

# INFORMATION SHEET

## FOOD HYGIENE STARTS WITH CLEAN HANDS

### Module 2: Topic 1



Food poisoning is an illness which usually occurs between one and 36 hours of eating contaminated food. Symptoms normally last from one to seven days and include one or more of the following: abdominal pain, diarrhoea, vomiting and nausea, and sometimes fever. Occasionally food poisoning can be very serious and even cause death. Hand washing is one simple way that everyone can help prevent the spread of germs that cause food poisoning.

#### Food Poisoning may be caused by:

- Bacteria
- Chemicals and metals
- Poisonous foods e.g. plants and fish
- Moulds and their toxins
- Viruses

Bacterial food poisoning is by far the most common. Most people carry some type of food poisoning organism at one time or another, especially when they have diarrhoea and/or vomiting. It is therefore extremely important to have high standards of personal hygiene.

#### Personal Hygiene

##### When to wash hands

As your hands are in direct contact with food, they are main routes for transferring food-poisoning bacteria. Some germs can stay alive on our hands for up to three hours and in that time, they can spread to all the things we touch – including food and other people. So wash your hands regularly throughout the day.

#### When to wash your hands

##### Before

- Preparing food
- Eating
- Looking after babies or the elderly
- Starting work, especially if you are a food handler.

##### After

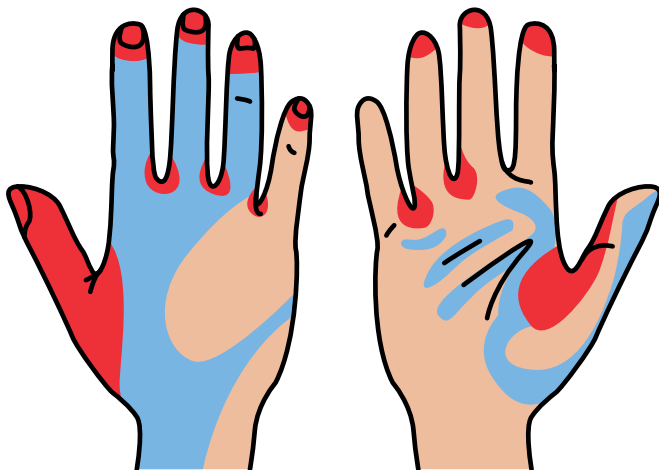
- Handling raw foods, particularly meat, fish and poultry
- Going to the toilet
- Touching rubbish/waste bins
- Changing nappies
- Caring for the sick, especially those with gastrointestinal disorders
- Coughing and sneezing, especially if you are sick
- Handling and stroking pets or farm animals
- Gardening – even if you wear gloves
- Cleaning cat litter trays.

### Did you know?

The number of germs on fingertips double after using the toilet. Yet up to half of all men and a quarter of women fail to wash their hands after they've been to the toilet!

### How to wash hands

We all think we know how to wash our hands but many of us don't do it properly.



- **Areas most frequently missed during hand washing**
- **Less frequently missed**
- **Not missed**

*(Adapted from Taylor L (1976). An evaluation of handwashing techniques – 1. Nursing Times, 12 January, p54-55).*

**Simply rinsing the tips of fingertips under cold water does NOT count. Here are some reminders:**

- Always use warm water. It's better to wet hands before applying soap as this prevents irritation.
- Rub the hands together vigorously for about 15 seconds, making sure both sides of the hands are washed thoroughly, and rub around the thumbs, between each finger and around and under the nails.
- Then rinse with clean water.
- Germs spread more easily if hands are wet, so dry them thoroughly. Use a clean dry towel, paper towel or air dryer. It doesn't matter which.

### Other personal hygiene tips

- If you are ill, especially with any gastrointestinal problems, avoid handling foods for others. Don't sneeze or cough near foods.
- Cover all cuts, burns and sores with waterproof dressings, which should be changed regularly. Pay extra attention to any open wounds on the hands and arms.
- Avoid working in the kitchen in soiled clothing. When cooking, wear a clean apron but don't use it to wipe your hands on.
- If you are preparing lots of food – for a family meal perhaps – take off your watch, rings or bracelets before washing your hands and wrists at the outset. Millions of germs can also hide under watch and jewellery.
- You mustn't smoke while preparing food. People touch their lips while smoking and they may transfer harmful bacteria to food. There is also the added risk that cigarette ends and ash will contaminate the food you are preparing.
- Don't brush or comb your hair when you are in the kitchen or near food.
- Avoid touching your nose, teeth, ears and hair, or scratching, when handling food.

