

# Knowledge Organiser: Life Skills

## Topic: Hand Hygiene & Food Safety

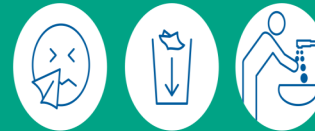
Covid 19 Coronavirus is an illness that affects people's breathing and lungs. It can be spread from person to person by coughing or by touching surfaces or areas of skin that have been contaminated by the virus. [www.childrenscommissioner.gov.uk/](http://www.childrenscommissioner.gov.uk/)

### Key vocabulary

<b>Germ</b>	Tiny organisms (living things) can only see with a microscope if a germ gets into your body it can make you ill
<b>Hygiene</b>	Clean/Wash Storage Anti-bacterial Labels Use by/sell by
<b>Poisoning</b>	Bacteria raw/cooked defrost diarrhoea /sick/fever Salmonella Listeria E Coli Staphylococcus Campylobacter
<b>Cross Contamination</b>	Bacteria from raw to cooked food.
<b>Safety</b>	Accidents Prevention Emergency Plasters Danger Cuts Burns Slip/Fall Rules
<b>Storage</b>	Temperature Fridge/Freezer Cupboard Cover/Wrap Label
<b>Law</b>	Rules that must be followed

### How can you stop coronaviruses spreading?

If you need to cough or sneeze



**Catch it** with a tissue  
**Bin it**  
**Kill it** by washing your hands with soap & water or hand sanitiser

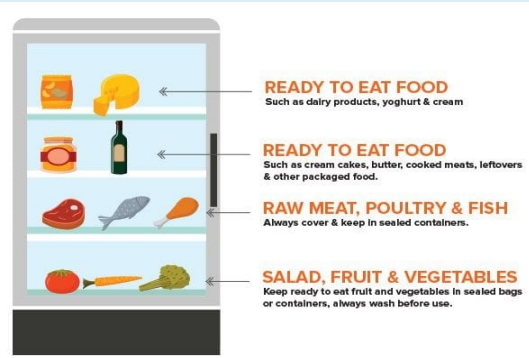
You should wash hands with soap & water or hand sanitiser



**After breaks & sport activities**  
**Before cooking & eating**  
**SCHOOL ETC.**  
**On arrival at any childcare or educational setting**  
**After using the toilet**  
**Before leaving home**

- ✓ Try not to touch your eyes, nose, and mouth with unwashed hands
- ✓ Do not share items that come into contact with your mouth such as cups & bottles
- ✓ If unwell do not share items such as bedding, dishes, pencils & towels

### Fridge Storage



**READY TO EAT FOOD**  
Such as dairy products, yoghurt & cream

**READY TO EAT FOOD**  
Such as cream cakes, butter, cooked meats, leftovers & other packaged food.

**RAW MEAT, POULTRY & FISH**  
Always cover & keep in sealed containers.

**SALAD, FRUIT & VEGETABLES**  
Keep ready to eat fruit and vegetables in sealed bags or containers, always wash before use.

Fridge 0-5°C Freezer -18°C  
Healthy Eating week 28/9-4/10  
World Food Day 16/10/20

### How to avoid getting Food Poisoning



### What's on a food label?

**Date Marking**

This is the 'Use By', 'Sell By' and 'Best Use Before' date. It gives the date by which the food should be eaten.

**Product Name**

Usually beside the brand name. Tells you what the food is.

**Net Weight**

This gives the actual weight of the food excluding the packaging. For canned foods packed in liquid, the net weight is the weight of the drained food.



**Ingredient List**

This shows all the ingredients that make up the product. The ingredients are listed in descending order by weight.

**Nutrition Information**

This panel shows the nutrients found in one serving or in 100 g / 100 ml of the food.

**Usage Instructions**

These are instructions for storing or using the product.

**Manufacturer's Details**

Every label includes the name and address of the manufacturer, importer or distributor.