



GEORGIA

PEACH STATE PATHWAYS

Career, Technical, & Agricultural Education

CULINARY ARTS

PATHWAY: Culinary Arts

COURSE: Introduction to Culinary Arts

UNIT: 3.1 Sanitation - Hand Washing and Personal Hygiene



INTRODUCTION

Annotation:

In this lesson, students will learn and understand the importance of personal hygiene and proper hand washing procedures and practices.

Grade(s):

X	9 th
X	10 th
X	11 th
X	12 th

Time:

10 Hours

Author:

Jennifer Booker, Wes Goodman, and Bill Hewett

Students with Disabilities:

For students with disabilities, the instructor should refer to the student's IEP to be sure that the accommodations specified are being provided. Instructors should also familiarize themselves with the provisions of Behavior Intervention Plans that may be part of a student's IEP. Frequent consultation with a student's special education instructor will be beneficial in providing appropriate differentiation.



FOCUS STANDARDS

GPS Focus Standards:

CA-ICA-2 (a): Students will demonstrate and practice correct sanitation as it relates to healthy living and the modern commercial kitchen.

a. Identify and demonstrate personal hygiene and hand washing procedures as defined in ServSafe textbook.

GPS Academic Standards:

SCSh2. Students will use standard safety practices for all classroom laboratory and field investigations.

National / Local Standards / Industry / ISTE:

NFCS-8.2. Demonstrate food safety and sanitation procedures.



UNDERSTANDINGS & GOALS

Enduring Understandings:

Food safety is everyone's responsibility in minimizing the risk of food borne illnesses. Food handler's personal hygiene practices are a leading cause of biological and physical contamination. Knowledge and understanding of one's personal hygiene and properly washing one's hands and knowing when you should wash your hands are vital in minimizing food contamination and preventing food borne illnesses.

Essential Questions:

- Why is personal hygiene an important aspect of a food handler's regular routine?
- How does a food handler know if he or she has met the standards required by the state of Georgia health inspection code?
- Why is food safety so important?

Knowledge from this Unit:

- Students will explain the proper use of gloves.
- Students will understand the importance of good personal hygiene in the workplace.
- Students will understand that proper hand washing techniques are essential to a healthy workplace.

Skills from this Unit:

- Students will demonstrate proper hand-washing procedures.
- Students will cite rules for when, how, and how often to wash hands.

- Students will identify the proper locations to wash hands while in the kitchen or lab.



ASSESSMENT(S)

Assessment Method Type: Select one or more of the following. Please consider the type(s) of differentiated instruction you will be using in the classroom.

- ☒ Pre-test
- ☒ Objective assessment - multiple-choice, true- false, etc.
- ☒ Quizzes/Tests
- ☐ Unit test
- ☐ Group project
- ☐ Individual project
- ☐ Self-assessment - May include practice quizzes, games, simulations, checklists, etc.
 - ☐ Self-check rubrics
 - ☐ Self-check during writing/planning process
 - ☐ Journal reflections on concepts, personal experiences and impact on one's life
 - ☐ Reflect on evaluations of work from teachers, business partners, and competition judges
 - ☐ Academic prompts
 - ☐ Practice quizzes/tests
- ☐ Subjective assessment/Informal observations
 - ☐ Essay tests
 - ☐ Observe students working with partners
 - ☐ Observe students role playing
- ☐ Peer-assessment
 - ☐ Peer editing & commentary of products/projects/presentations using rubrics
 - ☐ Peer editing and/or critiquing
- ☒ Dialogue and Discussion
 - ☐ Student/teacher conferences
 - ☐ Partner and small group discussions
 - ☒ Whole group discussions
 - ☐ Interaction with/feedback from community members/speakers and business partners
- ☐ Constructed Responses
 - ☐ Chart good reading/writing/listening/speaking habits
 - ☐ Application of skills to real-life situations/scenarios
- ☐ Post-test

Assessment(s) Title:

Sanitation PreTest

Glo-Germ Activity

Assessment(s) Description/Directions:

The Sanitation PreTest consists of five to ten True or False questions about hand-washing practices, wearing of gloves, hand antiseptics and sanitizers, rules for when you should wash hands, and personal hygiene. In the Glo-Germ Activity, students will wash their hands according to the proper handwashing

techniques as outlined by the lesson. Students will then apply Glo-Germ gel to their hands and place hands under a black light for germ inspection.

Attachments for Assessment(s):

Pretests are available from your SERVSAFE coursebook www.servsafe.com



LEARNING EXPERIENCES

Sequence of Instruction

1. Identify the Standards.

CA-ICA-2 (a): Students will demonstrate and practice correct sanitation as it relates to healthy living and the modern commercial kitchen.

- a. Identify and demonstrate personal hygiene and hand washing procedures as defined in ServSafe textbook.

2. Review Essential Questions.

- Why is personal hygiene an important aspect of a food handler's regular routine?
- How does a food handler know if they have met the standards required by the state of Georgia health inspection code?

3. Pre-Test.

Using the pre-test from the ServSafe textbook, administer test to students before beginning the lecture. When students have completed the test, gather exams and score. Return pre-test to students.