### Extra care for babies

- Keep the kitchen extra clean – especially the floor where babies love to crawl.
- Wipe high chairs, bibs and eating areas before and after every meal.
- Keep dirty nappies away from food and food preparation areas and always wash your hands after handling nappies.
- Teach young children about hand washing and good hygiene habits from an early age.

# INSTRUCTIONS AND ANSWERS: HANDWASHING WORKSHEET 1

## Module 2: Topic 1

**Duration** 20 minutes

**Required** Give each person a printout of the worksheet and a pen or pencil.

**Learning outcomes**

- Understand when they should wash their hands.
- Understand that hands can transfer bacteria that cause food poisoning.
- Understand hand washing can prevent harmful germs spreading.

**Preparation** Talk to the group about the importance of hand washing. Explain that your hands can pick up bacteria from multiple everyday sources and that these bacteria can transfer to food, leading to food poisoning. Explain that hand washing is a simple way to keep the bacteria at bay – by washing your hands at the right time.

### Worksheets Answers

#### ANSWERS: HANDWASHING WORKSHEET 1 BASIC Module 2: Topic 1

Should you wash your hands before or after doing each of these everyday activities?  
Circle the correct answer.

1. Petting an animal	BEFORE	OR	AFTER
2. Putting rubbish in the bin	BEFORE	OR	AFTER
3. Combing your hair	BEFORE	OR	AFTER
4. Making a sandwich	BEFORE	OR	AFTER
5. Going to the toilet	BEFORE	OR	AFTER
6. Sneezing	BEFORE	OR	AFTER
7. Eating your lunch	BEFORE	OR	AFTER
8. Changing a baby's nappy	BEFORE	OR	AFTER
9. Preparing a salad	BEFORE	OR	AFTER
10. Handling raw meat	BEFORE	OR	AFTER
11. Digging the garden	BEFORE	OR	AFTER
12. Cleaning your shoes	BEFORE	OR	AFTER
13. Preparing a stew	BEFORE	OR	AFTER

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# WORKSHEET 1 BASIC

## HAND WASHING

### Module 2: Topic 1

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Should you wash your hands before or after doing each of these everyday activities?  
Circle the correct answer.

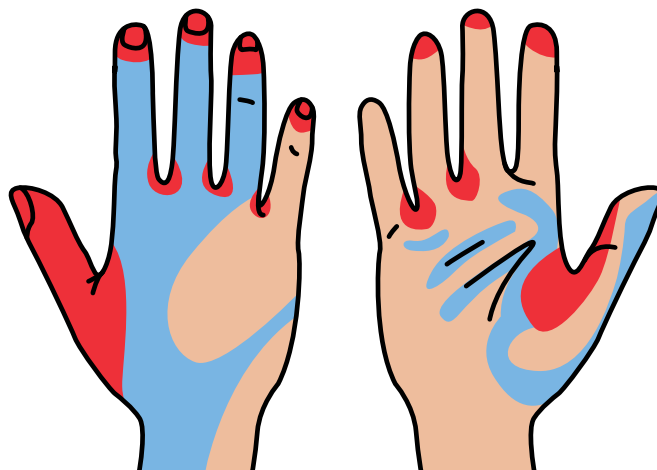
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1. Petting an animal	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
2. Putting rubbish in the bin	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
3. Combing your hair	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
4. Making a sandwich	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
5. Going to the toilet	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
6. Sneezing	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
7. Eating your lunch	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
8. Changing a baby's nappy	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
9. Preparing a salad	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
10. Handling raw meat	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
11. Digging the garden	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
12. Cleaning your shoes	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>
13. Preparing a stew	<b>BEFORE</b>	<b>OR</b>	<b>AFTER</b>

# INSTRUCTIONS: DIRTY HANDS! WORKSHEET 2

## Module 2: Topic 1

Duration	20 minutes
Required	Give each person a printout of the worksheet and a pen or pencil.
Learning outcomes	We all think we know how to wash our hands but many of us don't do it properly. They will learn the common areas a lot of people miss when washing their hands and how to wash hands without missing any areas to avoid germs spreading.
Preparation	Discuss with the group how the number of germs on fingertips double after using the toilet. Ask them if they know that nearly half of all men and a quarter of women fail to wash their hands after they've been to the toilet! Ask them to wash their hands and to think about areas they would not pay attention to.
Instructions	They are given a worksheet with an illustration of hands and asked to colour in the areas which they believe are frequently missed and the areas washed the most (using the different colours as shown below).



