

# ST. CATHERINE HIGH SCHOOL

SUBJECT: FOOD NUTRITION AND HEALTH

TOPIC: HYGIENE IN FOOD PREPARATION

## INSTRUCTIONS TO STUDENTS:

At the end of the lesson students should be able to:

1. Define the term hygiene.
2. Discuss the guidelines to be observed for personal hygiene practices in food preparation.
3. Identify unhygienic food preparation practices.
4. Discuss the measures to be practiced to ensure high standards of food hygiene.

**Hygiene** is defined as the principles and practices that ensure good health and cleanliness and prevents the spread of germs that cause disease.

## **PERSONAL HYGIENE IN FOOD PREPARATION**

Untidy and dirty habits can cause germs to spread easily through food, and water

### **GUIDELINES FOR PERSONAL HYGIENE IN FOOD PREPARATION**

1. Wear clean, comfortable clothes and shoes.
2. Wear a clean apron to protect your clothes.
3. Fingernails must be short and clean
4. Cover hair with hair net or scarf
5. Cover bruises, cuts, sores with waterproof dressings
6. Do not sneeze or cough over food. Wash hands after sneezing.
7. Avoid scratching hair and body parts. If touching is done, wash hands.
8. Use a small, clean spoon for tasting and wash afterwards
9. If suffering with measles, diarrhoea and vomiting, do not handle food.
10. Wash hands properly, especially after touching money, touching animals, changing baby diaper, handling garbage or using the toilet.

### **GUIDELINES FOR KITCHEN HYGIENE IN FOOD PREPARATION**

Kitchen is a space used for cooking, study, entertaining and hobbies. It must be kept clean and tidy at all times to avoid the spread of germs to food.

1. Keep pets away from the kitchen, they carry dirt, germs and sometimes fleas.
2. Clean all work areas before preparing food
3. Wash all kitchen towels, rags and sponges
4. Use dish towels for drying dishes only, not as pot holders, drying hands or wiping areas.
5. Use hot soapy water for dishwashing



Image below illustrates the sanitizing of wooden cutting board, What do you observe?

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OBSERVE THE IMAGE BELOW OF CHEF JOHN WHO IS PREPARING A MEAL IN THE KITCHEN.



A. Identify at least six (6) poor food preparation, kitchen and personal hygiene practices seen in the image above.

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B. How can John correct poor hygienic practices/conditions identified in the image above.

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