Food safety and hygiene - early years and primary 1-4

**Tags:** **[Health and Well Being (HWB)](https://education.gov.scot/improvement/search/?TagSelected=Health%20and%20Well%20Being%20(HWB))** [**Parents**](https://education.gov.scot/improvement/search/?TagSelected=Parents)[**Primary**](https://education.gov.scot/improvement/search/?TagSelected=Primary)[**Learners**](https://education.gov.scot/improvement/search/?TagSelected=Learners)

What is this?

Information for parents/carers

These activities contain simple ideas to help children learn about food safety and hygiene and how this might affect their health. As your child or young person matures they will becomes more independent about their hygiene choices. Can you encourage your child to develop good habits?

Information for learners

Can you demonstrate how to perform daily hygiene routines, for example, hand washing, teeth brushing?

Can you explains the importance of daily hygiene routines?

Can you identify where different types of food are stored?

Who is this for?

Parents of early years and primary school learners. This activity is aimed at young children from early years to P4.

Information for parents/carers and children and young people

**When should you wash your hands?**

You should wash your hands:

* after using the toilet or changing a nappy
* before and after handling raw foods like meat and vegetables
* before eating or handling food
* after blowing your nose, sneezing or coughing
* before and after treating a cut or wound
* after touching animals, including pets, their food and after cleaning their cages

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses.

It can help stop people picking up infections and spreading them to others.

[**NHS - Live Well - How to wash your hands**](https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/)

Parents/carers could lead by example by making hand-washing a activity fun in inventive ways, for example, singing Happy Birthday twice (at least 20 seconds).

**For children at Early learning and childcare/P1**

Things to do every day:

* Discuss with your parent/carer, when you should wash your hands as part of your daily routine. Can you explain why it is important to wash your hands?
* What are the essential items you need to wash your hands?
* Explain and show steps to washing your hands.
* If you are helping to prepare and handle food/snack, what do you need to do to work safely?
* Name three things you have touched today, for example, door handle, toilet flusher. What do you need to do to prevent the spread of germs?

**For children at P2 - P4**

Things to do every day:

* Create a tally chart to record how many times a day you wash your hands. You can also include your parents/carers and family.
* Record a video for a TV ad teaching the correct way to wash hands for younger children. Share it with your family.
* If you are helping to prepare and handle food/snack, can you show how to work safely?
* List foods that require to be stored in a fridge and what foods can be stored in a cupboard?
* When putting foods away, show your child what goes where on fridge shelves and why. Follow hygiene and safety advice.

[**Parentzone Scotland - Food and health**](https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/food-and-health/) - Simple ideas to help children learn about food and how this might affect their health.