- Areas most frequently missed during hand washing
- Less frequently missed
- Not missed

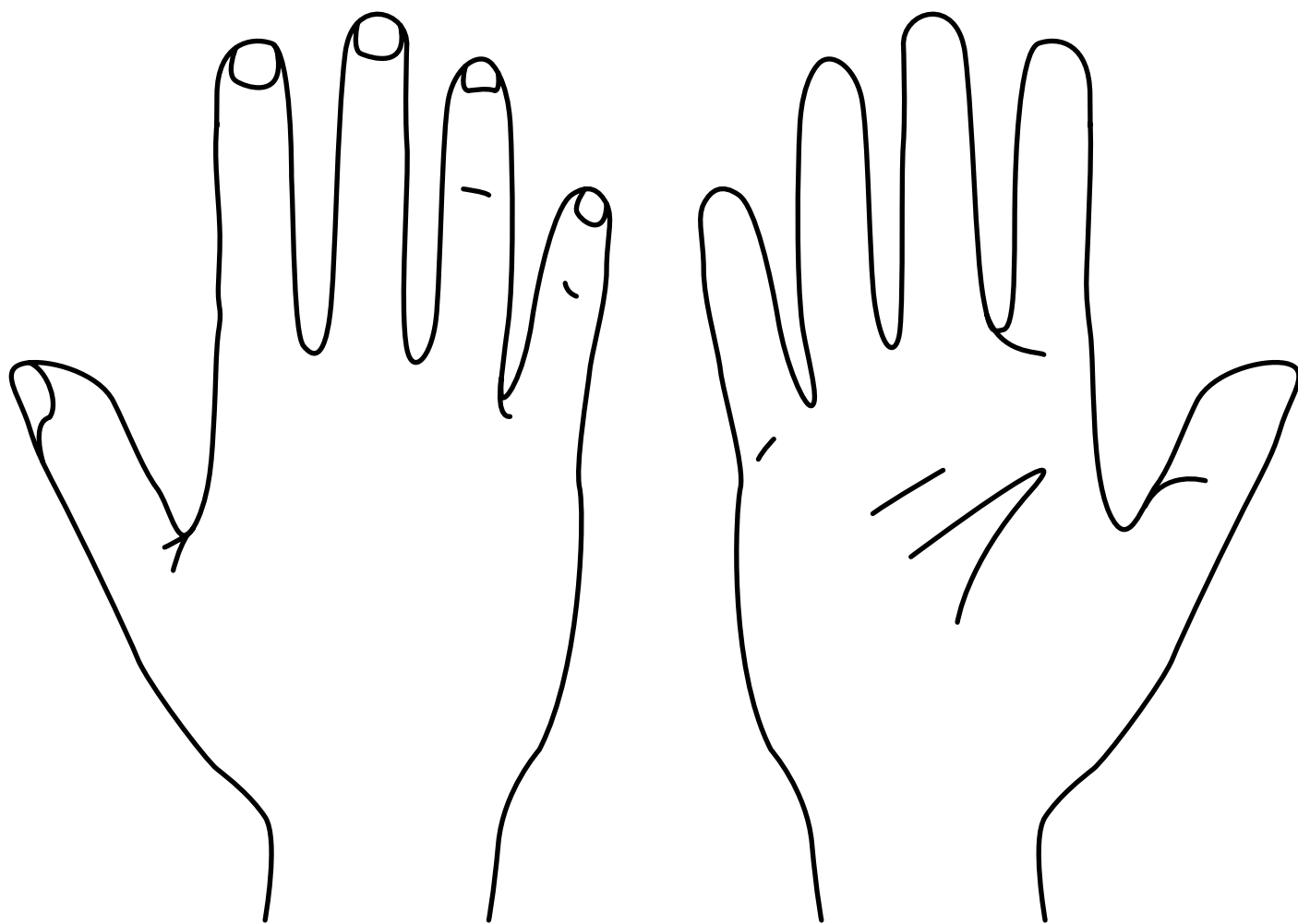
*(Adapted from Taylor L (1976). An evaluation of handwashing techniques - 1. Nursing Times, 12 January, p54-55).*

# WORKSHEET 2 BASIC

## DIRTY HANDS!

### Module 2: Topic 1

Look at the hands below. Colour in the hands to show the areas most often and least often missed when hands are washed.



Areas  
most often  
missed



Areas  
least often  
missed

# INSTRUCTIONS: HAND WASHING ARTS AND COMMUNICATIONS ACTIVITY

## Module 2: Topic 1

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**Duration** 3 to 5 x 60 minutes

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**Required** Access to art materials and/or use of a camera phone.

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**Learning outcome** Understand that hand washing is an easy way to stop spreading germs.

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**Preparation** Ask the group if they can think of any brilliant advertising. What do they like about it, what makes it good? Can they think of any really graphic food poisoning advertising? Did they think the advertising was good, funny, interesting or awful? Discuss what makes an advertisement great. Now it's their chance to create something memorable.

