Scenario Introductory Menu Exercise

Purpose
Students will:
- Identify sources of Food Borne Illness and their prevention
- Become aware of Nutritional Value of Food
- Learn to evaluate food for prevention and nutritional values
- Formulate Hypotheses based on collected information

Overview
Students are presented with a restaurant menu and are asked to order their meals. The teacher then indicates which students have fallen ill due to specific items available on the menu. Students are asked to evaluate the foods offered for the possibility of food borne illness risk and how to prevent each risk. Then students are asked to evaluate the same foods for their nutritional value. Students are asked to formulate and substantiate hypotheses on Risky and Nutritional Foods.

Time
One hour block

Key Concepts
This introduction will familiarize the students with identification, reporting, and treatment of foodborne illness.

Skills
Generating questions
Sharing information with others
Tabulating data and collating data

Materials
The menu provided in this exercise.

Facilitator Preparation
Prior knowledge of the Food/Foodborne Illness Primer, as well as other modules, will prepare you for the range of issues addressed in this section.

Background
As part of the evaluation of the Banquet Outbreak, a Banquet Menu is provided. Certain foods are more likely to pose a risk of food borne illness due to issues of source, contamination, storage and human handling. Certain procedures have been developed, in particular the Hazard Assessment and Critical Control Points methodology (HACCP), by Public Health Authorities to prevent foodborne illness. HACCP identifies processes with increased risk for food contamination during food collection, storage, transport, and preparation to prevent foodborne illness.
In addition, food can be evaluated for its nutritional value. Food nutrition analysis evaluates the different food groups as well as the nutritional value. Well balanced diets include a mixture of food groups, as well as decreased fat content. Quantity of food is also an important concept. Finally, nutritional value of food should vary according to the nutritional requirements of the individual, taking into account issues such as age, gender, exercise, and family history of health risks.

Procedure
Using the menu provided, hand out a menu to the students and ask them to order their preferred meal. (this may be done by circling the items individually or taking a role call) Then indicate which students are ill by a show of hands. Some items are harmful due to toxins (microbial or chemical), preparation, or handling. Initiate a discussion on the different pathways of foodborne illness.

Additional Activities

- Students can be asked to write paragraphs to describe and substantiate their hypotheses.
- Class discussion on the sources of the foodborne illness and on possible solutions for prevention
- A guest speaker can be brought in to the classroom to discuss foodborne illness and prevention and/or nutrition.

Follow-up Activities

- Class field trip to local Restaurant with analysis of Menu from both the foodborne Illness and Nutrition points of view
- Team development of a Healthy Banquet Menu from both the foodborne Illness and Nutrition points of view
- Students can create Educational Materials (brochures, videos, fact sheets, posters) on Food Safety and Nutrition issues

Student Assessment

Give the following components to each student team as a guide:
- Seek data on the risk of foodborne illness, its prevention, and its nutritional value for each food listed on the menu
- Formulate written hypotheses as to the most Risky and the Most Nutritional Foods
- Design a spreadsheet to collect and calculate the data
- Collect the data and record on the spreadsheet
- Decide if the results are consistent or not with the hypotheses, and why
- Present the data and results
- Each group member should take part in the Presentation, even if it is just to read or explain one piece of the presentation
- Each group member should answer at least one question from the audience at the end of their Group presentation.
Assign points for the following components of the Team Project:
- Were the original hypotheses clearly formulated?
- Was the spreadsheet appropriately constructed?
- Were data collected by all members of the Team?
- Were data entered appropriately into the spreadsheet?
- Were proper science terms used?
- Was each group member actively involved in the presentation?
- Did the group report their sources?
- Could the group members answer questions from the audience about the facts and defend their point of view?
FLORIDA SOUP AND STARTERS

CHIPS, QUESO & SALSA $4.99

OYSTER SHOOTERS
SOMETHING NEW ONLY AVAILABLE HERE. PLUMP AND JUICY OYSTERS SHUCKED AND PLACED IN SHOT GLASSES WITH COCKTAIL SAUCE AND HORSERADISH, AND DOWN THE HATCH THEY GO.$4.25 (6 PAK)

*CONSUMING RAW PROTEINS IS A RISK TO SUFFERERS OF STOMACH, LIVER, BLOOD, OR IMMUNE DISORDERS. IF THIS IS YOU, PLEASE DO NOT EAT THESE PRODUCTS RAW.

PLENTIFUL SALADS AND VEGGIES

GARDEN SALAD
FRESH LETTUCE MIXED WITH SLICED CARROTS & CABBAGE, TOPPED WITH GREEN PEPPERS, RED ONIONS, AND TOMATOES, SERVED WITH YOUR CHOICE OF DRESSING.$4.99

ASPARAGUS SAUTÉ
SOMETHING THIS GREAT CANNOT BE SELFISHLY KEPT ANY LONGER, AND SO WE DECIDED THAT we ARE GOING TO GIVE EVERYONE IN THE WORLD THE OPPORTUNITY TO TASTE IT. $7.99

PLEASING PASTAS

LINGUINI ALFREDO $11.99

MUSSELS MILANO
A BOUNTIFUL PILE OF MUSSELS COOKED IN A LEMON HERB WINE SAUCE AND SERVED OVER LINGUINI. $12.99

SHRIMP, SHRIMP, SHRIMP

ROCK SHRIMP 1 1/2 DOZEN $5.99
2 DOZEN $6.99

FROM THE LAND

"OUR STEAK"
A JUICY 12 OZ. CUT CERTIFIED 100% ANGUS BEEF, CHARGRILLED TO PERFECTION. $12.99

BIG KAHUNA BURGER
THE ULTIMATE CHALLENGE! WELL OVER A POUND AND A HALF (750 G). FINISH IT AND RECEIVE A REFILL ON WHATEVER YOU'RE DRINKING AND GET YOUR NAME IN THE "BIG KAHUNA BOOK" AND OUR WEBSITE $7.99

HEN HOUSE WINGS
SERVED **HUFF&PUFF**BLOW THE HOUSE DOWN**HOWLING HOT**CRAZY JON**
CELERY & BLUE CHEESE OR RANCH DRESSING .95

FLORIDA DESSERTS

KEY LIME PIE $2.99  FRUIT SMORGESBORG $3.99
ICE CREAM TREAT $1.00
<table>
<thead>
<tr>
<th>Food</th>
<th>Possible Pathogens</th>
<th>Storage / Preparation / Handling</th>
<th>Food group and nutritional value</th>
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<tbody>
<tr>
<td>Chips and Salsa</td>
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<td>Oyster shooter</td>
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<td>Garden Salad</td>
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<td>Asparagus Sauté</td>
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<td>Linguini Alfredo</td>
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<td>Mussels Milano</td>
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<td>Rock Shrimp</td>
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<td>Steak</td>
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<td>Kahuna Burger</td>
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<td>Hen House Wings</td>
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<td>Key lime pie</td>
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<td>Fruit Smorgasbord</td>
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<td>Ice cream</td>
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