce, journal entries, identifying safe/unsafe practices.
- Use clipboards, simple charts, clean tools, and kid-sized gloves.

#### Grades 6–8 (Ages 11–13)

- Support deeper critical thinking: “Why is this important for food safety?”
- Introduce basic scientific or safety vocabulary.
- Tasks: managing small groups, designing simple experiments, analyzing results.
- Use full-size tools with guidance and journals or digital notes.

#### Grades 9–12 (Ages 14–18)

- Empower leadership in garden planning and food safety demos.
- Engage students in real-world application (e.g., reading federal food safety guidance).
- Tasks: leading lessons for younger students, researching outbreaks or careers, creating videos/posters.
- Use adult gardening tools, digital devices for data or design, and USDA/CDC/FDA resources for research.

#### Communication Tips

- Use age-appropriate language. “Germs” may be better than “pathogens” for younger children.
- Break it down. Big ideas like “contamination” can be introduced using relatable examples.



## Additional Resources



### Tips for Working with Children in Garden-Based Food Safety Lessons

#### Communication Tips Continued

- Affirm curiosity. Acknowledge and respect student questions, even if off-topic.
- Set clear boundaries. Gently remind children about safety rules for tools, eating, and hand hygiene.

#### Working with Diverse Age Groups

When working with mixed-age groups:

- Pair older and younger students for peer modeling and mentorship.
- Offer tasks at varied difficulty levels during activities (e.g., younger kids water plants while older ones journal or lead).
- Keep group sizes small when possible for better supervision and engagement.
- Use color-coded or labeled tools for younger vs. older learners to encourage independence.

#### Inclusivity and Accessibility

- Consider physical abilities. Raised beds, adaptive tools, or seated gardening options can help include all students.
- Use visuals for multilingual learners or students with different learning needs.
- Validate all contributions. Let every student play a role, even if it's observational.
- Offer predictable routines to support students with learning differences.



## Additional Resources

### Tips for Working with Children in Garden-Based Food Safety Lessons

#### Trustworthy Sources for Lesson Support

For answers to tough questions or further learning, rely on these U.S. federal and science-based sources:

- [Partnership for Food Safety Education](#)
- [USDA Food Safety and Inspection Service](#)
- [CDC Food Safety](#)
- [FDA Food Safety at Home](#)
- [FoodSafety.gov](#)
- [National Agricultural Library](#)



## Additional Resources



### Additional Activities, Resources & Tools

- [Experiments for Fighting BAC](#)
  - Hands-on science experiments that teach kids how germs spread and how to prevent foodborne illness.
- [Food Safety Coloring Pages](#)
  - Printable coloring pages that help young children learn basic food safety habits in a fun and engaging way.
- [Food Safety Placemats](#)
  - Educational placemats featuring food safety messages and activities for kids to use during snack or meal times.
- [Safe Recipe activity for Middle School Students](#)
  - A classroom activity that introduces students to food safety practices through the lens of writing and editing recipes.
- [Scrub Club](#)
  - An interactive website where children learn the importance of handwashing through games, videos, and music.
- [NMSU Food Safety at the Farmer's Market Game \(releasing soon\)](#)
  - A digital game designed to teach students how to identify safe food handling practices at a farmers market.
- [NASA "Moon Munchies" Lesson: Watering Your Plants](#)
  - Hands-on lesson for grades 5–8 exploring how to grow plants in space and create a lunar greenhouse model.
- [FEMA "My Rain Garden" Coloring Book](#)
  - A kid-friendly coloring book that teaches the basics of rain gardens and how they help manage stormwater and support healthy environments.



## Additional Resources



### Starting a Garden

#### Handwashing Stations

- [Build a low-cost handwashing station for food safety on the farm](#)
  - Step-by-step guide to building a simple, affordable handwashing station for use in school or community gardens.

#### Rainwater & Graywater

- [An Introduction to Rain Gardens](#)
  - A beginner-friendly overview of how rain gardens work and their benefits for stormwater management.
- [Graywater and the garden](#)
  - A guide to safely using graywater for garden irrigation while protecting health and the environment.

#### Animal Intrusion

- [Wildlife: Excluding and Repelling Problem Wildlife from the Garden](#)
  - Practical strategies for keeping unwanted animals out of your garden.
- [Pet Safety in the Garden](#)
  - Tips for keeping pets safe and minimizing garden contamination risks from household animals.

#### Garden Checklist

- [Kitchen Garden Checklist](#)
  - A seasonal checklist to help gardeners manage planting, maintenance, and harvesting tasks efficiently.

#### Soil Safety

- [Tips for Healthy Soil in Your Backyard Garden](#)
  - Advice for maintaining soil health and reducing risks from contaminants in urban or backyard gardens.
- [Soil Management in Home Gardens and Landscapes](#)
  - Best practices for improving soil quality and managing nutrients in residential gardens.



## Additional Resources



### Starting a Garden

#### Garden Equipment Safety

- [Gardening Hand-tool Safety](#)
  - A safety guide for using common garden hand tools properly and preventing injuries.
- [Garden safety for kids part 2: Using tools and preventing injury](#)
  - Kid-focused tips for staying safe when using garden tools and working outdoors.

#### School and Youth Garden Planning

- [Food Safety Tips for School Gardens](#)
  - A concise guide for integrating food safety practices into school garden programs.
- [School Garden Guide](#)
  - A comprehensive planning resource for starting and maintaining a successful school garden.
- [Food Safety for School Gardens](#)
  - Comprehensive guidance for educators on safe growing, handling, and serving practices in school garden programs.

#### Garden Handouts and Flyers

- [Keep Farms Clean Poster](#)
  - A printable poster promoting simple steps to maintain farm cleanliness and reduce contamination risks during harvest.



## Additional Resources



### Cooking & Preserving Food from the Garden

- [The Safe Recipe Style Guide](#)
  - A guide for writing recipes that provides easy edits to any recipe to improve food safety practices
- [National Center for Home Food Preservation](#)
  - A trusted source for research-based guidelines on safe home canning, freezing, drying, and other food preservation methods.
- [Growing, Harvesting, and Drying Herbs](#)
  - A practical guide for safely growing and preparing culinary herbs at home or in the classroom.
- [Part One: Food Safety Considerations when Procuring Local Foods for Your Cafeteria and Part Two](#)
  - Overview of key food safety practices to follow when sourcing local foods for school meal programs.
- [Healthy Food Choices in Schools: Garden Resources](#)
  - A collection of articles and tools to help schools safely grow, harvest, and use garden produce in educational and food service settings.
- [UME SNAP-Ed Nutrition Curricula](#)
  - Standards-aligned lesson plans and teaching resources focused on agriculture, food systems, and environmental literacy for grades K–12



## Additional Resources



### Additional Resources

- Junior Master Gardener Program
  - A youth gardening curriculum that combines horticulture education with leadership and life skills.
- Evaluation Toolbox and Guide
  - A resource to help educators assess the effectiveness and impact of food safety education programs
- NMSU Food Safety Games
  - Interactive games for students that reinforce key food safety concepts through engaging, online activities.