The group have to develop, as individuals or in teams, an advertisement that promotes hand washing as a means of stopping germs spreading and causing food poisoning. They can use any medium – create a poster, a radio ad, a video for YouTube or a TV ad. The choice is theirs.

**Theme – Where have your hands been?**

Encourage people to think about the germs their hands pick up during everyday use. These germs can cause food poisoning. The purpose of the ad is to encourage people to be aware that their hands are carriers of bacteria but washing them gets rid of the bugs and helps avoid food poisoning.

# INSTRUCTIONS AND ANSWERS: GIVE GERMS THE FIVE FINGERS GROUP DISCUSSION

## Module 2: Topic 1

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**Duration** 1 x 40 minutes

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**Required** Flip chart with printouts of a blank hand or draw a blank hand on the flip chart.

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**Learning outcomes**

- Understand when they should wash their hands.
- Understand hands can transfer bacteria that can cause food poisoning.
- Understand that hand washing can prevent harmful germs spreading.

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**Preparation** Talk to the group about the importance of hand washing. Explain that your hands can pick up bacteria from multiple everyday sources and that these bacteria can transfer to food, leading to food poisoning. Explain that hand washing is a simple way to keep the bacteria at bay – by washing your hands at the right time.

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**Instructions** Start by putting a drawing or a printout of the blank hand onto the flip chart.

Ask them if they know what it is. Someone will answer a hand. Respond by acknowledging that that is correct but also ask them if they know what else it is. Explain that hands can also be deadly weapons as they can transfer harmful bacteria from food to people and between people.

Ask the group to list everything they have handled or touched today. Fill in the answers on the hands. Start with the fingers and if you get enough answers, include the palms. Ask them how many of the things they come in contact with could harbour harmful bacteria. Ask them if they are surprised at this.

Next ask them if they can think of how to get rid of the bacteria. The answer is thorough hand washing. Get them to suggest how to thoroughly wash their hands. On another drawing of a hand, fill in the answers.

The answers are:

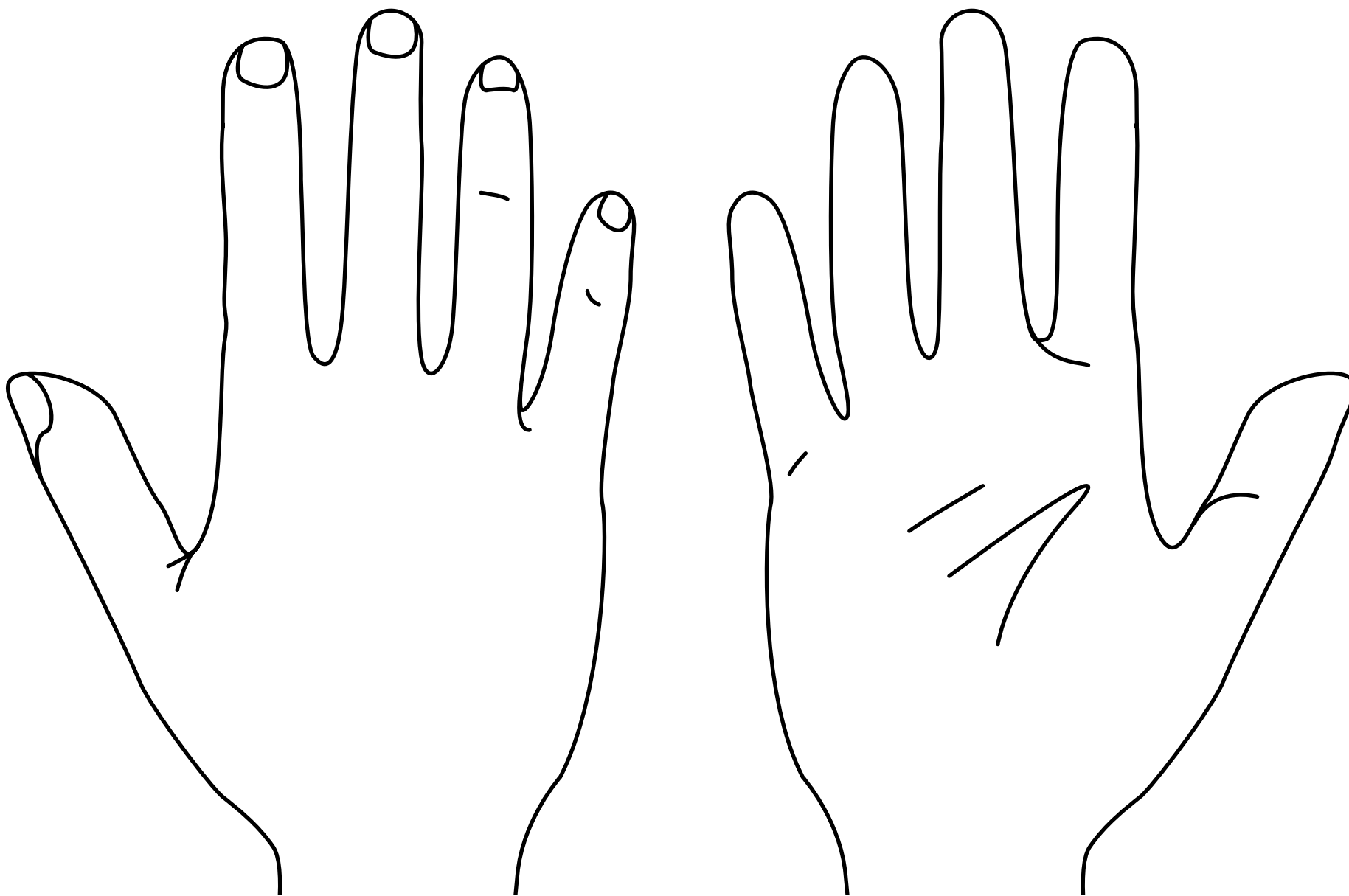
1. Always use warm water
2. Use soap
3. Rub hands together vigorously for about 15 seconds
4. Rinse with clean water
5. Dry thoroughly.

