

# Class Starters & Enders

## Making the Most of Instructional Time Five Minute Lessons

Class Starters and Enders help utilize the last minutes of class when a lesson ends but there is not enough time to start another, or for an interest approach at the beginning of class. Mini-lessons correlate to GPS in the programs areas below.

### What is Salmonella?

**Program Areas:** Healthcare and Agriculture

**Instructions:** Read the material and make notes of important points, answer questions, and be ready to discuss this topic.

Salmonella is a rod-shaped bacteria that causes foodborne illnesses. Salmonella bacteria are found in warm and cold blooded animals, and in the surrounding environment. People who become infected can experience symptoms such as nausea, diarrhea, fever, and abdominal pain. The symptoms may continue for up to 7 days and may not require treatment. Antibiotics may be necessary in some places.

Salmonella is a zoonotic infection, meaning that it can be transferred from animals to humans and vice versa. People can contract salmonella by drinking polluted water, consuming undercooked or raw meat, and eating food contaminated with the excretions from infected animals and people.

Salmonella is common in the environment. Healthy adults must ingest a relatively large number of salmonella bacteria to contract an illness. Small numbers of salmonella are destroyed by the acidity of the stomach and therefore are usually not harmful to adults. Infants, toddlers and the elderly are much more susceptible to salmonella because they have more sensitive or weak digestive tracts.

A common way salmonella is spread is by restaurant workers and others who do not wash their hands before handling food. This brings new meaning to the signs posted in restrooms of restaurants stating that workers must wash their hands thoroughly before returning to work!



Some doctors recommend antibiotics while others want the affected person to let the illness run its course. For more severe cases, antibiotics and liquids with electrolytes are commonly used to treat salmonella poisoning.

The number one way to prevent the spread of salmonella is cleanliness. Hand washing with soap and hot water after touching raw meat and eggs is a good way to reduce the chances of contamination. Some other ways to help stop the spread of disease causing bacteria include:

- Cook red meats, eggs, and poultry thoroughly
- Wash hands after contact with animals or their environment
- Don't work with raw meats and vegetables together
- Do not drink unpasteurized milk or milk products
- Wash raw fruits and vegetables before eating
- Avoid swallowing lake or pool water while swimming
- Store foods at the appropriate temperature
- Avoid cross contamination of food with tools, etc.

#### Review

1. T F Salmonella is a bacteria.
2. What are some sources of salmonella?
3. T F Adults must ingest only one bacteria to contract salmonella food poisoning.
4. What are the symptoms of salmonella food poisoning?
5. How can mild cases of salmonella be treated?

#### Language Connection

Suppose you are the manager of a restaurant. You hear of employees not washing their hands after using the bathroom. Write a memo stating the importance of washing hands before returning to work. Make sure your memo is educational in nature so workers will understand the dangers and willingly comply. The memo should state facts, explain procedures and not be threatening in tone.