

Food Hygiene & Safety

The Food Journey– Teacher sheet

Background

These resources have been funded by the European Union's SafeConsume project, which is an EU-wide project to reduce illness caused by foodborne pathogens. Find out more information at <http://safeconsume.eu/>.

These resources have been developed following research with students and teachers from across Europe and have been tested with schools during development. Following research with consumers across Europe several food related risk behaviours have been identified which we seek to improve knowledge about.

This activity covers the journey of food and the various food safety and cross-contamination risks from buying, to preparing, cooking and consuming food, and managing leftovers.

National curriculum links:

KS3: RSHE; Health and prevention, Healthy eating

KS3: Science; Living things and their habitats

KS4: Food preparation and nutrition GCSE; Cooking and food preparation - The scientific principles underlying the preparation and cooking of food.

Lesson learning outcomes:

1. To understand that there are harmful microbes in food that can cause food poisoning, where they can be found, and risks and consequences of food poisoning.
2. To understand cross-contamination and how it occurs and develop and normalise skills for good hand and food hygiene and preparation in everyday life to remain in good health
3. To understand the chain of infection and critical points for food hygiene.

Resources:

- The Food Journey PowerPoint presentation
- The Food Journey Student worksheet
- SafeConsume Food Journey animation

Lesson plan

Designed for 11-14 year olds, but could be adapted for 15-18 year olds,

Introduction

1. Use the introductory slides to discuss foodborne illness, common symptoms, and how you may not be able to tell which food caused the illness.



2. Using the SafeConsume Food Journey animation introduce the class to the concept of cross-contamination and good food hygiene and practice in the home by showing the animation.
3. Introduce the concept of the Food Journey to students and how microbes can multiply at each step of this journey, and various risks for cross-contamination.
4. Explain to students that they will be looking at the Food Journey in more detail for the remainder of the lesson.
5. Use the slides to discuss **food safety risks**, and **solutions** to reduce these risks for each step of the Food Journey (planning and shopping; packing and transporting; storing; food preparation; cooking food; storing leftovers). Students can complete the corresponding worksheet, whilst they carry this activity out in pairs, small groups, or as part of a class discussion.
6. Optional: Use the slides to act out the 'distractions in the kitchen' activity. Following the activity discuss with student's the impact distractions could have on food safety (e.g. you could forget to wash hands or use the same knife to cut vegetables as used to cut raw meat).
7. Then discuss with students how they could avoid or limit the impact of distractions, for instance by putting dirty knives straight in the sink after use, finish what you are doing before addressing the distraction (e.g. finish washing your hands before answering the phone to reduce contamination of phone).