Finally place a new blank hand on the flip chart. Ask them to come up with five examples of when they should wash their hands. Fill the answers in on the hand.



# DRAWING OF HANDS FOR GROUP DISCUSSION

Module 2: Topic 1



# INFORMATION SHEET

## FOOD HYGIENE AND KITCHEN SAFETY

### Module 2: Topic 2

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#### Personal health and safe food practices

Food poisoning is an illness which usually occurs between one and 36 hours of eating contaminated or poisonous food. Symptoms normally last from one to seven days and include one or more of the following: abdominal pain, diarrhoea and vomiting, and sometimes fever. Occasionally food poisoning can be very serious and even cause death. That's why it is important to reduce the chances of food poisoning with good food hygiene.

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#### Food poisoning may be caused by:

- Bacteria
- Chemicals and metals
- Poisonous foods for example plants and fish
- Moulds and their toxins
- Viruses



Bacterial food poisoning is by far the most common form of food poisoning. Most people carry some type of food poisoning organism at one time or another, especially when they have diarrhoea and/or vomiting. It is, therefore, extremely important to have high standards of personal hygiene and to follow safe food practices.

Most food poisoning occurs when food is eaten that has been contaminated with harmful germs (bacteria and viruses) and toxins (poisonous substances). Bacteria can contaminate food and then grow to high levels due to poor hygiene practices.

Bacteria are microscopic organisms, often referred to as germs. They are found everywhere, including on and in people, on food, in water, soil and air. Most bacteria are harmless and some are useful, for example, in the manufacture of foods, such as cheese and yogurt. However, a small number of bacteria cause food spoilage and some are responsible for causing illness.

You cannot tell if food contains food poisoning bacteria by how it looks, smells or tastes. This will, however, indicate spoilage, and if food has been allowed to spoil, the conditions may have been right to allow food poisoning bacteria grow to high levels.

## Sources of food poisoning bacteria

Source	Where the bacteria can be found	Prevention measures
<b>People</b>	In the nose, mouth, skin, cuts and in the gut. Food can be contaminated directly by the hands, sneezing or coughing	Good personal hygiene when handling food
<b>Raw food</b>	Any raw food can contain food poisoning bacteria, particularly red meat, poultry, raw milk, eggs, shellfish and soiled vegetables	Raw food should always be kept away from foods that are ready to eat
<b>Insects</b>	May transmit food poisoning bacteria because of their feeding habits and where they visit	Kitchens should be kept clean and waste must not be allowed to accumulate so as not to attract insects
<b>Rodents</b>	Can contaminate food with their droppings, urine and hair	Ensure there are no holes around pipework to the kitchen to prevent rodents entering
<b>Rubbish and waste food</b>	If left lying around, they will attract insects and rodents	Empty bins regularly and ensure outdoor waste bins are covered
<b>Animals and birds</b>	Can transfer germs from their feet, hairs and feathers to foods	Animals and birds should be kept out of the kitchen, particularly when preparing food

**The best way to avoid food poisoning is to do the following three things:**

### 1. Stop the bacteria getting onto the food

Bacteria are microscopic organisms, often referred to as germs. They are found everywhere, including on and in man, on food, in water, soil and air.

