



GRADE
7

FOOD PREPARATION & SERVICE

Culinary skills

FOUNDATION PROGRAMME
IN LITERACY AND
NUMERACY SKILLS

*Teacher's
Guide*



Mauritius Institute of Education
under aegis of
Ministry of Education and Human Resources



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Learning Outcomes

By the end of this lesson you will be able to:

- define personal hygiene.
- state the importance of good hygiene practices.
- apply personal hygiene skills and qualities during food preparation.

1.1 Introduction

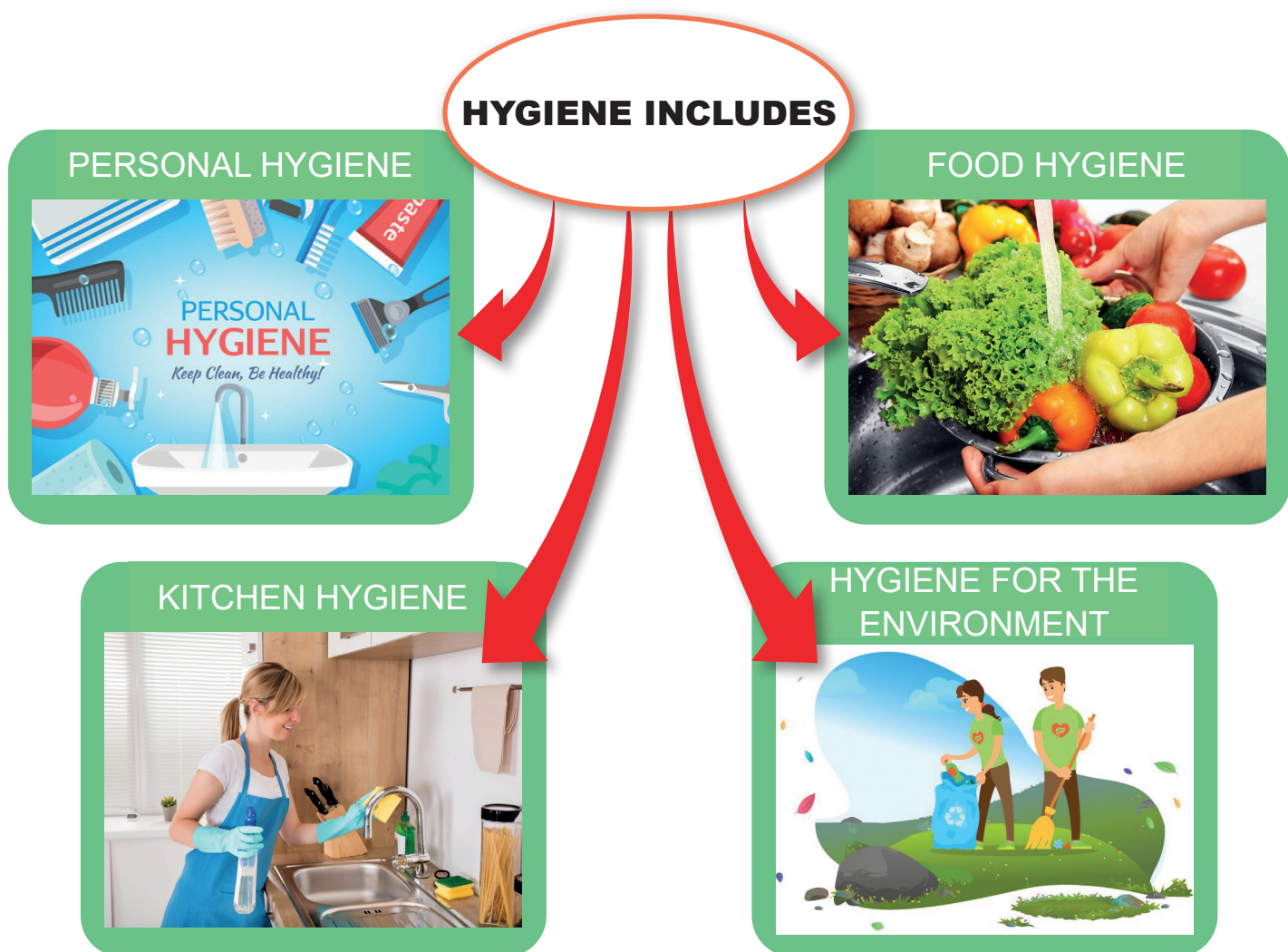
Hygiene is defined as a set of practices that are necessary to prevent the spread of disease and preserve health.

In this lesson we will learn about good personal hygiene practices.



