

FOOD HYGIENE *and* HEALTH



LONDON BOROUGH OF
BEXLEY



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Pupil Assessment

Pupil Certificate

Acknowledgements

Name: Date:

MICRO ORGANISMS

Learning Objective: To understand what micro organism, bacteria and germs are, where they are found and the importance of preventing their spread to help infection control

Links to the National Curriculum:

KS1	KS2
Scientific Enquiry: 2a, 2b, 2c, 2e, 2f, 2g Life Processes: 1b, 2d	Scientific Enquiry: 2c, 2e, 2h, 2i, 2m, 5f

Lesson Sequence:

	Content	Resources required
One	<p>Discussion with the class to gather baseline assessment of their understanding on micro organisms.</p> <p>'Micro organism' to be written in centre and a mind map to be created.</p> <p>What is a micro organism? A tiny life form often called bacteria, germ or virus. They can be helpful e.g aids digestion and food production or harmful e.g cause disease.</p> <p>4 conditions needed for micro organisms to multiply: Time (to multiply), Nutrition, Moisture and Warmth</p> <p>Cross-curricular links: Science: Yeast experiment - pupils to observe yeast growth and monitor the production of CO₂ during the experiment as follows:</p> <p>5 water bottles, 5 balloons, half teaspoon sugar x2 and half teaspoon vinegar x2</p> <p>Equal amounts of fresh baker's yeast divided between the 5 bottles and sealed with balloon</p> <p>Combine half teaspoon sugar + yeast + cold water Combine half teaspoon sugar + yeast + warm water Combine half teaspoon vinegar + yeast + warm water Combine half teaspoon vinegar + yeast + warm water The remaining bottle to contain only yeast</p> <p>Q: which bottle creates the best environment for yeast growth and why?</p> <p>Design and Technology: Design a micro organism, bacteria (helpful or harmful) or virus. Explain what it does to the body</p>	<p>Board Board Pen Worksheet A</p> <p>5 small water bottles 5 balloons Teaspoons Fresh baker's yeast Sugar, vinegar, cold/ warm water</p>



Name: Date:

MICRO ORGANISMS

	Content	Resources required
Lesson Two	<p>Importance of personal hygiene: Hand-washing Hair up Removing jewellery and nail varnish Covering cuts and grazes www.foodafactoflife.org.uk/sheet.aspx?siteId=14&sectionId=62&contentId=138 www.sensoryworld.org/kitchen_entry.html</p> <p>Importance of food hygiene: Different coloured chopping boards Temperature (danger zone for food) Importance of cooking over 72 degrees</p> <p>Personal hygiene and food hygiene are so important because they prevent the spread of bacteria or their ability to multiply.</p> <p>Key phrases: Use-by date (seen on foods or drinks that 'go off' quickly- not to be eaten or drunk after this date) Sell-by date (seen on a wider variety of foods, foods eaten after this day may not be harmful but texture or taste may be impaired)</p>	<p>Worksheet B Worksheet C</p> <p>Interactive resources: foodafactoflife.org.uk</p>
Lesson Three	<p>Food storage can be addressed as follows: Fridge: correct use of shelves, correct temperature and wrapping of food Freezer: correct temperature and wrapping of food Cupboard: warm, dry place www.foodafactoflife.org.uk/sheet.aspx?siteId=14&sectionId=62&contentId=138</p> <p>Extension task for older pupils: Research the importance of stock rotation and storage life with all foods including frozen.</p> <p>For practical assessment: Children to prepare a hygienic work station ready to cook a healthy dish (for example: fruit salad or healthy sandwich) with a Food Safety certified member of staff</p>	<p>Worksheet D foodafactoflife.org.uk</p>

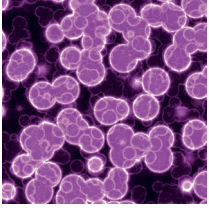
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MICRO ORGANISMS

Worksheet A

Learning Objective



A micro organism is

The conditions needed for bacteria to multiply are:

1.

3.

3.

4.

Fill in the blanks using the words in the boxes below.

Harmless Bacteria (good):

Some bacteria is good for keeping our _____ healthy.

Other bacteria help to make some of the _____ we eat.

