

Unit 207: Food safety

Sample lesson plan 4

Course number: _____ Course title: _____

Tutor's name: _____ Date: _____ Time: _____ Lesson length: 6 hours Room: _____

Lesson topic: How to store food safely

Aims:

- To develop an awareness of the safe food storage methods
- To develop an understanding of the different storage requirements for categories of food
- To understand the best practice for thawing/defrosting food
- To develop an understanding of stock rotation and the system used
- To understand the difference between 'best before' and 'use by' dates
- To develop an awareness of food contaminants
- To develop an understanding of causes of cross contamination and way of reducing the risks .

Learning outcome 4:

To enable learners to:

- describe the checks that should made when storing foods
- describe the methods for storing food safely
- describe stock rotation systems
- describe the difference between 'best before' and 'use by' dates
- describe the storage conditions for food
- describe reasons why certain foods require refrigeration
- describe the types of food contamination
- define the term cross contamination
- describe ways of reducing cross contamination
- state the best practices for thawing/defrosting foods
- identify the documents used for recording food storage and temperature control.

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
5 mins	Register and introduction.	Take register and introduce session.	Respond and ask questions.	
55 mins	<ul style="list-style-type: none"> • checks that should be made when storing food • methods of storing food 	<p>Facilitate quiz on storage.</p> <p>Introduce small group activity to identify checks that should be made before storing food.</p> <p>Summarise key checks by using PowerPoint presentation 4.</p> <p>Introduction to small group activity to identify the different methods of storing food for the different food groups.</p> <p>Summarise storage methods.</p>	<p>Listen and ask questions.</p> <p>Contribute to small group activity.</p> <p>Complete quiz and Worksheet 7.</p>	<p>Power Point presentation 4</p> <p>Worksheet 7</p> <p>Activity 14</p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
1 hour	<ul style="list-style-type: none"> storage conditions for food: <ul style="list-style-type: none"> -ambient - chilled - frozen reasons certain foods require refrigeration best practices for thawing/defrosting foods. 	<p>Facilitate class discussion and individual activity on the foods that are classified as ambient, chilled and frozen.</p> <p>Summarise food classifications.</p> <p>Directed questioning to identify reasons for refrigerating foods.</p> <p>Facilitate class discussion on best practice for thawing/defrosting foods.</p>	<p>Listen and ask questions.</p> <p>Participate in class discussion sharing ideas on types of food for each category.</p>	<p>Power Point presentation 4</p> <p>Worksheet 7</p>
40 mins	Stock rotation systems	<p>Directed questioning to establish what is meant by a stock rotation system.</p> <p>Summarise stock rotation systems.</p> <p>Issue Handout 5.</p>	<p>Listen and ask questions.</p> <p>Participation in Q&A sessions.</p> <p>Read handout and complete Worksheet 8.</p>	<p>Worksheet 8</p> <p>Handout 5</p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
20 mins	Differences between 'best before' and 'use by' dates	Facilitate class discussion on the differences between 'best before' and 'use by' dates. Summarise definition of the terms.	Participate in class discussion on the differences between 'best before' and 'use by' dates providing examples of when they are used. Listen and ask questions.	
1 hour	Documents used for recording food storage and temperature control	Introduce small group activity to identify the documents used to record food storage and temperature controls with the information recorded. Summarise the documents used and information required to demonstrate due diligence. Issue Activity 3 .	Listen and ask questions. Contribute to the small group activity. Complete Activity 3 on procedures for food safety individually.	Activity 3 Handout 5

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
40 mins	Types of food contamination	<p>Directed questioning to establish what is meant by food contamination and identification of different types.</p> <p>Directed questioning to check understanding on how contamination occurs.</p>	<p>Listen and ask questions.</p> <p>Participate in Q&A to share ideas on types of food contamination.</p>	Worksheet 9 Handout 5

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
1 hour 20 mins	<ul style="list-style-type: none"> definition of cross contamination ways of reducing cross contamination. 	<p>Facilitate class discussion on what is meant by the term cross contamination.</p> <p>Summarise definition.</p> <p>Introduce small group activity on identifying ways to reduce cross contamination in kitchens and food service areas.</p> <p>Summarise ways of reducing cross contamination.</p> <p>Facilitate quiz to consolidate and check levels of learning.</p>	<p>Listen and ask questions</p> <p>Participate in class discussion on the meaning of cross contamination.</p> <p>Participate in group activity to identify ways of reducing cross contamination in kitchens and food service areas.</p> <p>Complete quiz.</p>	<p>Worksheet 9</p> <p>Handout 5</p> <p>Activity 15</p>

How learning is to be measured:

- Q&A during the session
- Completion of **Worksheets 7, 8 and 9**
-

Opportunities for embedding core skills:

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

Homework/research work:

- Review **Worksheets 7, 8, 9** and class notes.
- Read handout to reinforce learning and understanding of safe food storage.

Lesson evaluation
(delete as appropriate)

- Was the lesson better than expected
- As expected
- Worse than expected

Lesson evaluation/comments

Enter text here using style sheet Normal.

Suggestions/modifications for next lessons

Enter text here using style sheet Normal.