

## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

### It's Prime Time for Prime Rib

Preparing a prime rib for your holiday dinner couldn't be easier. Here's a yearly favorite recipe from Ann Marie Bosshamer, Nebraska Beef Council (NBC).

1) Select your prime rib. Ask your meat department manager to help you find the perfect roast. A prime rib is named on the meat label as a "Rib Eye Roast."

2) All you need is a shallow roasting pan, a roasting rack, and a meat thermometer.

3) Heat oven to 350 degrees F. Place roast, fat side up, on the roasting rack in the shallow pan. Insert meat thermometer into the thickest part, not touching bone or fat.

4) Season beef as desired and place in the oven. Do not add water.

5) Remove roast when thermometer reaches 5 to 10 degrees below final desired doneness, 135 to 140 degrees F for medium-rare or 150 to 155 degrees for medium. (Final temperature after standing 15 minutes following removal from oven should be 145 degrees F for medium rare and 160 degrees F for medium.)

6) Tent roast loosely with aluminum foil and let stand for 15 minutes. The roast temperature will continue to rise and you can carve across the grain. Enjoy!

Here's a recipe from Ann Marie you might enjoy.

#### Classic Beef Rib Eye Roast

Makes 8 to 12 servings.

Total preparation and cooking time: 2 3/4 to 3 1/2 hours  
6 to 8 pounds well-trimmed beef rib eye roast

#### Seasoning:

6 large cloves garlic, crushed  
1 1/2 teaspoons dried thyme leaves  
1 teaspoon cracked black pepper

Heat oven to 350 degrees F. Combine seasoning ingredients. Press evenly into surface of beef roast. Prepare roast as described above. Roast approximately 2 1/4 to 2 1/2 hours for medium rare; 2 3/4 to 3 hours for medium. (Follow temperature guidelines given earlier.) (AH)



## "Do You Know What You Are Eating?"

"Do you know what you are eating?" Approximately 400 fifth grade students will answer this question as they participate in the Nutrition Education Program (NEP) School Enrichment classroom experiences. The educational kits, developed by NEP professionals, are used by classroom teachers for a two week period.

NEP staff begins the nutrition unit by delivering the kits to the classroom and providing an educational lesson. They present a hand washing program where all students and teachers practice proper hand washing using the "Glitter Bug" lotion and the ultraviolet light. It's amazing to hear the "oohs" when they realize how hard it is to get hands clean. Upon completion of the program at Elliott school, a classroom teacher said, "the students are doing a much better job of washing their hands everyday."

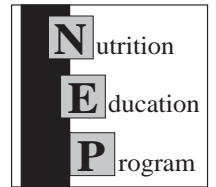
The kits contain many hands-on learning experiences. The students conduct a science experiment in which they divide into two groups. One group of students wash their hands, the other does not. They cut up apples and place them in a sealed bag for the 2-week

period. It is quite evident by the amount of mold growth, which bag is which. At Elliott school, one student said, "I'm going to wash my hands before I eat from now on."



5th grade students making "Peanut Butter Bites".

A favorite activity in the kit is the game "Who wants to be a Healthy Snacker?" Students are asked a series of three nutrition questions, from easy to difficult. They have four multiple choice answers. Similar to the TV show, they have three lifelines: ask a friend, poll the audience (classroom), and 50/50. They especially like the "HOT SEAT" sign



### Nutrition Education Program

for Limited Resource Families

Karen Wobig  
Extension Assistant

on the contestant's chair. Students demonstrate knowledge of what they learn by naming the five food groups and the six nutrients they study.

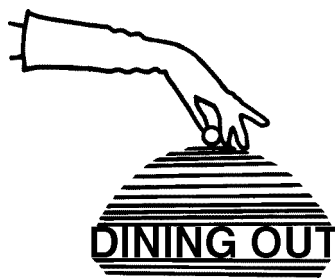
Students have the opportunity to mix together an "orange soda". By mixing the ingredients, including 12 teaspoons of sugar, they realize how much sugar they could consume from soda. They also learn the ingredients are not from the five major food groups. One student at Elliott Elementary school said, "They should make a pop with all the nutrients in it."

Teachers typically teach five to ten hours of classroom education by using the nutrition kits. At the conclusion, NEP staff provides the classrooms with the opportunity to make "Peanut Butter Bites." All supplies are furnished and the students actually make their own healthy snack (see recipe below). They receive a take-home parent's letter with the recipe and information on how to enroll

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## Handling Holiday Leftovers When Dining Out

By Alice Henneman, R. D., Extension Educator, Joyce Jensen, Registered Environmental Health Specialist with the Lincoln-Lancaster County Health Department and Fayrene Hamouz, Ph.D., University of Nebraska Department of Nutritional Science and Dietetics.



The holiday season typically includes a special time spent dining with family and friends. If asked what we planned to make for that holiday meal, many of us might answer: RESERVATIONS!

Eating out removes many decisions, but still includes several important choices. After deciding what to order, whether to have dessert, and how much to tip, there's one more impor-

tant decision: how to handle the leftovers. Here are five ACTION STEPS to take with leftovers:

**1) Leave Your Leftovers If You Can't Refrigerate or Freeze Them Within Two Hours From Time of Service.**

Two hours is the maximum time perishable foods should be at room temperature. This INCLUDES the time they're on the table during your meal. Just ONE bacterium, doubling every 20 minutes, can grow to over 32,768 bacteria in five hours!

Perishable foods include:

- meat, poultry, and seafood;
- dairy products;
- cooked pasta, rice, and vegetables; and
- fresh, peeled, and/or cut fruits and vegetables.

Also, if food is left out too long, some bacteria, such as *staphylococcus aureus* (*staph*), can form a heat-resistant toxin that cooking can't destroy.

One of the most common sources of *staph* bacteria is the human body. Even healthy people carry *staph*—according to the U.S. Food and Drug Administration's "Bad Bug Book," *staph* bacteria are present in the nasal passages and throats and on the hair and skin of 50 percent or more of healthy individuals. *Staph* bacteria also may be found in facial blemishes, cuts, and lesions.

Most likely, the only way you'll know if a food contained *staph* bacteria is when someone

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## Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)



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### NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

329 Freezer Power Outage  
371 Substituting Oil for a Solid Shortening  
374 Don't Use Rusty Pans

and many more...

### Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:  
[www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

### FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)