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

- 6. Keep the garbage bin covered and remove it every day.
- 7. Wash the garbage bin with bleach or disinfectant. Dry before using.
- 8. Cover foods to protect from flies, dirt and other insects and away from chemicals.
- 9. Wipe up all spills immediately and clean the floor daily, to keep flies and other insects away.
- 10. Destroy rodents and pests by using traps and carefully using poisons.

IMPORTANCE OF WASHING DISHES

- 1. Dirty dishes carry germs that can make us very sick.
- 2. Food taste better on clean utensils
- 3. It is extremely unhygienic to present or consume food in/on dirty utensils.

CUTTING BOARD SAFETY TIPS:



shutterstock.com • 771833137

- 1. If possible have more than one cutting board (for various functions). This can help to prevent contamination.
- 2. Clean board after each use
- 3. Wash with hot soapy water, do not soak in water.
- 4. Sun or dry by air, bacteria thrives in moisture

OTHER CUTTING BOARD TIPS	INCLUDE:



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



the image ab					
3					
B. How can a	John correct poor I	hygienic practice	s/conditions iden	ntified in the ima	
B. How can a	John correct poor I	hygienic practice	s/conditions iden	ntified in the ima	
B. How can 3	John correct poor I	hygienic practice	s/conditions iden	ntified in the ima	
B. How can a	John correct poor l	hygienic practice	s/conditions iden	itified in the ima	
B. How can 3	John correct poor I	hygienic practice	s/conditions iden	ntified in the ima	
B. How can 3	John correct poor I	hygienic practice	s/conditions iden	itified in the ima	
B. How can 3	John correct poor h	hygienic practice	s/conditions iden	ntified in the image	
B. How can 3	John correct poor I	hygienic practice	s/conditions iden	itified in the ima	
B. How can 3	John correct poor h	hygienic practice	s/conditions iden	ntified in the image	
B. How can and a second	John correct poor I	hygienic practice	s/conditions iden	itified in the ima	
B. How can 3	John correct poor h	hygienic practice	s/conditions iden	ntified in the image	
B. How can 3	John correct poor I	hygienic practice	s/conditions iden	ntified in the image	