Note to teacher

Personal hygiene can be a sensitive subject to bring up for students as they may face barriers in practising personal hygiene due to a lack of access to resources such as hygiene products. Therefore, you must make the learning process interactive and interesting to encourage students to ask questions and adopt good personal hygiene practices that will contribute to their overall health and well-being.



Stimulus

Teacher can ask students about the different types of personal hygiene that they know.



Duration: 3-4 periods

Materials: Posters, flash cards, whiteboard, bristol paper, scissors, glue

1.2 Importance of hygiene

TEACHING POINT

Explain the following terms:

Personal hygiene

- ▶ Personal hygiene is how you care for your body. This practice includes washing your hands, taking a shower, brushing your teeth, keeping your hair and skin clean and tidy.
- ▶ Personal hygiene practices help you to feel good about your appearance.

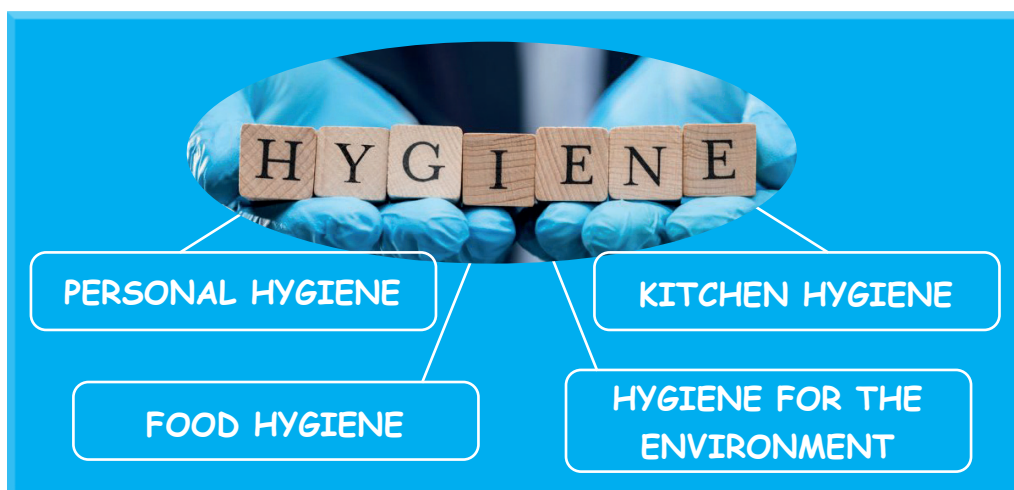
Importance of personal hygiene

- ▶ Body image – A clean and well-groomed body increases self-esteem, confidence and motivation.
- ▶ Social reasons – A clean and well-presented person reflects his/her personality.
- ▶ Health reasons – Poor hygiene leads to poor health.

Discussion

To discuss the importance of good personal hygiene by using a poster on personal hygiene or flash cards on different practices to follow for caring for your body.

Example of flash card:





Activity 1.1: Hygiene practices

Help students to complete Activity 1.1 in their workbook.

Observe the pictures below carefully.



Note to teacher

Allow the students to observe the pictures.

Teacher can make use of the following questions to encourage discussion

- Which actions are shown?
- What do these actions have in common?
- Why is personal hygiene important?
- Can you list other hygiene practices?

1.3 Good personal hygiene practices

TEACHING POINT

Explain that:

good personal hygiene helps keep us clean, fresh and free from diseases.

some good personal hygiene practices that students should apply are:

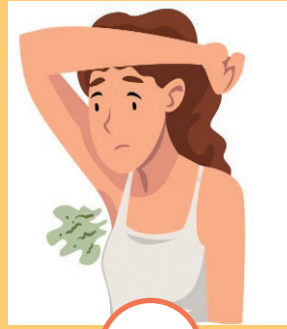
- oral hygiene - Brushing teeth twice daily.
- taking a shower daily.
- wearing clean clothes and underwear.
- covering mouth and nose when coughing and sneezing.
- hair should be neatly tied.
- keeping nails short and clean.
- wash feet well and dry them daily.
- wear clean socks and shoes daily.
- proper hand washing techniques.
- wash hands after visiting the toilet.
- wear clean protective clothing before cooking e.g. apron, scarf, hair net and gloves.



Activity 1.2: Checklist for keeping oneself clean

Help students to complete Activity 1.2 in their workbook.

Tick (✓) the good personal hygiene practice which you should apply.



Note to teacher

Teacher may conduct a class discussion on the benefits and negative consequences of the practices shown.

1.4 Care of the fingernails

TEACHING POINT

Fingernails protect the ends of your fingers. They can easily trap dirt and bacteria. Therefore, fingernails should be kept short and clean. You can achieve this by trimming your nails every week using a nail clipper. Use a nailbrush to scrub under and around your nails.



Activity 1.3 A: Care of the fingernails before food preparation

Help students to complete Activity 1.3 A in their workbook.