These include _____ which makes _____ rise.

yeast

digestive system

foods

bread

Harmful Bacteria (bad):

Some bacteria can be harmful. If they are left in the right conditions to multiply, they can make us feel _____ and in _____

These harmful bacteria can be found on _____ meat or meat that has not been _____ properly. This is why food hygiene and correct cooking are so important for **food** _____

raw

sick

safety

foods

cooked

pain





Name: _____

Date: _____

PERSONAL HYGIENE

Worksheet B

Learning Objective _____

I can make sure I am clean and hygienic in the kitchen by:

1

2

3

4

5

6

Key Words

Hygienic means _____

Contamination means _____

Name: _____

Date: _____

FOOD HYGIENE

Worksheet C

Learning Objective:

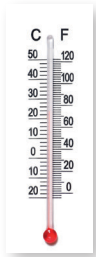


It is really important to use different coloured chopping boards for different foods because

Detergents and disinfectants are all used in order to



They should be used safely and stored away from food.



Food needs to be stored and cooked at the right temperature because

Cooking food for the correct time is just as important as cooking at the correct temperature because



Storing food for the correct time is also important. This is why we have _____ and _____ dates on packets.

Being hygienic with food is so important because



Name: _____

Date: _____

FOOD STORAGE

Worksheet D

Learning Objective: _____

In the boxes below, draw or write examples for the different kinds of food.

Frozen foods:

Dry foods:

Chilled foods:

Can you match your food to the right storage space?

To be stored in:

- a freezer
- kept below -18 degrees
- food should be well wrapped or in plastic containers

To be stored in:

- a cool, dry place
- off the floor
- on shelves
- airtight containers

To be stored in:

- a fridge
- to be kept cool (1-5 degrees)
- plastic containers
- food to be kept in a right order (raw meat at the bottom)



Name: Date:

DIET AND HEALTH

Learning Objective: To understand what a nutrient is and the importance of eating a healthy balanced diet in order to provide the body with what it needs to be healthy

Lesson Sequence:

	Content	Resources required
Lesson Four	<p>Discussion with the class to gather baseline assessment of their understanding on healthy eating.</p> <p>'Healthy eating' to be written in centre and a mind map to be created.</p> <p>What is a nutrient? A substance which provides nourishment essential for life and growth</p> <p>Why is a balanced diet important? Supply the body with a range of nutrients which are essential for growth, repair and function. Helps to keep the body healthy</p> <p>Worksheet E answers: FRUIT/VEGETABLES... supply us with lots of vitamins and minerals that help to keep our hearts and bodies healthy CARBOHYDRATES... are a good source of energy and packed with vitamin B PROTEIN... is essential for our bodies to be able to grow and repair FATS, SALT and SUGARS... should be eaten in smaller amounts to keep us healthy DAIRY... gives us and calcium which helps to strengthen our teeth and bones</p>	<p>Board Board Pen</p> <p>Worksheet E</p> <p>Interactive resources: http://multimedia.food.gov.uk</p> <p>Special educational needs: http://studentswithlearningdifficulties.blogspot.co.uk</p> <p>www.foodafactoflife.org.uk</p> <p>www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf</p>
Lesson Five	<p>Recap of lesson four and healthy eating.</p> <p>Why should we make healthy choices? To give our body all the nutrients it needs To keep our bodies healthy</p> <p>Worksheet F What is a healthy balanced diet? Eating the right amount of food for you (age, gender, activity level) Eating a range of foods in the relevant quantities (as seen in the Eatwell plate)</p> <p>Worksheet G Task: [paired activity] discuss the various food choices that are available for children and decide on the healthier options. What do you think about the packet of crisps being included in Charlie's menu? Is there a healthier alternative? NB: Teacher to reinforce that crisps are not a suitable snack and the reduction of high fat, salt and sugar items as part of a healthy diet</p>	<p>Worksheet F Worksheet G</p> <p>www.foodafactoflife.org.uk</p> <p>www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf</p>



Name:

Date:

DIET AND HEALTH

Lesson Six

Content

Why can making the healthy choice sometimes be more of a challenge?

Adverts and packaging (persuasive and branding) 'Fake foods' (Fruit Flakes and Fruit Shoots are not fruit)

What healthy choices can we make?

