

FORM 3 HOME ECONOMICS 2022.
STRAND 9.1 FOOD AND NUTRITIONS
Sub – strand 9.1.1 Caring for food.
9.1.1.1 KITCHEN SAFETY AND HYGIENE.
TERM 1. WEEK 3.

First aid – First aid is the assistance given to a person suffering a sudden illness or injury until full medical treatment is available.

First aid kit - A first aid kit is a box, bag or pack that holds supplies used to treat minor injuries including cuts, scrapes, burns, bruises, and sprains. First aid kits can also include survival supplies, life-saving emergency supplies or convenience items like bug sting wipes or cold & flu medicines.

There are certain aims when using first aid including:-

- i. **Preservation of life** – Providing CPR or attending to a choking person are two examples of life preservation in a first aid course. Maintaining air circulation in the body and clearing blocked airways while waiting for medics prevents other severe conditions, like brain damage and even a heart attack, which can happen within minutes.

- ii. **Prevention of illness or injury from escalating** – As part of first aid training, you'll learn how to contain wounds and attend to injuries to prevent further spread or damage. For example, if the patient is bleeding profusely, the first aider's goal is to do their best to stop the bleeding until professional medical care arrives.

- iii. **Promoting recovery** – Promotion of recovery includes using a first aid kit to help the person in need. This can involve washing, disinfecting, and bandaging a wound. In some cases, an antibiotic ointment can be used to promote healing.

- iv. **Relieving pain** – Offering pain relief should only be done if it doesn't present a risk to the patient. If the person is bleeding, some pain relief medication is not advisable. It's better to ask a medical expert first before offering any sort of medication.

- v. **Protect the unconscious** – Protecting an unconscious person includes safely removing them from a dangerous environment like a fire or busy road to safer conditions nearby. In a first aid course, participants learn how to position an unconscious person so that breathing airways aren't obstructed. The goal of protecting an unconscious person is to ensure their safety before medical help arrives.

Final thoughts

Along with the above five objectives, first aid also provides reassurance to the patient and confidence in the first aider to respond appropriately. It's a necessary and critical stage for preventing serious harm and is an indispensable skill to have.

When carrying a first aid kit, make sure you have the important equipment and tools for emergencies. **A basic first aid kit may contain:**

- Plasters in a variety of different sizes and shapes
- Small, medium and large sterile gauze dressings
- At least 2 sterile eye dressings
- Triangular bandages
- Crêpe rolled bandages
- Safety pins
- Disposable sterile gloves
- Tweezers
- Scissors

- Alcohol-free cleansing wipes
- Thermometer (preferably digital)
- Skin rash cream, such as hydrocortisone or calendula
- Cream or spray to relieve insect bites and stings
- Antiseptic cream
- Painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- Antihistamine cream or tablets
- Distilled water for cleaning wounds
- Eye wash and eye bath Sticky tape

KITCHEN RULES AND HYGIENES.

Hygiene is the main ingredient in the food safety recipe of every professional kitchen. Simple carelessness in cleaning the kitchen environment or in preparing food can cause cross-contamination and the spread of bacteria, leading to food poisoning. Here are 10 rules for hygiene in professional kitchens.

1. Personal hygiene

Microorganisms can be transferred from hands to food. Hands must be thoroughly washed with soap and hot water after touching food and before performing the next job function. Always dry hands on a clean towel. Hair can also carry germs so keep it tied back and wear a hairnet.

2. Clothing

Clothes can carry germs from outside into the kitchen so it is important to change into work clothes. These should be light-coloured so that stains are immediately visible.

3. Correct food storage

It is essential to avoid contact between food and air so make sure it is always stored in lidded containers or covered with plastic wrap, particularly when it is still hot.

4. Defrosting

Food must be defrosted in the fridge to prevent the growth of bacteria caused by sudden temperature changes. Every kitchen should be equipped with refrigerated cabinets that create the perfect microclimate and maintain the temperature and moisture content of the food.

5. Avoid cross-contamination

Use different utensils and chopping boards for raw and cooked foods and for different types of food to avoid cross-contamination from harmful microorganisms.

6. Keep food at the right temperature

There is a very close relationship between temperature and microbial load: food must be served at a temperature of at least 70° C. The danger zone – when bacteria will multiply most rapidly – lies between 15° and 55° C.

7. Chill food rapidly

For the same reason, it is important to chill food rapidly: it should drop from 65° to 10° C in no more than two hours. Every professional kitchen should be equipped with adequate freezers and blast chillers.

8. Serve food correctly

Do not touch the food that is ready for serving or the parts of the serving dishes that the food is placed on.

I. Circle things that go into a basic first aid kit:



II. Answer the multiple choice questions about using the above objects.

1. How would you treat a scraped knee?

- a. Give the injured person candy
- b. Put an ice pack on it
- c. Give them an aspirin and water
- d. Put a band-aid on it

2. If someone had sprained an ankle, what would you do?

- a. Put an ice pack on it
- b. Put a Band-aid on it
- c. Wrap it with an Ace Bandage
- d. Both A and C

3. If someone is bleeding, what would you use to protect yourself from the blood?

- a. Scarf
- b. Paper Tape
- c. Rubber Gloves
- d. Ace Bandage

4. If someone has heat exhaustion, which has symptoms of sweating, neausea, dilated pupils, and vomiting, how would you treat it?

- a. Move to a cool place
- b. Give them water to drink
- c. Apply Ice Packs
- d. All of the above