

S1 Home Economics

Unit 1 - Introduction



Name:

Class:

Food Hygiene and Safety

Let's get ready to cook!

FOOD
a fact of life

Tie back long hair

Roll up long sleeves

Wear an apron

Remove jewellery

Wash your hands

Get ingredients ready

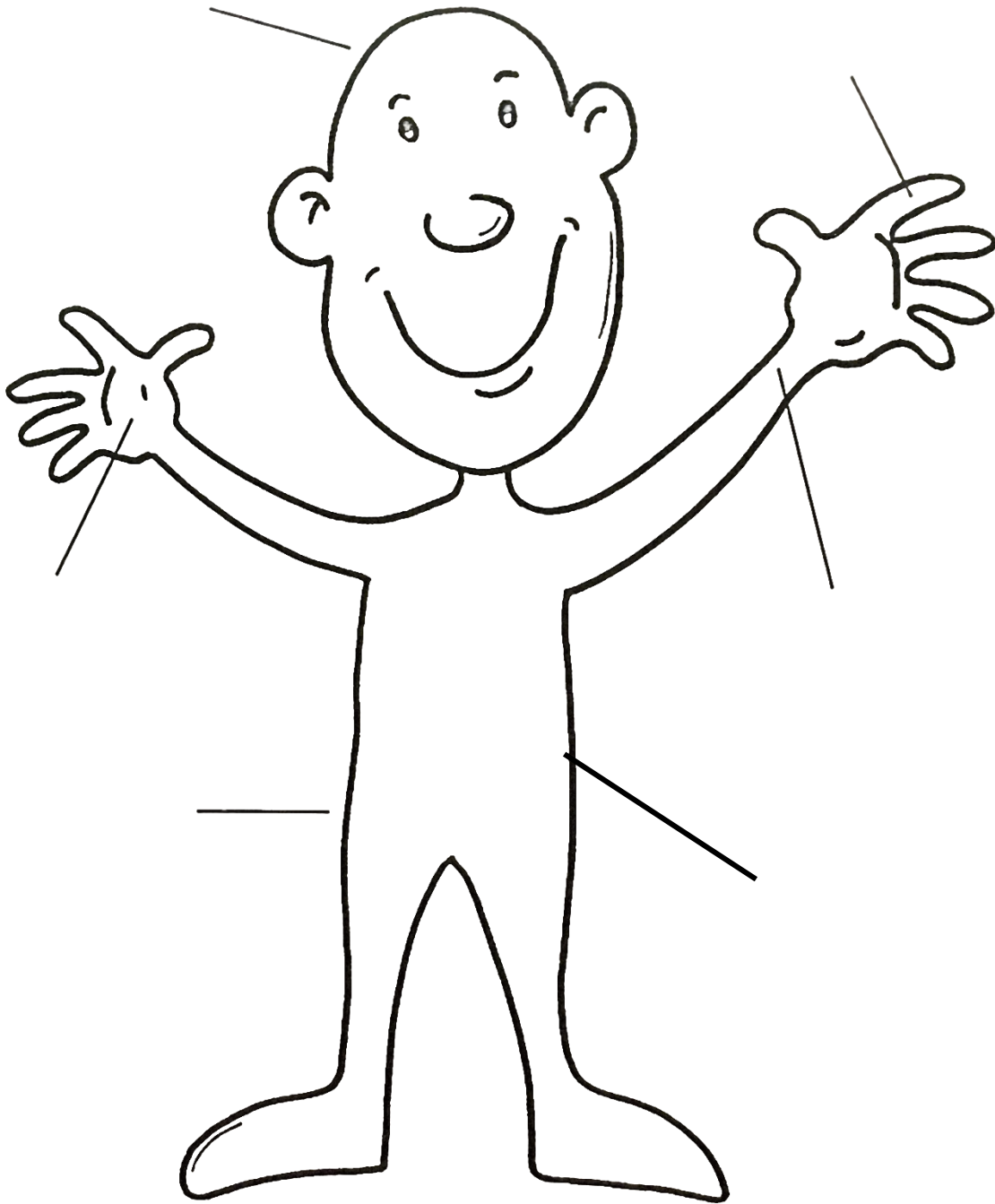
Get equipment ready

For cooking and food skills videos, support and classroom activities, go to: www.foodafactoflife.org.uk

