

HYGIENE AND SAFETY MEASURES

Activity summary

Eating is essential to our health and directly influences the quality of human life.

This set of activities deals with aspects related to eating: preparing meals, the characteristics and storage of food, safety and hygiene measures in the kitchen, using electric appliances, dishware and utensils, etc.

The activities focus on the skills needed to achieve independence in preparing meals; a task necessary in becoming autonomous.

Food preparation is an activity that forms a part of our everyday lives. It is most often done at home, more specifically, in the kitchen. It is fundamental to acquire good habits in food preparation bearing in mind proper hygiene and safety measures.

Materials needed

None

Practice

1_ Explain different HYGIENE MEASURES that the individual must follow, personal ones as well as those for the cooking area, to avoid the transmission of germs and illnesses.

- Before handling food, wash hands with soap and water and dry them well.
- While handling food, keep hands clean (when moving from one product to another).
- Avoid wearing rings, bracelets or other accessories that could be dirty.
- Before cooking, clean the cooking area and surfaces where the food items will be handled.
- Use an apron.
- Do not taste food with your fingers; use a spoon and wash it between each taste.
- If you have a cold, take suitable measures to avoid spreading it.

2_ Show him/her different SAFETY MEASURES that he/she must follow to avoid accidents (burns, cuts, blows, etc.):

- Never leave pan/pot handles or knives near the edge of the table or on burners.
- Keep the floor clean to avoid slipping.
- Make sure your hands are dry when using electric appliances.
- Use oven mitts/pot holders when taking dishware out of the oven.
- Be extremely careful with boiling items.