

THE LUNCH BAG

'Empowered, Educated Eating'



Food hygiene

Lesson: Food hygiene

Date: As used

Time: As used

Class: 3rd and 4th Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'Poe says' resource as the introduction to this lesson, use the 'Food hygiene' video as the lesson, use the 'Fill in the blanks' resource as the assessment for this lesson and the 'Food hygiene crossword' resource as the activity sheet.

Learning Objectives

1. Discuss and examine the importance of proper food hygiene.
2. Explore some of the factors that influence the consumption of different food products such as the shelf life along with the presentation and packaging.

Introduction/Stimulus

The 'Poe says' resource is used as the introduction. Once the tasks that 'Poe says' are related to hygiene and food hygiene, the student's prior knowledge on the topic can be assessed (for example; their hand washing technique and whether this is correct or not).

Development

- The lesson begins with an introduction on the importance of hand hygiene when it comes to food hygiene. Hand hygiene is discussed from a cross contamination point of view in that you pick up different germs from all the surfaces you touch, and you can then let these germs into your body by touching your food and eating it.
- The next area highlighted to students is the importance of keeping food cool. Students are educated on the importance of keeping food below 5 degrees to

avoid food entering the 'Danger zone' (ie between 5 and 63 degrees) whereby germs can grow at their fastest rate.

- Their understanding is further developed when the importance of keeping food out of direct sunlight and away from warm areas is explained. The importance of avoiding the 'Danger zone' of 5 to 63 degrees, the optimal temperature range for bacteria to grow is re-iterated to students.
- Students are educated on the importance of cleaning out their lunch box or lunch bag if it contains perishable goods. Leaving perishable goods in a schoolbag provides food for bacteria to grow.
- The final area covered is the importance of using warm soapy water to clean any items that they re-use for their lunch. Re-usable water bottles, lunchboxes and lids being cleaned with warm soapy water is important to remove any bacteria that may be found on these items.

Conclusion

The lesson is concluded with the 'Fill in the blanks' resource and the 'Food hygiene crossword' resource to consolidate the learnings of the lesson. The learnings of the lesson are assessed by both resources but in an enjoyable manner.

Assessment	The 'Fill in the blanks' and the 'Food hygiene crossword' resources are both forms of assessment for the lesson. These assess the acquired knowledge of students and allow for the teacher to clear up any misunderstandings for students.
Linkage/Integration	<p><u>Linkage:</u> Becoming increasingly responsible and autonomous; understanding the importance of monitoring the storage of your food and the importance of practising good hand hygiene.</p> <p>Decision Making: Understand and be aware of the choices that he or she makes every day and the knock-on effects of these.</p> <p>As I grow, I change: Recognise that independence and responsibilities when it comes to food hygiene are continually increasing as students get older.</p> <p><u>Integration:</u> English: The use of the crossword and the fill in the blanks resources allows for students to use their vocabulary. Making Inference: Students will understand that if they keep their food cold and away from sunlight, that this will minimise bacteria numbers on food and make food safest to eat.</p>