© British Nutrition Foundation 2007

Working with Food

Activity - Label the diagram using the sentences below.



hair tied back	clean hands
sleeves rolled up	apron on
no rings	no jumper

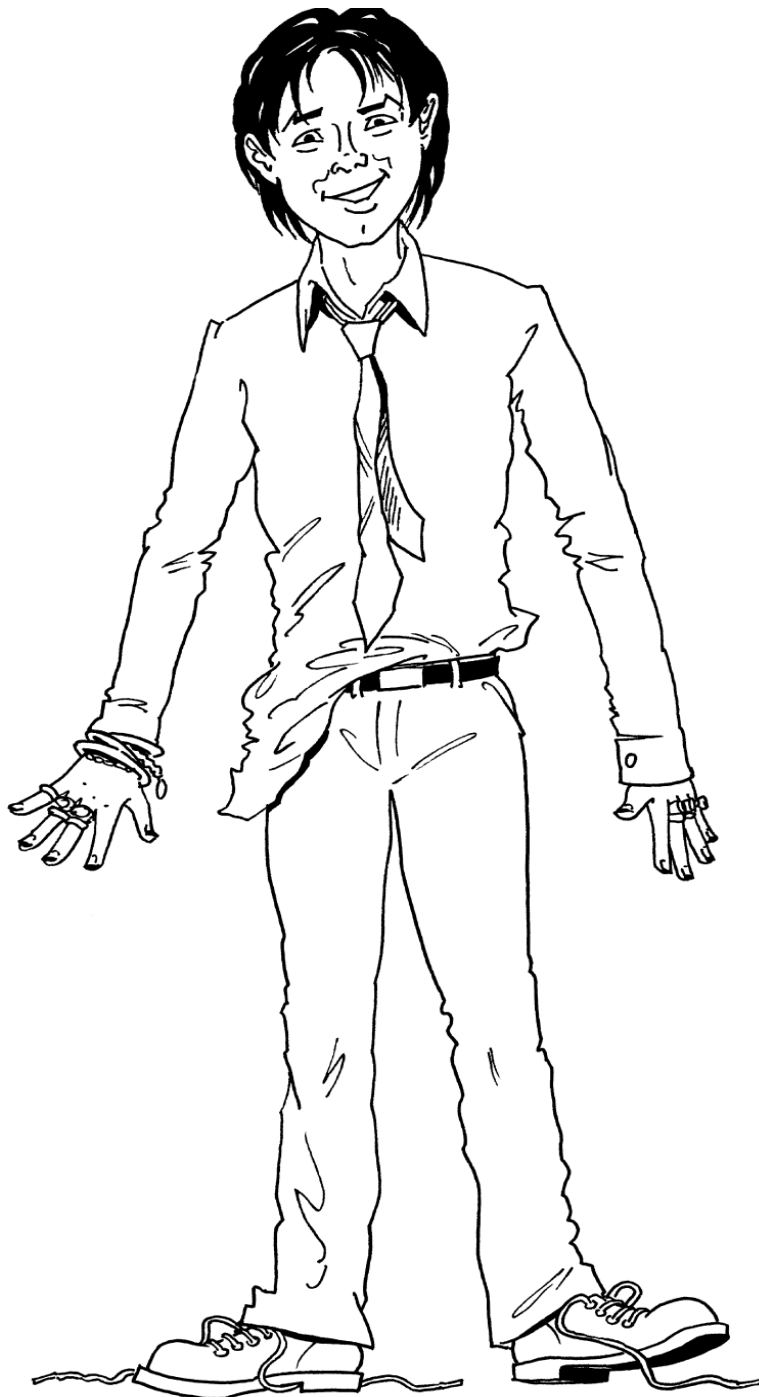
Personal Hygiene

What is good personal hygiene?

This is the way we keep ourselves clean. Personal hygiene is important in Home Economics to make sure we don't pass any germs on to the food.

