Keywords

Word	Form	Definition
allergy	noun	a medical condition that causes someone to become sick after eating or touching something that is harmless to most people
anaphylaxis	noun	a serious allergic reaction that can cause death
bacteria	noun	a group of very small living things that cause disease
contaminated	verb	when something becomes dangerous, for example food, when a harmful or undesirable substance is added, like bacteria
diarrhoea	noun	An illness that causes waste to be passed from the body frequently in liquid rather than solid form
disease	noun	a condition that prevents the body or mind from working normally
faeces	noun	solid waste that is released from the body
foodborne	noun	when something is carried through food, such as a disease
symptom	noun	a change in the body or mind that suggests a disease is present
transmission	noun	the process by which something is spread or passed from one person or thing, to another

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10.2 Prevention of foodborne illness

STARTER Attitude to food safety

Read the following statements. Decide if you agree, disagree or are not sure of each one.

Statement	Agree	Disagree
Regular handwashing during food preparation is worth spending extra time on.		
Keeping kitchen surfaces clean reduces the risk of illness.		
Keeping raw and cooked food separate will help to prevent illness.		
Using different knives and cutting boards for raw and cooked foods is important.		
Meat thermometers are useful in making sure food is cooked properly.		
Soups and stews should be boiled to make sure they are safe.		
You should thaw food in a cool place like a fridge.		
It is unsafe to leave chilled food out of the fridge for more than two hours.		
Checking foods are fresh before buying them is important.		

At the end of the lesson, have another look at these statements and see if you would change any of your answers.

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Discussion: Prevention or cure

What is the difference in preventing an illness and curing an illness? Discuss and make notes below.

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Activity 9

Video: Five keys to safer food

Watch the video created by the World Health Organization. It shows the five steps to safer food handling and storage.

What are the five keys to safer food?

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Use the space below to make any other notes you have on the video.

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Activity 10 Keeping clean

Number the steps for handwashing from 1-4.

	Dry hands with a clean dry towel.
	Wet hands under running water.
	Rub hands together for at least forty seconds with soap.
	Rinse hands under running water.

Activity 11 Cleaning and sanitising

Explain the difference between cleaning and sanitizing.

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Activity 12

Storage of foods

Look at the following pictures. Identify if the pictures are good or bad examples of how to store food in a fridge. Give a reason for each answer.

Image	Is this a good or bad example? Explain why.

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