

INSTRUCTIONS: STOP BACTERIA SPREADING GROUP DISCUSSION

Module 2: Topic 2

Duration 40 minutes

Required Flip chart and pen

Learning outcome Understand how food poisoning occurs and the steps they can take to prevent it.

Preparation Discuss with the group how the transfer of bacteria from a number of sources causes food poisoning and how it can be prevented. Include the following in the discussion:

- Sources of bacteria
- Food hygiene practice.

Getting the conversation started

Start by asking the group if anyone has ever suffered from food poisoning. Encourage them to be as graphic as possible. List the symptoms on the flip chart. Ask the group the following questions:

- What were the symptoms?
- How long did they last?
- What do they think caused the food poisoning?

This should prompt a general discussion on food poisoning symptoms and the types of food that are most likely to cause it. Now introduce the causes of food poisoning, asking the following questions:

- Do they think personal hygiene in the preparation and handling of food can spread bacteria? Can they give examples?
- Do they think it is important for kitchens and work surfaces to be kept clean. If yes, why?
- Do they think bacteria is present in raw meat, poultry and fish? How can the bacteria spread from raw foods? Discuss different means of cross-contamination.
- Do they think how food is cooked can cause food poisoning. If yes, why?
- Do they think how food is stored can cause food poisoning. If yes, why?
- What is a 'use by' date?

List the responses on the flip chart. Now ask them to consider what they could do to prevent the spread of bacteria. Prompt the responses by asking:

- When do you need to wash your hands?
- Why do food manufacturers provide storage instructions?
- Where can you find 'use by' dates?
- How do you prevent cross contamination in a fridge? What foods do you need to keep separate and why?

List the responses on the flip chart.