See worksheet H which encourages the children to think of the healthier choices they can make

Cross-curricular links:

Design and Technology & Literacy:
Create a promotional poster or advert for a fruit or vegetable using persuasive language and a slogan

Literacy:
What do you think of children's menus in restaurant?
Do you think they are healthy?
Why?

Resources required

Worksheet H

Name: _____

Date: _____

HEALTHY EATING

Worksheet E

Learning Objective:

What is a nutrient?

It is really important to eat a large range of different foods so that

Can you link the food with the label and explanation?

FRUIT/VEGETABLES...

...should be eaten in smaller amounts to keep us healthy



CARBOHYDRATES...

...are a good source of energy and packed with vitamin B



PROTEIN...

...gives us calcium which helps to strengthen our teeth and bones



FATS, SALTS & SUGAR...

...supply us with lots of vitamins and minerals that help to keep our hearts and bodies healthy



DAIRY...

...is essential for our bodies to be able to grow and repair





Name: _____

Date: _____

BALANCED DIET

Worksheet F

Learning Objective:

A healthy balanced diet is

Can you draw an example of a balanced meal?

My meal is suitable for a healthy balanced diet because

Name: Date:

Worksheet G

Look at the table below.

Can you discuss who may be the healthiest and why?

	Joe	Lisa	Charlie
Breakfast	2 slices of toast with strawberry jam Glass of water	Chocolate croissant Glass of milk	Cornflakes with milk and a banana No drink
Mid-morning	Carrot sticks Cola	Apple Water	Bag of crisps Water
Lunch	Ham sandwich Apple Yoghurt Fruit squash drink	Cheese & tomato pasta Banana Water	Jacket potato with tuna & sweetcorn Side salad Apple juice
Afternoon	Chocolate bar	Fruit Flakes	Yoghurt pot
Dinner	Chicken and mushroom pie Peas Mashed potato Orange squash	Omelette filled with cheese, mushrooms and onion Chips Water	Beef casserole Mashed potato Cauliflower Water
Activity	45 minutes football training	10 minutes skipping	30 minutes walking to school



Name: _____

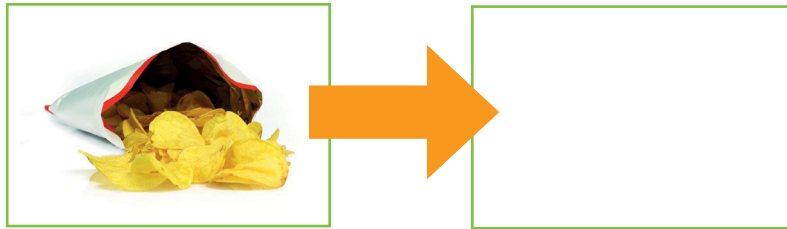
Date: _____

HEALTHY CHOICES FOR A BALANCED DIET Worksheet H

Learning Objective: _____

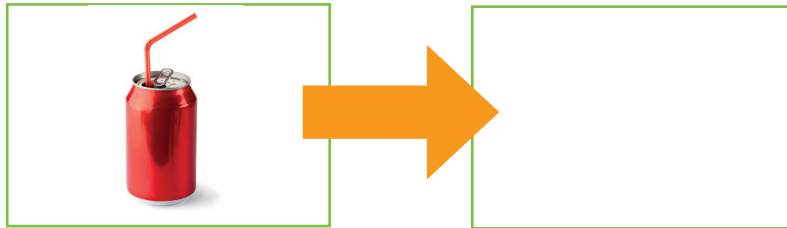
In the boxes below, can you show what healthier choices you could make?

