

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

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.

1. 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">- Before handling food- After handling food- After using cleaning products- After going to the toilet- After using a tissue/ hankie
	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!

2. Environmental Hygiene

Working in a clean environment and using hygienic practices is equally as important as personal hygiene.

a) Equipment - Tea Towel:

- Do use it only for drying up the dishes
- Do NOT - wear it flung over your s_ _ _ _ _
- use it to wipe up s_ _ _ _ _

- Dish Cloth

- Must be kept c_ _ _ _
- Do s_ _ _ _ _ it and dry it out thoroughly

b) Work Area - Keep it c_ _ _ _ and t_ _ _ _ whilst working

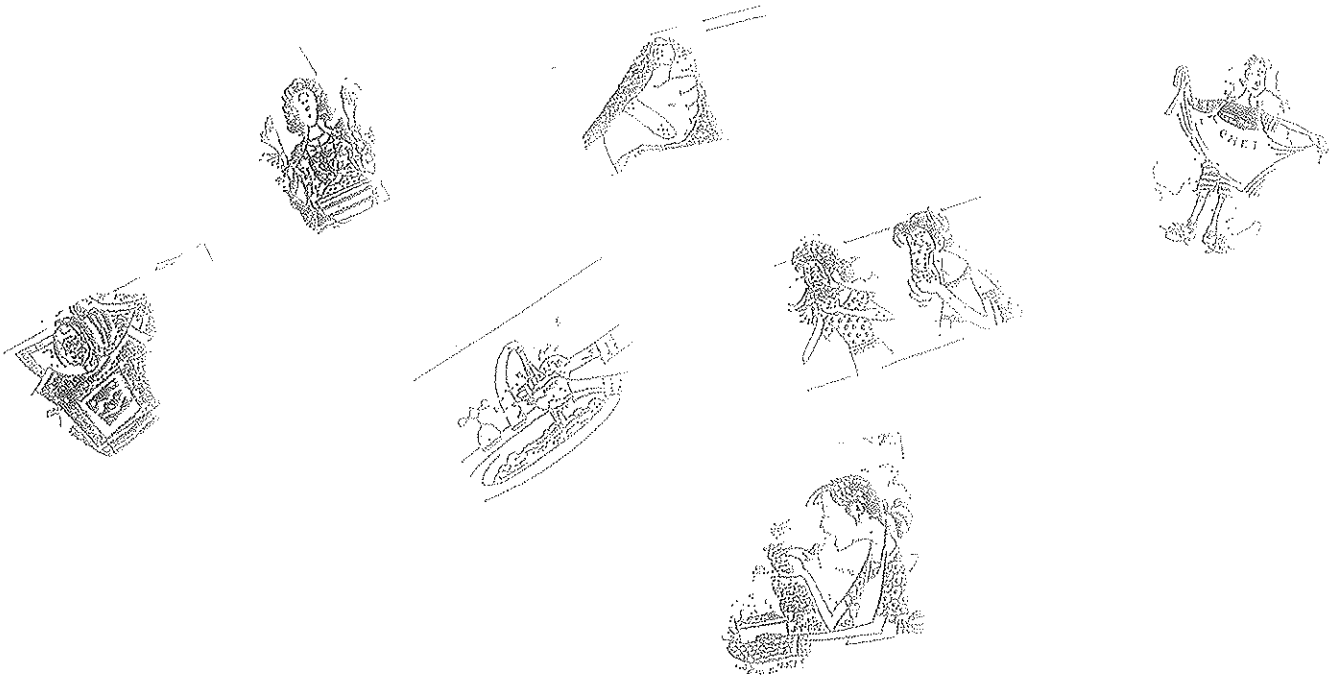
- W_ _ _ down all surfaces used when finished
- Dry all equipment thoroughly and put it away in its correct location

c) Work Practices - Follow the Washing Up PROCEDURE

ACTIVITY 1A: Cut and paste the images in their correct order. Provide a description for each step.

Step	Image	Description
1		
2		
3		
4		
5		

1. Personal Hygiene



2. Environmental Hygiene