4. Personal Cleanliness.

Explain to the students that personal cleanliness is essential to a safe and sanitary commercial kitchen environment. Students should observe proper personal hygiene before coming to the kitchen lab, including a bath or shower before coming to the school or workplace and keeping hair washed and cleaned.

5. Proper Lab Uniform and Professionalism.

Students should always observe proper levels of professionalism in the school or workplace environment. The uniform, including a coat and pants, should be clean and pressed. Proper shoes with a closed toe and non-skid soles must always be worn. A clean hat or other hair restraint, such as a hair net, must be worn. Students should wear a clean apron at all times, which should be removed upon exiting the kitchen. Jewelry should NEVER be worn in the lab.

6. Hand Care.

Your hands are the most important part of your body when it comes to the handling and preparation of food in the kitchen. As a result, hand care is of the utmost importance. Keep nails clean and neatly trimmed, free of polish and false nails, which can puncture the fingertips of the gloves. Without proper hand care, you are introducing the possibility of contamination of the food and possible health department violations.

7. Glove Use.

Gloves act as a barrier between your hands and the food you touch and prepare. Disposable gloves in a variety of sizes should be available at all times in the lab. These gloves should be vinyl or powder-free latex. However, gloves are never to be used as a replacement for hand washing. It is important to know when to use and when to change your gloves:

- When soiled or dirty
- Before starting a new task
- When working with ready to eat foods
- To cover cuts with bandage
- When wearing fingernail polish
- Every four hours during continual use

8. Eating, Drinking, Smoking, Chewing Gum and Tobacco.

Eating, Drinking, Smoking, Chewing Gum and/or tobacco is never allowed in food preparation areas, when serving food, or in dishwashing areas, such as pot and pan sinks. Depending on local health department rules, you may be allowed to drink beverages in a disposable cup with a lid and straw. When tasting food during preparation, always use a small bowl and a clean utensil. Remove your used bowl and utensil from food preparation areas when finished. Even the smallest droplets of saliva contain thousands of disease causing microorganisms that can easily be transferred to the food handler's hand or directly to the food the person is handling.

9. Culminating Performance Task.

Have students move to the kitchen lab. Identify the hand sinks that should only be used for hand washing. Explain to the students that pot/pan sinks, salad sinks, meat sinks, and other types of sinks should never be used to wash one's hands because these sinks may contain harmful bacteria. Demonstrate proper hand washing steps to your students by observing, and explaining, the following:

- Use warm water as hot as you can stand.
- Apply soap and scrub hands and arms (up to one's elbow), paying close attention to nails and between fingers.
- Wash hands vigorously for 10-15 seconds.
- Rinse with warm water as hot as you can stand.

- Dry with disposable, single use towel or use hand dryer.

Now ask a student volunteer to demonstrate the proper steps of hand washing. Ask the class to carefully observe the student's technique and comment on how well the student washed his or her hands. Next, have the student apply Glo-Germ gel to his or her hands and place hands under black light to view how well the student actually washed his or her hands. Note areas of discrepancies and emphasize the need for more thorough cleansing.

Now have each student wash their hands and apply Glo-Germ gel. Have students discuss areas that require more concentration when washing. Ask the students to rewash their hands and return to the classroom.

10. Classroom Review and Discussion.

Have students review steps for proper hand washing. For class discussion, review when and how often students should wash their hands by highlighting these instances:

- When entering kitchen
- After using restroom (must rewash after entering kitchen)
- When changing from one task to another
- After using a broom or mop or taking out the trash
- After touching your hair, face, clothing, or another employee
- When you cut your hand or fingers
- After handling chemicals
- When working in automatic dishwasher, after loading dishwasher with dirty dishes, and before removing clean dishes.
- After eating, chewing gum, drinking, smoking, or chewing tobacco.
- Before putting on gloves or after removing soiled gloves
- After clearing tables or handling dirty dishes
- Whenever necessary as deemed appropriate

Attachments for Learning Experiences:

Sanitation Pre-Test



CULMINATING PERFORMANCE TASK

Culminating Unit Performance Task Title:

Glo-Germ Activity

Culminating Unit Performance Task Description/Directions/Differentiated Instruction:

In the Glo-Germ Activity, students will wash their hands according to the proper handwashing techniques as outlined by the lesson. Students will then apply Glo-Germ gel to their hands and place hands under a black light for germ inspection. Follow the instructions as detailed in the Learning Experience.

Attachments for Culminating Performance Task:

www.glogerm.com



UNIT RESOURCES

Web Resources:

www.glogerm.com

Attachment(s): Supplemental files not listed in assessment, learning experiences, and performance task.

Materials & Equipment:

- GloGerm gel
- Blacklight

What 21st Century Technology was used in this unit:☐

Slide Show Software

☐

Graphing Software

☐

Audio File(s)

<input type="checkbox"/>	Interactive Whiteboard	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Graphic Organizer
<input type="checkbox"/>	Student Response System	<input type="checkbox"/>	Desktop Publishing	<input type="checkbox"/>	Image File(s)
<input type="checkbox"/>	Web Design Software	<input type="checkbox"/>	Blog	<input type="checkbox"/>	Video
<input type="checkbox"/>	Animation Software	<input type="checkbox"/>	Wiki	<input type="checkbox"/>	Electronic Game or Puzzle Maker
<input type="checkbox"/>	Email	<input type="checkbox"/>	Website		