Match the statements in column A to their corresponding pictures in column B

COLUMN A

Nails must be kept short and clean

Trim nails with nail scissors or a nail clipper

Shape nails with a file

Use a nailbrush to scrub under and around nails

COLUMN B



1.5 Care of the hands

TEACHING POINT

Explain:

- that there are proper techniques to wash hands.
- demonstrate the hand washing technique shown in the diagram below and to allow students to practice the same.

Ask students to refer to the diagram below and practice the appropriate hand washing techniques using handwash and water to wash their hands.



Activity 1.3 B: Hand washing techniques

Help students to complete Activity 1.3 B in their workbook.



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

1.6 Care of the feet

TEACHING POINT

Explain that taking care of your feet is important as it helps:

- to prevent bad odour and foot infections
- you feel comfortable in your shoes
- to prevent unnecessary injury



Activity 1.4: Caring for the feet

Help students to complete Activity 1.3 B in their workbook.

Observe the following pictures and write their corresponding statements given below next to the right picture.

Wear clean socks - Dry the feet with a clean towel - Wash your feet with soap and water - Trim the toe nails using nail clippers regularly - Wear comfortable footwear







Three horizontal dashed lines for handwriting practice.



Three horizontal dashed lines for handwriting practice.



Three horizontal dashed lines for handwriting practice.

1.7 Personal hygiene during food preparation

TEACHING POINT

Explain that:

- maintaining good personal hygiene in the kitchen is crucial for preventing food contamination and foodborne illnesses
- there are some hygiene practices that should be observed before and during food preparation. These are:



Wash your hands with soap and water



Tie long hair



Wear a clean apron and hair net or scarf



Keep nails short and clean



Remove hand jewellery such as bracelets and rings



Do not cough or sneeze over food



Cover wounds

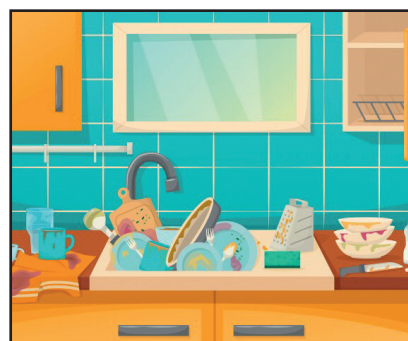
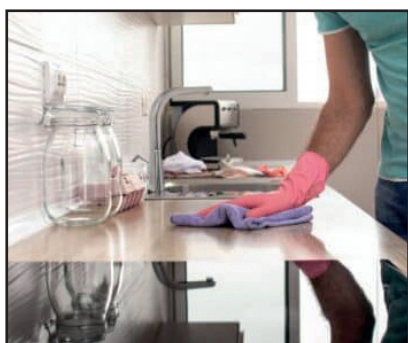


Activity 1.5: Applying good hygiene practices during food preparation

Help students to complete Activity 1.5 in their workbook.

You have been provided with a selection of pictures showing both good and bad hygiene practices during food preparation.

Cut the appropriate pictures and paste into the space provided on the next page to differentiate between good and bad hygiene practices during food preparation.

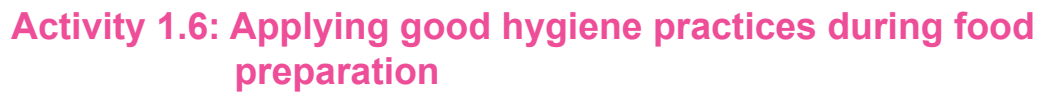


GOOD HYGIENE PRACTICES

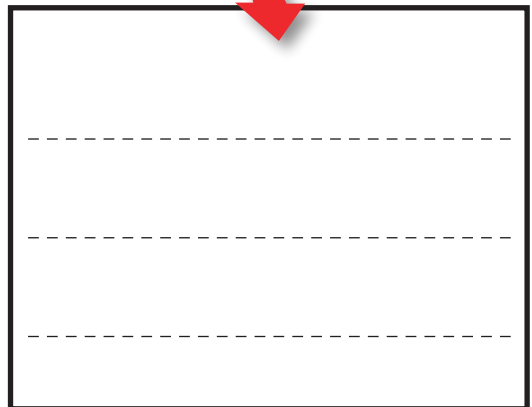
Paste the images for good hygiene practices here

BAD HYGIENE PRACTICES

Paste the images for bad hygiene practices here



Rewrite some of the good hygiene practices and bad hygiene practices in the space provided below.

This image shows a blank sheet of white paper with a black border. It features three horizontal dashed lines spaced evenly down the page. At the bottom center, there is a small red triangle pointing upwards. The paper appears to be a template for writing or drawing.

BAD HYGIENE