Activity - Spot the Hazards

Find at least 4 personal hygiene hazards



Hygiene

Complete the following sentences using the pictures below:

1. I must wash my hands with _____ .
2. I must wear a clean _____ when cooking.
3. I must put rubbish in the _____ .
4. I must _____ in hot soapy water.
5. I must clean the work surfaces after _____ .



Kitchen Hygiene

What is good kitchen hygiene?

This is the way we make sure the kitchen is clean and tidy. By following kitchen hygiene rules we make sure there is less chance of bacteria multiplying.

Activity - Spot the Hazards

Find at least 4 kitchen hygiene hazards



More Hazards

How many hygiene hazards can you find?



Activity

Watch the clip and write down all the problems that appear in the film.



Hygiene

Activity

Draw poster to show the personal and kitchen hygiene rules in the Home Economics classroom.

Washing Up

Fill in the missing words

To wash up properly you will need:

1. to kill bacteria and remove grease.
2. A to scrub stubborn foods.
3. A to wipe the equipment in the soapy water.
4. to help remove grease.
5. A to dry the dishes.
6. Stack up all the dirty equipment at the side of the
7. Fill the saucepans with water and leave to
8. Wash and cutlery first so they do not smear.
9. Do not put into the washing up bowl as you cannot see them when you into the bowl.
10. Drain the dishes on the draining board.
11. Wipe all work surfaces with a wrung in hot soapy water.
12. Check your dishes are completely and put away in your unit.

Missing words

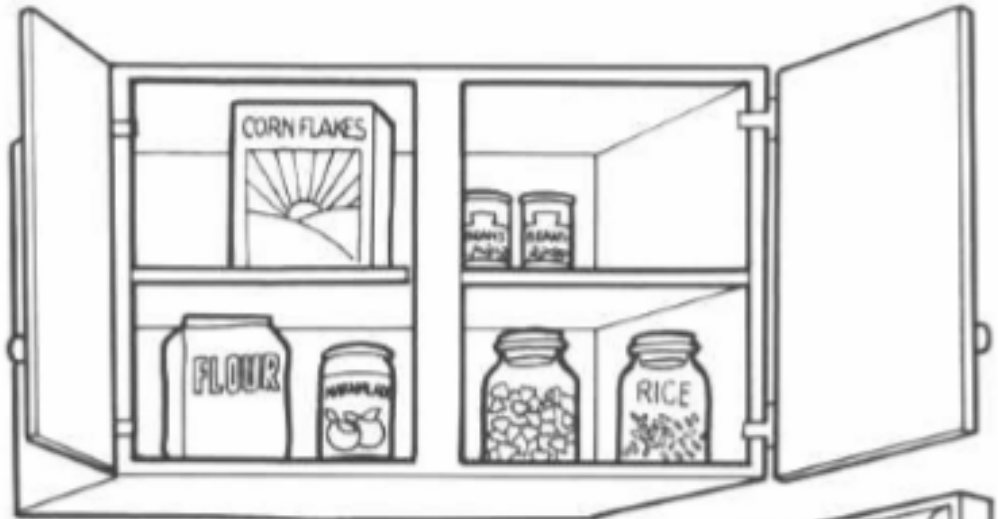
dishcloth	glassware	scourer	tea towel
hot water	dry	soak	sink
Knives	upside down	detergent	cloth

How should you leave your sink at the end of each lesson?



Food Storage

Can you put the foods away in the correct places?



