



Safe methods – SM2

The journey

Overview of activity:	This is a practical exercise demonstrating how bacteria can be transferred around a food business. It reinforces the importance of handwashing and identifies hand contact surfaces.
Learning objective:	List the occasions when it is essential to wash your hands. Explain how bacteria can spread from one area to another.
Target audience:	Level 1 and Level 2.
Additional resources required:	'Gloop' flour and water paste (quite sloppy), bucket of hot soapy water. Rather than use 'gloop', you may prefer to use post-it notes, pictures of bacteria or UV gel. Clipboards, paper, pens. 'Props' to add realism to each situation.
Estimated duration of activity:	The whole activity in detail can take 1.5 hours. It can be adapted to fit the time available – the minimum time required would be 15 minutes.
Links to other resources:	

Guidance notes:	<p>This activity can be adapted depending on the needs and the level of the group. For level 2 learners, little explanation is required and the point is quickly made.</p> <p>Level 1 learners may need more explanation at the start and to have the information summarised to reinforce learning.</p> <p>The activity can be completed either as a whole-group activity or in small groups, depending on the time available. The activity sheet is written for the task to be completed in small groups.</p> <p>The task can easily be adapted to meet the unique requirements of each business.</p>
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The journey

Cross-contamination

You will be working in groups of three. Decide among yourselves who will be:

1. the contaminator
2. the cleaner
3. the writer

Each person needs to collect the relevant materials:

1. a tub of bacterial 'gloop'
2. a bucket of hot soapy water
3. a clipboard, paper and pen

Your task is to identify how poor handwashing can result in bacteriological contamination on hand contact surfaces. To do this, you need to consider the following situations from the starting point, to the stage when you eventually wash your hands properly.

Situation A

- Starting point:** You are a chef, you go to the toilet and you don't wash your hands.
- Route:** From the toilet, you stop by reception to check lunchtime cover numbers before returning to the kitchen.
- End point:** In the kitchen, you collect a chopping board, knife and bowls ready to prepare some vegetables.
- End point:** At this point you wash your hands.

Situation B

- Starting point:** You have finished preparing raw chicken for cooking and you do not wash your hands.
- Route:** You go to the fridge and take out lettuce, tomatoes and a cucumber to make a salad.
- End point:** You place these items onto a clean chopping board and cut them with a clean knife.

- Step 1:** The contaminator goes to the starting point and covers their fingers with the gloop. This represents bacteria.
- Step 2:** The contaminator follows the route described in the situation.
- Step 3:** The writer follows the contaminator, recording all the surfaces that have been contaminated.
- Step 4:** The cleaner follows, removing all traces of gloop.
- Step 5:** On completing the route, identify groups of people who may touch the contaminated surfaces and how this could in turn contaminate food.