

Nutrition, Food Safety and Food Security

Knowledge Check **KEY**

In the **GBL Learning Library - Core Preparation Sessions**
this is Section 2.3 in Module 2: Food Gardening

1. What are the three key education messages for SNAP-Ed? (From the ESNY presentation.)
 - Make half your plate fruit and vegetables.
 - Be physically active and balance calories every day as part of a healthy lifestyle.
 - Reduce the consumption of sugar sweetened beverages and increase consumption of water and low-fat dairy beverages.

2. How might CCE Master Gardener Volunteers be a part of a sustainability plan for community and school gardens?

Many possible answers and should include provide technical assistance in addressing educational needs related to growing and managing food crops.

3. Name one or more food preservation resources you might use or share with others interested in learning more.

Many possible answers including:

- Master Food Preserver Training
- National Center for Home Food Preservation – University of Georgia
<http://nchfp.uga.edu/>
- USDA Complete Guide to Home Canning
http://nchfp.uga.edu/publications/publications_usda.html
- So Easy to Preserve, 6th Edition – University of Georgia <https://setp.uga.edu/>
- Wild Harvest Table <http://ccesaratoga.org/nutrition-food/wild-game>
- CCE Saratoga Food Preservation website: <http://ccesaratoga.org/nutrition-food/food-preservation>

4. Describe the 4 simple steps to food safety.

(From Food Preservation and Food Security presentation).

CLEAN - Wash hands and surfaces often

SEPARATE - Don't cross-contaminate

COOK - Cook to the right temperature

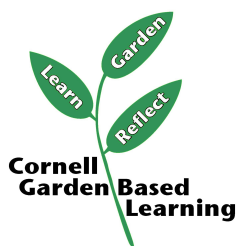
CHILL - Refrigerate promptly

5. Name one or more ways CCE Master Gardener Volunteers might incorporate food safety concepts into our work with school, community and home food gardens.

Many possible answers including:

- Sharing fact sheets.
- Encouraging gardeners to plant varieties well-suited to preservation.

- Sharing research-based recipes with information about new vegetable varieties.



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