THE LUNCH BAG

'Empowered, Educated Eating'

Food Hygiene

Lesson: Realising the importance of good hygiene when eating food.

Date: As Used

Time: As Used

Class: Junior and Senior Infant Classes

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: The Lunch Bag 'Would you eat this' game to introduce the lesson, the Lunch Bag video resource on 'Food Hygiene' as the lesson, the Lunch Bag 'Acting out Food Hygiene' game to assess the lesson and the corresponding 'Colour me in' sheet can be used also if desired.

Learning Objectives

Upon watching this educational video, the child should be enabled to;

1. Understand the importance of washing their hands before eating their food.
2. Realise the importance of washing fruit and vegetables prior to eating to protect their health.
3. Become aware of the importance of covering food if not fully eaten.

Introduction/Stimulus

Use the Lunch Bag 'Would you eat this' game to assess the student's prior knowledge on food hygiene and to highlight that this lesson is going to be on the topic of food.

Development

This lesson will be delivered using the Lunch Bag 'Food Hygiene' video, in which the topics covered include;

- Introduction of the word 'food hygiene' and the definition of what this word means.
- The importance of washing their hands prior to handling food to ensure that no germs are transferred from their hands to the food they are eating which in turn could cause illness.
- Why it's important to wash fruits and vegetables before eating them.
- Increase their awareness around why we need to wrap food if it's not fully eaten to ensure no bacteria or germs grow on it.

Conclusion

Using the 'Acting out Food Hygiene' from The Lunch Bag website, the gained knowledge from showing the video will be assessed. The 'Colour me in' exercise sheet is then given to students to be completed to conclude the lesson.

Assessment	'Acting out Food Hygiene' from The Lunch Bag website (www.thelunchbag.ie)
Linkage:	Safety and Protection strand unit through ensuring their own safety using good hygiene practices.
Integration:	**Drama:** Through students having to act out the important processes they learned around food hygiene. **Art:** Through the 'Colour me in' exercise sheet. **Oral Language Skills:** Receptive language is improved through listening to the video and expressive language is improved through interacting with the video (eg Hygiene being one of the new words understood). **Making Inference:** If they are conscious of their hand hygiene, and food hygiene that it will help keep them healthy.