

# Hygiene in the Food Technology Learning Space

The word hygiene relates to C\_\_\_\_\_. Hygiene is particularly important when we work with food as our actions have the potential to contaminate the food and cause a risk to the health and safety of other people who consume (eat) the food.

## Personal Hygiene

	Wear a clean apron to cover your clothes. This will stop the transfer of dirt (which contains bacteria) onto the food.
	Take off all jewellery before you begin to prepare food. These can be hiding places for bacteria.
	Tie hair back and/ or wear a hair net. This prevents loose strands of hair falling into food.
	Wash hands and nails thoroughly with soap and running water. This should be done; <ul style="list-style-type: none"><li>- Before handling food</li><li>- After handling food</li><li>- After using cleaning products</li><li>- After going to the toilet</li><li>- After using a tissue/ hankie</li></ul>
	Cover cuts and grazes on hands.
	Do not cough or sneeze over food. Hundreds of bacteria can be transferred through the air.
	Use a clean spoon to taste food. Remember to wash it after- do not double-dip!

# Practical Lesson Routine



1. Put on \_\_\_\_\_ and tie \_\_\_\_\_ back.
2. Place \_\_\_\_\_ (tea towel and container) on open shelf area.
3. \_\_\_\_\_ hands thoroughly.
4. Re-read \_\_\_\_\_ and allocate \_\_\_\_\_ to each group member.
5. Organise all necessary \_\_\_\_\_/holding equipment onto a plastic \_\_\_\_\_.
6. Take this tray, recipe and a partner to the front of the room to collect \_\_\_\_\_ from the teacher.
7. Other group members will collect any other equipment, turn on oven (if applicable) and organise a bowl for scraps.
8. Prepare food as per the recipe, keeping work bench area clean and tidy at all times.
9. \_\_\_\_\_ up as your go -> stack used utensils neatly onto allocated sink.
10. Wash up utensils and put back into correct \_\_\_\_\_ whilst food is in final stages.
11. Half the group members are to check entire \_\_\_\_\_ area whilst the remaining group members continue cleaning up.

## Word Bank

work; hair; equipment; clean; wash; ingredients; tasks; tray; apron; location; measurements;  
recipe