

# Fix It Safe: Memory Game

This game can be used as a summary and reinforcement of concepts at the end of the *Fix It Safe* lesson or as a review at the beginning of the following lesson.

## Print Instructions

Print the Fix It Safe Game Cards pdf two-sided. Laminate and cut out cards. Print one set of 36 memory cards for every six players.

## Materials to Play Game

- Fix It Safe Memory Game Cards, one set per group of six

## Educator Instructions

1. Divide participants into groups of six.
2. Give each group a set of 36 memory cards.
3. Review game instructions with participants.
4. Use Educator Guide to prompt participants who may have trouble with a food safety tip.

## Discussion Points

Be sure to reinforce concepts taught in lesson.

- Discuss how the pictures on the cards represent food safety techniques.
- Remind participants of other clean, separate, cook, and chill practices from the lesson.

## Health Fair Display

Print, laminate, and cut out 16 matching memory cards representing each of the Fight BAC principles. Display on table in a 4x4 grid with cards separated and face down. Title the display *Fix it Safe: Memory Game*. Ask visitors what steps they take to prepare food safely. Explain the memory game and allow visitors to play. As they find matches, explain how the pictures on the card represent food safety techniques. Invite visitors to your next class and provide a participant brochure with your contact information. Share your social media site and invite them to “like” your page.

## GAME INSTRUCTIONS

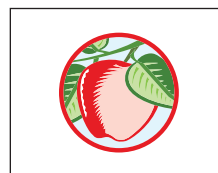
**OBJECTIVE:** Find the matching pairs from the set of memory cards.

**WINNER:** The player who makes the most matches wins.

**TO PLAY:** Each group plays their own game.

### INSTRUCTIONS:

1. Shuffle the cards in the set. Lay each card flat on the playing surface (the side with the apple should be facing up) in a 6x6 grid.
2. The player whose birthday is closest to the current date goes first. This player turns over one card. Trying to find the card that matches it, the player turns over another card. If they find a match, they keep both cards and take another turn. If they do not find a match, they turn both cards back over (the side with the apple facing up) and the other player takes a turn.
3. When a player finds a match, they should state a food safety tip related to the pictures on the cards. Each picture relates to the Fight BAC principles of CLEAN, SEPARATE, COOK, AND CHILL or physical activity. If the match has pictures of a physical activity, the whole group should perform the activity on the card for 15 seconds.
4. Play continues clockwise. Repeat steps two to three until all matches are found.
5. Players count the number of matches they found. The player who makes the most matches wins.



## Fix It Safe: Memory Game EDUCATOR GUIDE

### CLEAN



Use soap when washing hands.

Rub soapy hands under warm running water for at least 20 seconds.



Sanitize all surfaces before beginning food preparation.



Keep pets off of surfaces used for food preparation or eating.



Clean all dishes and surfaces after cooking and eating.



Clean refrigerator once a week.



Wash fresh fruits and vegetables, but don't use detergent.

### SEPARATE



Keep fruits and vegetables separate from meats in shopping cart.

Use plastic bags to prevent meat juices from dripping onto other foods.



Defrost meats on the lowest shelf in the refrigerator on a plate that prevents juices from dripping onto other foods or onto the refrigerator shelf.



Bag fruits and vegetables separate from meats when shopping.



Use separate cutting boards and knives for meats and other foods.

### COOK



Use a thermometer to make sure cooked foods reach the recommended safe internal temperature.



Reheat leftovers before eating. Use thermometer to assure leftovers are reheated to 165°F.

Foods defrosted in the microwave must be cooked immediately.



Keep hot foods hot.

### CHILL



Keep cold foods cold.



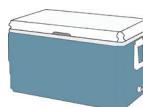
Place hot foods in shallow containers to cool quickly in the refrigerator.



Refrigerate foods immediately after shopping.



Don't leave foods out for more than 2 hours. This includes the time the food is on the table or the stove while you're eating.



Use a cooler to keep foods cold for family picnics or long trips. Use an insulated lunch bag with ice pack for lunch.