Storing Food

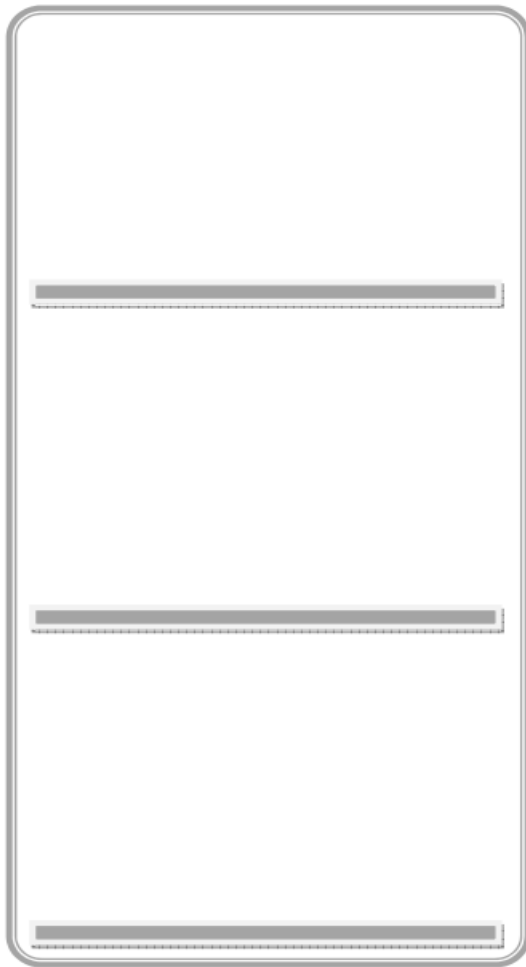
Food items need to be stored in a variety of places to keep them at their best quality for as long as possible.

Activity

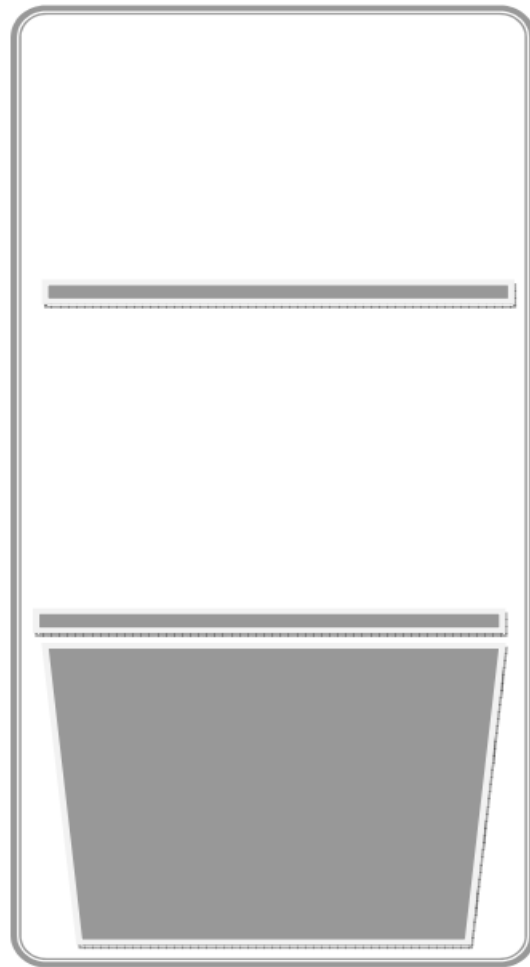
Below is a picture of a cupboard and a fridge. Place the following food items in the correct place. Alternatively, you could draw a picture of each item.

Remember to think about which shelf would be best in the fridge!

CUPBOARD



FRIDGE



beef steak	butter	cooked ham	leftover pizza
tinned beans	uncooked rice	carrots	breakfast cereal
milk	Cheese	eggs	raw fish

Storing Food

Activity - Complete the following table on food storage:

FOOD	CUPBOARD	REFRIGERATOR	FREEZER
Eggs			
Minced Beef			
Prawns			
Dried Pasta			
Ice Cream			
Unopened jar or mayonnaise			
Packet of Rice			
Lettuce			
Carrots			
Cooked rice			
Left over Spaghetti Bolognese			
Butter			
Potatoes			
Dried Herbs			
Sultanas			
Bananas			

