

FOOD HYGIENE

SESSION B



LEARNING OBJECTIVES:

To follow the correct hygiene procedures whilst preparing food.

Suggested Resources:

Veggie Snacks Recipe PDF and *Veggie Snacks PowerPoint*, or choose a class cooking activity.

Resources available at: <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=20§ionId=82&contentId=276> [available 05/15].

Preparation:

Read '*Veggie Snacks*' PowerPoint

Equipment:

Class set of chopping boards, kitchen scissors, mixing bowls, spoons and plates, aprons.

Ingredients: celery, cucumber, yellow and red pepper, hummus, natural yogurt and chives in the amounts detailed on the recipe PDF.

Character Coaching

Guidance:

Remember to follow all the instructions so that you are really practising cleanliness. Remember to get your hands really clean by interlacing your fingers when washing.

Meaningful Praise:

Well done, you are really practising cleanliness because you are wearing an apron/have your hair tied back/have removed wrist bands etc..

Script:

"Today we are going to be preparing veggie snacks. Before we begin can you tell me what you need to do before you begin any work with food?"

- * Make sure the cooking area is tidy and clean;
- * Tie back long hair;
- * Remove jewellery;
- * Wash hands."

Show the class '*Veggie Snacks*' PowerPoint. You may wish to have half of the class preparing the food and the other half writing a simple set of instructions for good food hygiene on whiteboards. Ensure that they follow the correct hygiene instructions before any preparation takes place, this may need adult supervision!

Correction:

When you are getting food ready, you need to tie your hair back. Can you remember why that is?
Bless you! Now that you have sneezed into your hands, what are you going to have to do?