At snack time:



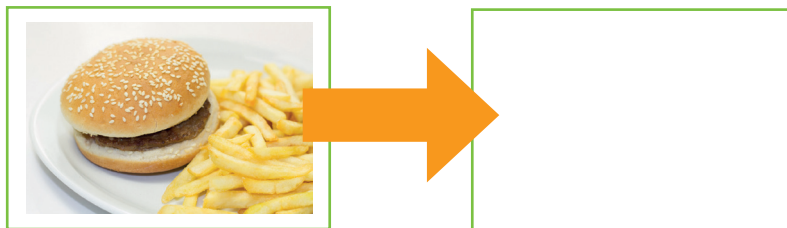
This is a healthier option because _____

When I am thirsty:



This is a healthier option because _____

For my dinner:



This is a healthier option because _____

Name: Date:

FOOD HYGIENE AND SAFETY

Worksheet 1

M	I	C	R	O	O	R	G	A	N	I	S	M	H
A	I	V	E	M	T	U	S	F	P	F	J	O	H
F	N	C	R	R	O	E	V	A	N	R	S	G	A
S	Q	H	R	O	W	U	H	H	T	I	O	X	N
G	C	O	V	L	E	M	L	A	E	D	L	N	D
E	A	P	O	H	L	O	O	D	M	W	P	I	W
R	E	P	N	R	M	K	P	U	P	A	E	J	A
M	M	I	L	F	R	I	D	G	E	F	F	H	S
S	I	N	K	P	B	T	U	W	R	B	I	K	H
A	H	G	E	T	C	C	Y	A	A	L	N	U	I
D	G	B	S	F	P	H	L	Y	T	S	K	A	N
H	C	O	I	U	R	E	J	T	U	T	G	D	G
Q	O	A	N	S	U	N	K	H	R	O	O	B	Y
E	O	R	A	L	A	P	E	F	E	R	C	R	T
F	K	D	E	U	P	A	O	S	U	A	P	O	A
A	C	S	L	K	Y	U	M	P	N	G	Y	P	U
S	I	E	C	D	M	B	A	C	T	E	R	I	A

See if you can find...

MICRO ORGANISM

BACTERIA

HANDWASHING

GERMS

MOULD

STORAGE

SOAP

FRIDGE

COOK

KITCHEN

KNIFE

SINK

CLEAN

APRON

CHOPPING BOARD

SAFE

TEMPERATURE

TOWEL



Name: _____

Date: _____

FOOD HYGIENE AND HEALTH

1. Label the five parts of the Eatwell Plate:



2. The Eatwell plate is important because



Name:

Date:

3. Draw a healthy, balanced menu for one day:

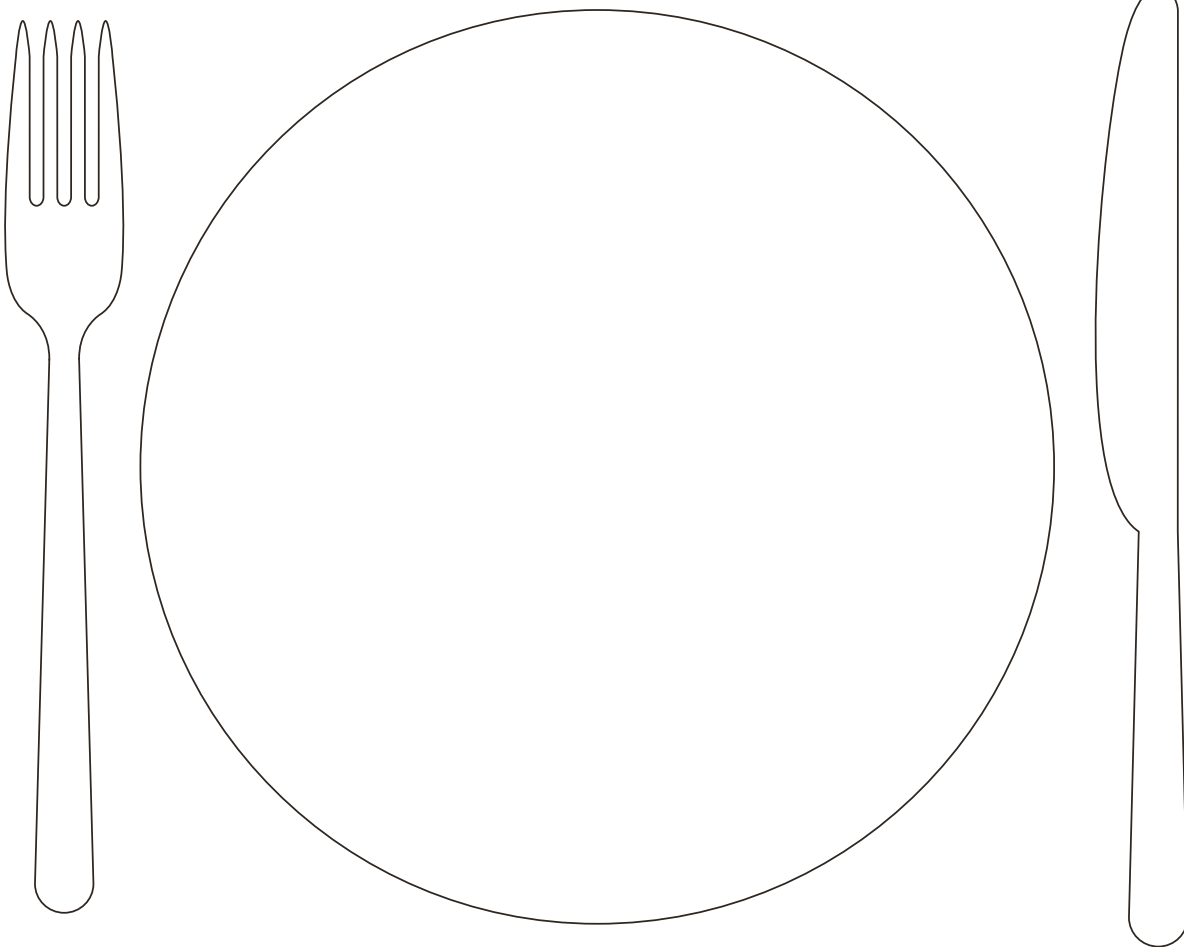
	Food	Drink
Breakfast		
Lunch		
Dinner		
Snacks		

