

# FOOD SAFETY AND HYGIENE

**Objective:** Getting students to talk about food safety, hygiene, their housework habits and pet hates

**Materials:** Use the sheets provided

## Procedure

Warm up: Tell students that it was “Food Safety Week”, from the 10–16 June, in the UK last week.

Statistics in the UK show that 4.5 million people get food poisoning each year. Ask them what they know about food safety and if they’ve ever had food poisoning either at home or in a restaurant.

1. Look at the calamity kitchen. Students should work in pairs to decide what potential hazards are in the kitchen and what they

should do. Write up all new vocabulary on the board!

2. Do the quiz with the students. Remember to go through the vocabulary. (Students can use dictionaries).

Answers: 1c) 2c) 3b) 4c) 5b) 6a) 7b) 8a) 9c) 10c)

3. Finish off the lesson with a discussion about taking care of the house, responsibilities in the house etc.

a) Who normally does the housework?

b) Is there a task that you particularly hate? What is it?

c) What in your opinion is the best invention around the house?

d) What inventions would you like to see in the future?

## Calamity kitchen answers:

Fridge door ajar – keep door shut and fridge temperature between 0° - 5° C

Raw fish on chopping board. Keep separate boards for different types of food.

Put shopping away immediately. Frozen foods shouldn't be allowed to defrost.

Dirty tea towels – use separate ones for separate tasks

Uncooked chicken – raw foods should be covered and stored on the bottom shelf of the fridge.

Keep the kitchen free of insects

Keep pets off food and preparation areas

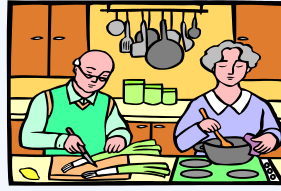
Eggs should be stored in the fridge.

Don't leave food in open cans

Leftover food should be cooled quickly and stored in the fridge

Splashes on the cooker – clean as you go. Crumbs and spilt foods attract insects.

Wash up dirty crockery and utensils immediately after use.



## FOOD SAFETY QUIZ

1) How do you know when burgers are properly cooked?

- a) When they are brown on the outside
- b) When there are no pink bits inside and the juices run clear
- c) After they have been cooking for 7 minutes

2) Which foods must always be kept separate to avoid cross - contamination?

- a) Uncooked potatoes and fresh steak
- b) Cooked chicken and prepared salad
- c) Raw chicken portions and prepared salad

**3) What temperature should your fridge operate at?**

**a) Below 0°C**

**b) 0 to 5°C**

**c) 5 to 10°C**

**4) How should you always wash your hands?**

**a) With cold water and soap**

**b) With hot water only**

**c) With hot water and soap**

**5) How long can leftover food be left at room temperature?**

**a) 30 minutes**

**b) 2 hours**

**c) 4 hours**

6) What sort of conditions do bacteria grow best in?

- a) Warm and moist
- b) Cool and dry
- c) Cool and moist

7) What do bacteria look like?

- a) Big and furry
- b) Too small to see
- c) Green and ugly

8) How often do food poisoning bacteria double their numbers in food?

- a) Once every 10-20 minutes
- b) Once every 3 hours
- c) Once every 20 hours

9) What is the correct way to thaw frozen chickens?

- a) Place in a warm room
- b) Immerse in a sink of hot water
- c) Place in a refrigerator

10) Which one of the following processes is most likely to kill food poisoning bacteria?

- a) Refrigeration
- b) Freezing
- c) Cooking

(Food quiz taken from [bbc.co.uk](http://bbc.co.uk) website)