



Food Hygiene

Lesson: The importance of food hygiene in minimising the amount of bacteria on food prior to ingesting it.

Date: As used

Time: As used

Class: 5th and 6th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the Lunch Bags 'Thought bubble game' as the introduction for this lesson, use the 'Food Hygiene' video as the lesson, use the 'Questions and Answers' resource as the assessment for this lesson and the 'Colour Me In' resource as the activity sheet to finish the lesson.

Learning Objectives

1. Become aware of the importance of hygiene and care in the preparation of food and around the time of its ingestion.
2. Realise and accept some personal responsibility for making wise food choices.
3. Explore some of the factors that influence food choices.

Introduction/Stimulus

The 'Thought Bubble Game' is used as the introduction for this lesson. The use of the thought bubble game allows for the assessment of students' prior knowledge on the topic of 'Food Hygiene'. Students are given prompts to help them such as 'I think food hygiene is..', 'The way of insuring good food hygiene includes..' and finally 'I think the steps in hand hygiene include' with 7 points to be filled out. These topics are all elaborated on in the lesson, hence, this resource allows for the learnings of the lesson to be nicely introduced.

Development

- This lesson begins with highlighting the importance of the words 'Best Before' and 'Use By' when it comes to whether food is 'In Date' or not. 'Best Before' is explained as what would be found on foods such as pastas whereby the food can still be eaten after this date, although the food may not be at its highest quality. Whereas 'Use By' is used on foods such as meat products, which if eaten after the date, could make you very sick.
- The second area highlighted to students is the importance of hand hygiene. Initially, students are educated on the correct technique in hand hygiene. The times highlighted to be conscious of hand hygiene in the kitchen include;
 1. Prior to touching foods
 2. Before and after touching raw meats
 3. After touching any bins
 4. If you sneeze or cough
 5. If you touch money or a door handle (items with a lot of bacteria).
- The next area of Food Hygiene students are educated on is the importance of ensuring that utensils and surfaces for food preparation are cleaned regularly and correctly. The danger of cross contamination from raw meats specifically, is explained in detail to students.
- The final area of food hygiene highlighted to students was the importance of correct fridge storage. The points students are educated on include;
 1. Keeping the fridge door closed as much as possible.
 2. Letting food cool down before putting it in the fridge.
 3. If the fridge is full, that you turn down the temperature to make sure the fridge temperature is correct.
- On the topic of fridge storage, students are also educated on the importance of ensuring items in the fridge are covered, that meats are on the bottom shelf, and that the fridge temperature is maintained under 5 degrees Celsius.

Conclusion

The lesson is then concluded with the use of the 'Questions and Answers' resource where the learnings of the lesson are assessed using 5 different questions. Finally, the lesson is finished with the use of the 'Colour me in' exercise as this provides for an enjoyable way to end the lesson. The use of the 'Colour me in' exercise also allows for the integration of art into this lesson.

Assessment	The learnings of this lesson are assessed using the 'Questions and Answers' game. There are 5 questions asked on the topics covered in the lesson and students are asked these together as a class to assess if the learnings of the lesson are correctly understood.
Linkage/Integration	<p>Linkage:</p> <p>Developing Self-Confidence: Take increasing personal responsibility for himself/herself and to become more independent and autonomous around the area of understanding 'Food hygiene'.</p> <p>Safety Issues; Identify and explore some potential risks to health and safety in the environment.</p> <p>Personal Safety; Discuss and appreciate the role each individual has in keeping others safe and identify occasions where his/her actions can threaten the safety of others.</p> <p>Integration:</p> <p>Making Inference: Children understand that if they practice good hand hygiene in the kitchen, maintain good hygiene standards with utensils in the kitchen, and are conscious of the factors in the fridge that can affect the quality of your food storage, that they can minimise bacteria on their food and ensure they don't pick up any food associated illness'.</p> <p>Art; the 'Colour me in' activity sheet allows for the integration of Art into this SPHE lesson.</p> <p>Teamwork; Using the 'Questions and Answers' game, the students are encouraged to work together as a team to answer the questions on the topic of the learnings of the lesson.</p>