You cannot tell if food contains food poisoning bacteria by how it looks, smells or tastes. This may, however, indicate spoilage and if food has been allowed to spoil the conditions may have been right to allow food poisoning bacteria grow to high levels.

**It is, therefore, important to:**

#### **Practise good personal hygiene**

People can be a source of food poisoning bacteria, which can be found in the nose, mouth, skin, cuts and in the gut. Food can be contaminated directly by the hands, sneezing or coughing. You must have good personal hygiene when handling food.

#### **When to wash your hands**

As your hands are in direct contact with food, they are the main routes for transferring food-poisoning bacteria. Some germs can stay alive on our hands for up to three hours and in that time, they can spread to all the things we touch, including food and other people. So wash your hands regularly throughout the day and especially at these times:

##### **Before**

- Preparing food
- Eating
- Handling babies or the elderly
- Starting work, especially if you are a food handler.

##### **After**

- Handling raw foods, particularly meat, fish, and poultry
- Going to the toilet
- Touching rubbish/waste bins
- Changing nappies
- Caring for the sick, especially those with gastrointestinal disorders
- Coughing or sneezing, especially if you are sick
- Handling and stroking pets or farm animals.

##### **Other personal hygiene tips**

- If you are ill, especially with any gastrointestinal problems, avoid handling foods for others.
- Don't sneeze or cough near foods.
- Cover all cuts burns and sores with waterproof dressings which should be changed regularly – pay extra attention to any open wounds on the hands and arms.
- Avoid working in the kitchen in soiled clothes – when cooking use a clean apron but don't wipe your hands on it.
- If you are preparing lots of food, take off your watch, rings and bracelets, and your hands and wrists before you start.
- Don't smoke while preparing food. People touch their lips whilst smoking and they may transfer harmful bacteria to food. There is also the added risk that cigarette ends and ash will contaminate the food you are preparing.
- Don't brush or comb your hair when you are in the kitchen or near food.
- Avoid touching your nose, teeth, ears and hair or scratching when handling food.

### **'Use by' dates**

The 'use by' date is used on perishable foods that are typically found in chilled display units, such as cooked meats, dairy products and prepared salads.

#### **These foods need to be:**

- Stored safely by following the instructions on their labels such as 'keep in a refrigerator'. If you don't follow these instructions, the food will spoil more quickly and you may risk food poisoning.
- Eaten within the 'use by' date. The 'use by' date is about the safety of the food, so don't use any food or drink after the end of the 'use by date', even if it looks and smells fine.

### **'Best before' dates**

The 'best before' date is used on foods with a longer shelf life, such as frozen, dried or tinned food. It provides a guideline about when to use the product to ensure that its quality is of the highest standard. So when the date runs out, it doesn't mean the food will be harmful, but it might begin to lose its flavour and texture.

'Best before' dates will only be accurate if the food is stored according to the instructions on the label such as 'store in a cool dry place' or 'keep in the fridge once opened.' Look out for other storage instructions, such as 'once opened refrigerate and use within one week.'

### **Cross contamination**

This is the transfer of bacteria from sources such as raw food to ready-to-eat foods. For example, this may happen directly when raw meat touches cooked meat or indirectly when a person handles cooked meat after handling raw meat without washing their hands.

## **2. Stop bacteria multiplying on food**

Bacteria multiply on food by splitting in two. This process is known as binary fission. In order to multiply bacteria need the following things:

### **Warmth**

The best temperature for food poisoning to grow is body temperature – around 37°C. To prevent growth, food should be kept below 5°C or above 63°C. The range between these temperatures is often referred to as the 'danger zone.' Food poisoning bacteria multiply quickly in warm rooms, but most will not grow in a fridge.

#### **It is, therefore, important to:**

- Keep high risk foods in the fridge at all times
- Cool foods down quickly through the danger zone
- Keep food at room temperature for as short a time as possible when preparing foods.

### **Food and moisture**

Bacteria feed on the food they contaminate. They prefer high protein foods such as meat, poultry and dairy produce. Dried products such as dried milk don't support their growth. However, when they are rehydrated any bacteria present can grow. Dehydration is used as a preservation method for some foods, for example pasta and dried stock such as stock cubes.

### **Time**

Many food poisoning bacteria have to multiply to high numbers in food before they are likely to cause illness. Given the right conditions of warmth, moisture and time, some food poisoning bacteria can divide by two every 10 minutes. This means that in just under two hours one thousand germs can become one million germs and this can cause food poisoning. For this reason, it is essential that high risk foods are not left in the danger zone for longer than necessary. Keep high risk foods in the fridge.