Name: _____

Date: _____

4. It is important to be healthy because

5. Draw an example of a healthy meal:



Name:

Date:

6. Get ready to cook:

1st

2nd

3rd

4th

5th

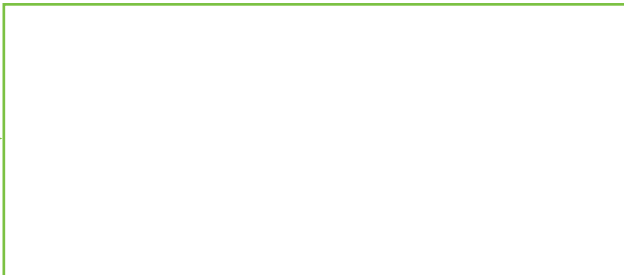
6th

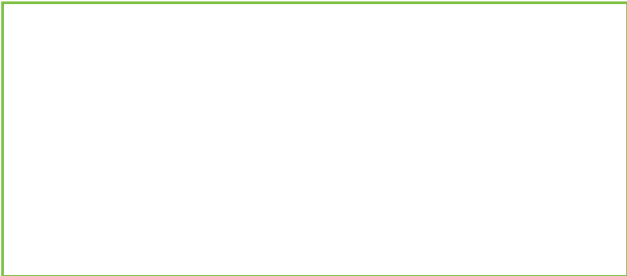
Name: _____

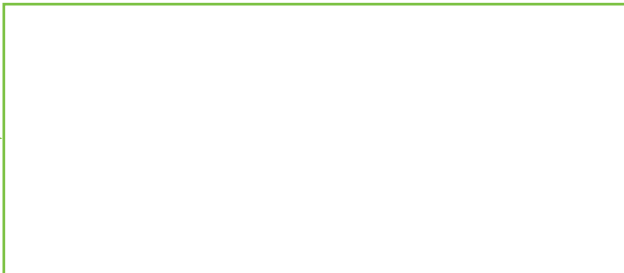
Date: _____

7. Being clean and tidy is important when I am cooking because

8. Can you draw examples of foods to match the correct method of storage?

Fridge → 

 ← Kitchen cupboard

Freezer → 



This certificate is awarded to:


Name _____

Class _____

For demonstrating an excellent knowledge and understanding in



the importance
of food hygiene
& storage



the relevance
of healthy
food choices

Date: _____ Food Hygiene certified member of staff: _____ Head Teacher: _____



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Gaining experience through Bexley Health Improvement Team

August 2014

Bexley Health Improvement Team:



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