

Subject: Food & Hospitality

Golden Concept: Introduce Personal and Kitchen Hygiene

Purpose of personal and kitchen hygiene: Proper kitchen hygiene practices, including cleaning countertops, utensils, and cutting boards, help prevent cross-contamination of foods and the spread of bacteria such as Salmonella, E. coli, and Listeria. Washing hands before handling food, cooking food thoroughly, and storing food at proper temperatures reduce the risk of foodborne illnesses. Clean kitchen surfaces and utensils help maintain food quality and prevent spoilage by minimizing exposure to contaminants. A clean kitchen environment is conducive to food preparation and reduces the risk of pests and insects that can contaminate food and spread disease. Good kitchen hygiene practices also contribute to safety by minimizing the risk of slips, falls, and injuries associated with spills, clutter, and improper handling of kitchen equipment.

Assessment: Personal Hygiene: Observing individuals in lessons to assess their personal hygiene practices, including handwashing, grooming, and overall cleanliness.

Kitchen Hygiene: Observing kitchen environments, including food preparation areas, storage areas, and equipment, to evaluate cleanliness, organization, and adherence to food safety standards.

Develop checklists that outline specific criteria for assessing personal and kitchen hygiene practices. Criteria may include handwashing techniques, frequency of bathing, cleanliness of kitchen surfaces, proper food storage, and temperature control during cooking.

Cross curriculum:

Science: Students can learn about microorganisms, including bacteria, viruses, and fungi, and how they relate to personal and kitchen hygiene.

Mathematics: Calculating proper cooking temperatures, portion sizes, and ingredient measurements in recipes requires mathematical skills. Students can apply mathematical concepts such as fractions, ratios, and conversions when following recipes and practicing kitchen hygiene. Understanding the cost of hygiene products and ingredients for healthy meals can tie into lessons on budgeting and financial literacy.

English: Reading and analysing informational texts, recipes, and food labels can enhance literacy skills while promoting awareness of hygiene practices and nutritional information.

PSHE: Exploring cultural practices related to personal hygiene, cooking, and food preservation can foster cultural awareness and sensitivity. Students can examine how cultural beliefs and traditions influence hygiene practices and dietary habits around the world.

Key Stage 1 - 2: Personal Hygiene: Introduce basic personal hygiene practices such as handwashing before eating and after using the restroom. **Kitchen Hygiene:** Teach simple kitchen hygiene concepts such as washing hands before handling food, keeping countertops clean, and understanding basic food safety rules like not eating raw cookie dough or licking fingers while cooking. Introduce more advanced kitchen hygiene practices such as proper food storage, separating raw and cooked foods, using cutting boards for meats and vegetables, and cleaning utensils thoroughly after use.

Key Stage 3 – 4: Personal Hygiene: Explore topics like puberty-related hygiene (e.g., using deodorant, washing hair frequently), skincare routines, and the importance of oral hygiene for overall health. Discuss more sensitive topics related to personal hygiene, and the impact of personal habits on mental and emotional well-being. **Kitchen Hygiene:** Provide a deeper understanding of foodborne illnesses, cross-contamination prevention, safe cooking temperatures, and the importance of maintaining a clean kitchen environment. Emphasize the importance of food hygiene certifications for individuals pursuing careers in the food industry, reinforce proper food handling techniques, and discuss emerging issues like food allergies and intolerances. Discuss advanced topics like food labelling, understanding expiration dates, and reducing food waste.

Key Stage 5-7: Prepare students for independent living by teaching meal planning, budgeting, and safe food handling techniques. Each Key Stage builds upon the foundational knowledge and skills introduced in earlier stages, gradually increasing in complexity and relevance to students' lives as they progress through their education. By addressing personal and kitchen hygiene education at different developmental stages, educators can help students develop lifelong habits that promote health, safety, and well-being.