## **3. Kill bacteria already on food**

Adequate cooking will kill most food-poisoning bacteria. Inadequate cooking will allow bacteria to survive and this can cause food poisoning.

# INSTRUCTIONS AND ANSWERS: FOOD SAFETY WORKSHEET 1

## Module 2: Topic 2

**Duration** 20 minutes

**Required** Give each person a printout of the worksheet and a pen or pencil.

**Learning outcomes** Understand basic food hygiene facts.

**Preparation** Talk to the group about the importance of good food hygiene practice and why it is important.

- Importance of cleaning hands, kitchen surfaces and chopping boards/utensils.
- Handling and storage of raw foods.
- Cooking and reheating food.

**Instructions** They are given a multi-choice worksheet. They select their answers by ticking a box.

### WORKSHEET 1 FOOD SAFETY Module 2: Topic 2

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**1. When you put food away in the fridge, which items should be placed on the bottom shelf?**

- salad vegetables
- raw meat, poultry and fish
- foods which are easily squashed

**2. Why do you need to keep raw and cooked foods apart?**

- the flavour may be affected
- the food will go off more quickly
- to stop bacteria which may be on the raw food getting onto the cooked food

**3. When is it most important to wash your hands?**

- after handling cooked foods
- after handling raw meat
- before going to the toilet

**4. How can you tell when food is contaminated with food poisoning bacteria?**

- It smells bad and/or taste sour
- It has mould growing on it
- you can't

**5. What is the best way to dry your hands?**

- with a disposable paper towel
- with a dirty hand towel
- on your clothes

**6. Why do you need to thaw a frozen chicken thoroughly before cooking it?**

- it will be too brown on the outside
- it will be overcooked
- bacteria can survive the cooking process

**7. What does 'best before' mean on a food label?**

- the food will be off after this date
- the food should only be eaten after this date
- the food will not be at its best after this date

**8. What does 'use by' mean on a food label?**

- the food can only be eaten on this day
- the food is only safe to eat until this date
- the food will not be at its best after this date

**9. When shopping, why should you buy frozen foods last?**

- They are nearest to the checkout
- Because they are heavier than other foods and will squash them
- So they do not thaw before you get them home

**10. Which is the safest way to ensure that your chicken is thoroughly cooked?**

- it will look golden brown on the outside
- the juices are clear and there are no pink bits
- it has been cooked for the time recommended

Adapted from Foodlink's resource materials

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# WORKSHEET 1

## FOOD SAFETY

### Module 2: Topic 2

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**1. When you put food away in the fridge, which items should be placed on the bottom shelf?**

- salad vegetables
- raw meat, poultry and fish
- foods which are easily squashed

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☐  
☐

**2. Why do you need to keep raw and cooked foods apart?**

- the flavour may be affected
- the food will go off more quickly
- to stop bacteria which may be on the raw food getting onto the cooked food

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**3. When is it most important to wash your hands?**

- after handling cooked foods
- after handling raw meat
- before going to the toilet

☐  
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**4. How can you tell when food is contaminated with food poisoning bacteria?**

- It smells bad and/or taste sour
- It has mould growing on it
- you can't

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**5. What is the best way to dry your hands?**

- with a disposable paper towel
- with a dirty hand towel
- on your clothes

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**6. Why do you need to thaw a frozen chicken thoroughly before cooking it?**

- it will be too brown on the outside
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- bacteria can survive the cooking process

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- the food will be off after this date
- the food should only be eaten after this date
- the food will not be at its best after this date

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**8. What does 'use by' mean on a food label?**

- the food can only be eaten on this day
- the food is only safe to eat until this date
- the food will not be at its best after this date

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☐  
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**9. When shopping, why should you buy frozen foods last?**

- They are nearest to the checkout
- Because they are heavier than other foods and will squash them
- So they do not thaw before you get them home

☐  
☐  
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**10. Which is the safest way to ensure that your chicken is thoroughly cooked?**

- it will look golden brown on the outside
- the juices are clear and there are no pink bits
- it has been cooked for the time recommended

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*Adapted from Foodlink's resource materials*

# INSTRUCTIONS ADVANCED STOP BACTERIA MULTIPLYING WORKSHEET 2

## Module 2: Topic 2

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**Duration** 30 minutes

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**Required** Give each person a print out of the worksheet, a pen or pencil

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**Learning outcomes**

- Understand what conditions allow bacteria to multiply
- Know the ideal temperature zones for storing food
- Understand how to prevent bacteria multiplying on food

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**Preparation** Talk to the group about the conditions needed for bacteria to multiply. Explain the role of temperature and what the 'danger zone' is. Outline the measures they can take to stop bacteria multiplying

