

## Unit 207: Food safety

### Sample lesson plan 2

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Course number: \_\_\_\_\_ Course title: \_\_\_\_\_

Tutor's name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Lesson length: 4 hours Room: \_\_\_\_\_

Lesson topic: Personal hygiene

**Aims:**

- To develop an awareness of the importance of good personal hygiene in food handlers
- To develop an understanding of correct handwashing procedures
- To develop an awareness of reportable illnesses and infections
- To develop an awareness of the pathogenic bacteria found in human beings.

**Learning outcome 2:**

To enable learners to:

- identify the features of protective clothing for food handlers
- identify poor personal hygiene practices
- identify when handwashing should occur
- identify the procedures for safe handwashing
- identify reportable illnesses and infections
- explain the term carrier
- state the importance of being 'fit for work'
- state the features of plasters suitable for use by food handlers
- identify sources of pathogenic bacteria found in human beings.

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
5	Register and introduction	Take register and introduce lesson topic.	Respond and ask questions.	
55 mins	<p>Personal hygiene:</p> <ul style="list-style-type: none"> <li>• features of protective clothing</li> <li>• poor personal hygiene practices.</li> </ul>	<p>Introduce the importance of personal hygiene and how it can be maintained.</p> <p>Facilitate class discussion on features of protective clothing for food handlers</p> <p>Present <b>PowerPoint presentation 2</b> to summaries key features.</p> <p>Introduce small group activity to identify poor personal hygiene practices.</p>	<p>Listen and ask questions.</p> <p>Participate in class discussion.</p> <p>Contribute to small group activity.</p>	<p><b>PowerPoint presentation 2</b></p> <p><b>Handout 2</b></p> <p><b>Worksheet 2</b></p>
1 hour	<p>Handwashing:</p> <ul style="list-style-type: none"> <li>• when hand washing should occur</li> <li>• procedures for safe handwashing</li> </ul>	<p>Introduce the importance of handwashing.</p> <p>Demonstrate correct procedure for handwashing.</p> <p>Facilitate practical task on handwashing.</p> <p>Issue <b>Handout 2</b>.</p>	<p>Listen and ask questions.</p> <p>Participate in practical task on handwashing.</p> <p>Read <b>Handout 2</b>.</p> <p>Complete <b>Worksheet 2</b>.</p>	<p><b>PowerPoint presentation 2</b></p> <p><b>Handout 2</b></p> <p><b>Worksheet 2</b></p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
1 hour	<p>Reportable illnesses and infections:</p> <ul style="list-style-type: none"> <li>• the term 'carrier'</li> <li>• importance of being fit for work</li> <li>• features of plasters suitable for use by food handlers.</li> </ul>	<p>Issue small group activity – idea shower to identify illnesses and infections that must be reported by food handlers.</p> <p>Summarise key points.</p> <p>Define the term 'carrier'.</p> <p>Explain features of plasters.</p> <p>Facilitate class discussion on the importance of food handlers being fit for work.</p> <p>Issue <b>Worksheet 3</b>.</p>	<p>Listen and ask questions.</p> <p>Contribute to small group activity.</p> <p>Participation in class discussion.</p> <p>Complete <b>Worksheet 3</b>.</p>	<p><b>Worksheet 3</b></p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
1 hour	Sources of pathogenic bacteria in human beings	Facilitate class discussion on pathogenic bacteria in human beings to include a range of scenarios.  Summarise the list of pathogenic bacteria.  Continue <b>Worksheet 3</b> .	Participate in class discussion.  Listen and ask questions.  Complete <b>Worksheet 3</b> .	<b>Worksheet 3</b> <b>Activity 10</b>

**How learning is to be measured:**

- Q&A during the session
- Completion of **Worksheet 3**

**Opportunities for embedding core skills:**

- Basic speaking and listening
- Basic writing skills to include spelling

<p><b>Homework/research work:</b></p> <ul style="list-style-type: none"> <li>• Review <b>Worksheet 3</b> and class notes.</li> <li>• Read handout to reinforce learning and understanding of the importance of personal hygiene and correct handwashing procedures.</li> </ul>	
<p><b>Lesson evaluation</b> (delete as appropriate)</p>	<ul style="list-style-type: none"> <li>• Was the lesson better than expected</li> <li>• As expected</li> <li>• Worse than expected</li> </ul>
<p><b>Lesson evaluation/comments</b></p>	
<p><b>Suggestions/modifications for next lessons</b></p>	