

FOOD HYGIENE

SESSION A



Cleanliness is:

- * Washing your hands after going to the toilet and before you eat or touch food.
- * Having a shower, bath or a wash so that your body is clean.
- * Flushing the toilet and leaving it clean and tidy for the next person who uses it.
- * Cleaning up food that you have dropped or spilled.
- * Putting things away when you have finished using them.

LEARNING OBJECTIVES:

To know the hygiene and safety rules which need to be followed before, during and after cooking.

Suggested Resources:

PowerPoint: Hygiene 204

Poster: Let's Get Ready To Cook 201

Resources available at: <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=14§ionId=62&contentId=138> [available 05/15]

Preparation:

Read the *Hygiene PowerPoint 204* and visit the British Nutrition Foundation website <http://www.nutrition.org.uk/> [available 03/15] where there are lesson plans and resources on all aspects of nutrition and food preparation. Show the 'Veggie Snacks' Recipe PDF or another simple cookery or food preparation activity from the website. Explain to the children that this session will be a preparation for the following week when you will prepare or cook food together.

Script:

"Today we are going to learn how to practise hygiene or cleanliness when we prepare food. I'm sure that some of you will already know some hygiene rules, so can you tell me what you need to do before you begin any work with food?"

Write down the children's responses on the board.

Show the class *Hygiene PowerPoint 204* and stop at each slide to explore the reasons for each rule. Compare the children's original suggestions to the poster *Let's Get Ready To Cook 201* which lists the main rules from the PowerPoint. What did the children miss? Did they manage to think of anything in addition? Display the poster as a reminder of what to do before cooking.

You may wish to ask the children to bring ingredients for next week's 'Veggie Snacks' Recipe.