**Answers**

1. Please list three conditions that allow bacteria to multiply
  - Warmth
  - Food and moisture
  - Time
2. What temperatures should food be kept at to avoid bacteria multiplying?
  - Below 5°C
  - Above 63°C
3. List three steps that stop temperature allowing bacteria to multiply on food  
Food poisoning bacteria multiply quickly in warm rooms, but most will not grow in a fridge. It is therefore important to
  - Keep high risk foods in the fridge at all times
  - Cool foods down quickly through the danger zone between 5°C and 63°C
  - Keep food at room temperature for as short a time as possible when preparing foods

# WORKSHEET 2 ADVANCED

## STOP BACTERIA MULTIPLYING

### Module 2: Topic 2

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Answer the following questions below.

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1. Please list three conditions that allow bacteria to multiply.

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2. What temperatures should food be kept at to avoid bacteria multiplying?

**Below** \_\_\_\_\_

**Above** \_\_\_\_\_

3. List three temperature-control steps to help prevent bacteria multiplying on food.

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# INSTRUCTIONS: PREVENT FOOD POISONING ARTS PROJECT

## Module 2: Topic 2

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Duration	3 to 5 x 60 minutes
Required	Access to art materials and/or use of a camera phone.
Learning outcome	Apply the knowledge they have acquired about food safety to create promotional materials.
Preparation	<p>Ask the group if they can think of any brilliant advertising. What do they like about it, what makes it good? Can they think of any really graphic food poisoning advertising? Did they think the advertising was good, funny, interesting or awful? Explore with them what they think creates a great ad. Now it's their chance to create something memorable.</p> <p>The group has to develop, as individuals or in teams, an advertisement that promotes simple steps that help avoid food poisoning. They can use any medium – create a poster, a radio ad, a video for YouTube or a TV ad. The choice is theirs.</p> <p><b>Theme – How to prevent food poisoning</b></p> <p>Ask the group to pick one simple thing everyone can do to prevent food poisoning. If they have completed the group discussion exercise, use the outcome of that activity to review the causes and possible solutions. Their task is to show how easy it is to avoid a really horrible illness.</p>

# INSTRUCTIONS: STOP BACTERIA SPREADING GROUP DISCUSSION

## Module 2: Topic 2

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**Duration** 40 minutes

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**Required** Flip chart and pen

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**Learning outcome** Understand how food poisoning occurs and the steps they can take to prevent it.

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**Preparation** Discuss with the group how the transfer of bacteria from a number of sources causes food poisoning and how it can be prevented. Include the following in the discussion:

- Sources of bacteria
- Food hygiene practice.

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### Getting the conversation started

Start by asking the group if anyone has ever suffered from food poisoning. Encourage them to be as graphic as possible. List the symptoms on the flip chart. Ask the group the following questions:

- What were the symptoms?
- How long did they last?
- What do they think caused the food poisoning?

This should prompt a general discussion on food poisoning symptoms and the types of food that are most likely to cause it. Now introduce the causes of food poisoning, asking the following questions:

- Do they think personal hygiene in the preparation and handling of food can spread bacteria? Can they give examples?
- Do they think it is important for kitchens and work surfaces to be kept clean. If yes, why?
- Do they think bacteria is present in raw meat, poultry and fish? How can the bacteria spread from raw foods? Discuss different means of cross-contamination.
- Do they think how food is cooked can cause food poisoning. If yes, why?
- Do they think how food is stored can cause food poisoning. If yes, why?
- What is a 'use by' date?

List the responses on the flip chart. Now ask them to consider what they could do to prevent the spread of bacteria. Prompt the responses by asking:

- When do you need to wash your hands?
- Why do food manufacturers provide storage instructions?
- Where can you find 'use by' dates?
- How do you prevent cross contamination in a fridge? What foods do you need to keep separate and why?

List the responses on the flip chart.

# INSTRUCTIONS: FOOD BUSTERS GAME

## Module 2: Topic 2

**Duration** 40 minutes

**Required** Access to a computer

**Learning outcome** Understand the importance of food safety and good hygiene practices at home in the kitchen and when handling food.

**Preparation** Discuss the causes and impact of food poisoning. Discuss the hygiene and food safety practices that control the spread of harmful bacteria.

**How to play** There are four levels to the game, varying from easy to expert. The object is to answer food safety questions correctly and get from one side of the game to the other. With questions ranging from simple ones about handwashing to the more complex about 'use by' and 'best before' dates, players can pit their skills against the clock – or their friends. You will need the latest version of the Macromedia Flash Player on the computer to play the game.