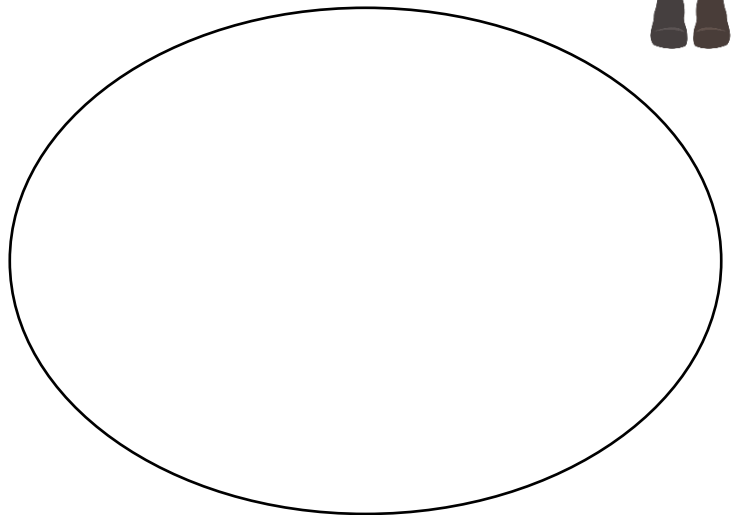
Storage Instructions

List 3 different ways to store foods. Draw a picture to show the foods that can be stored each way.

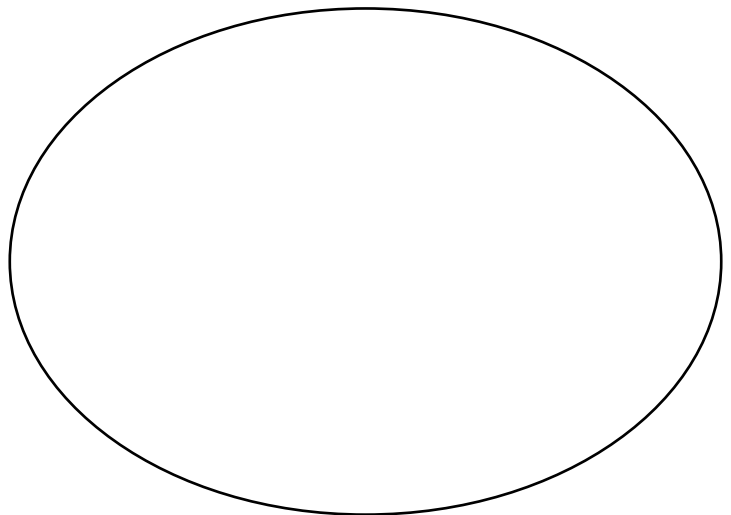
Storage instruction 1:



Storage instruction 2:



Storage instruction 3:



Shelf Life

Activity

Explain the following terms:

Best Before:

Use by:

Tick whether or not the food item would have a 'Best Before' or a 'Use-By' date:

	Best Before	Use By
Packet of biscuits		
Tub of double cream		
Caster sugar		
Frozen peas		
Tin of Tuna		
Cheddar Cheese		
Tin of Soup		
Garlic bread		
Fresh milk		
Strawberry Jam		

Food Safety

Are you safe to cook? List the different ways you keep safe.

Before we cook we should ...



- _____
- _____
- _____
- _____

While we cook we should ...



- _____
- _____
- _____
- _____

After we cook we should ...



- _____
- _____
- _____
- _____

Alisha Cooks

Alisha is not very good in the kitchen. Can you help her?



	Can you help Alisha?
<p>Alisha is making her favourite chicken curry.</p> <p>Does she need to use a different chopping board for the raw chicken and the vegetables?</p>	
<p>Alisha has put on her chef's hat.</p> <p>Is this important? What else should Alisha do to get ready to cook?</p>	
<p>Alisha has made a vegetable pizza for her lunchbox.</p> <p>How can she cool it down? What problems might she have? What is the safest way?</p>	
<p>Alisha has just finished making a cheese and tomato sandwich.</p> <p>No apron? No hand washing? Hair not tied back? What food safety and hygiene</p>	

problems might have occurred?	
Alisha is going to make baked beans on toast. How can she make this safely and hygienically? What is your advice?	
If you had to give Alisha 5 top tips for being safe in the kitchen, what would they be?	

Self Evaluation

Throughout the unit you have learned about hygiene and safety and storage of food. Write a brief summary about your progress this term. What did you do well? What can you work on?
