THE LUNCH BAG

'Empowered, Educated Eating'

Cross Contamination

Lesson: The importance of hand hygiene when it comes to cross contamination and food hygiene.

Date: As used.

Time: As used.

Class: 1st and 2nd class.

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: Use the 'Heads down, thumbs up' game from the Lunch Bag website as the introduction, the video on 'Cross contamination and food hygiene' is used as the lesson, the 'Cross contamination and hand hygiene' assessment sheet can be used as the assessment and the 'Wash 'the' hands' activity is used to finish the lesson.

Learning Objectives

1. Understand how to recognise and practice good hygiene when it comes to food.
2. Become aware of how infection spreads easily and the importance of adhering to a code of hygiene.
3. Educate students on the fact that each individual must take some responsibility for their own self-care.

Introduction/Stimulus

The 'Heads down, thumbs up' game is played at the beginning of the lesson to introduce the idea of hand hygiene to the children along with providing an opportunity to gain their attention prior to pressing play on the video.

Development

- The lesson begins with the 'Heads down, thumbs up' game to introduce the idea of hand hygiene.
- The idea of 'cross contamination' is introduced at the beginning of the lesson by explaining the meaning of the word.
- The appreciation that germs are ubiquitous in nature is then explained to students using multiple different examples as to where you would find germs.
- The final learning is regarding how easily these germs can be passed from surface to surface and the sickness they can cause people if individuals aren't careful and conscious of their hand hygiene.

Conclusion

The lesson is concluded with the 'Cross contamination and hand hygiene' assessment to assess the learnings in the lesson, to reflect on them learnings and to ensure that the students have acquired the desired learnings from the lesson. This assessment is in the form of a class discussion where the areas discussed include the different areas to be most conscious of hand hygiene and the overall importance of this concept.

Assessment	A classroom discussion is used to ensure the learnings from the lesson are clearly understood. Any questions or misunderstandings can be answered during this discussion.
Linkage/Integration	**Linkage:** **Safety and protection;** Allows students understand the importance of hand hygiene in the prevention of accidentally ingesting any unsafe substances from contaminated surfaces. **Myself and others;** Ensuring good hand hygiene prevents infection being passed to other community members and therefore protects their safety. **Integration:** **Science**; is integrated into the lesson by talking about different germs, how they are transferred and the importance of hand hygiene in preventing any transmission. **English;** The classroom discussion allows for both debating and public speaking when discussing the lessons learnings. **Art and design;** The activity sheets colour me in section allows for the integration of art and design into this SPHE lesson.