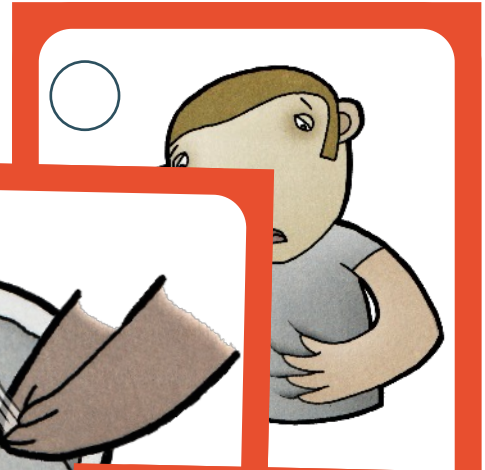
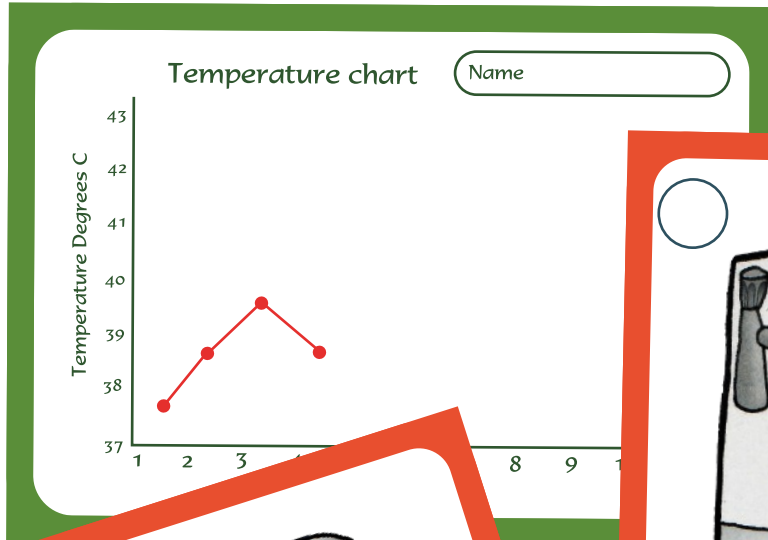
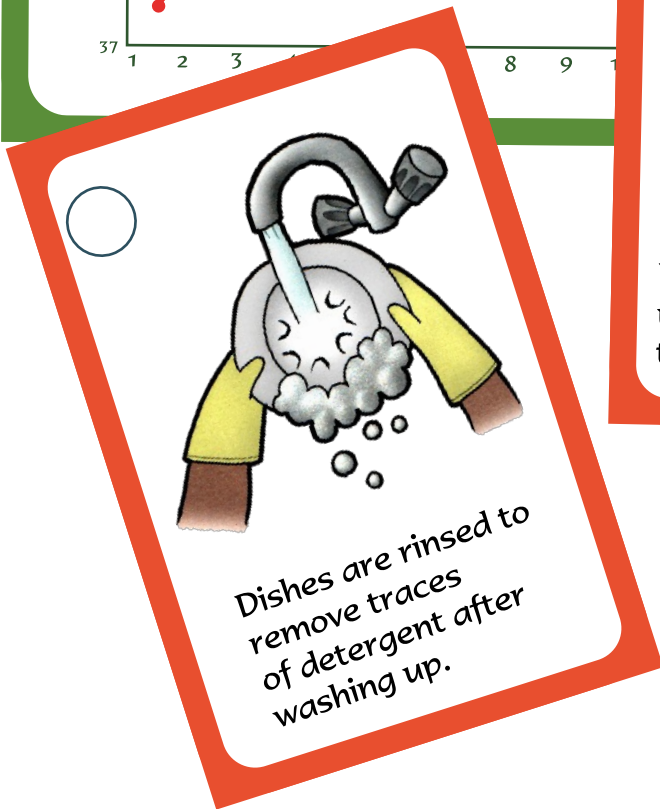


Queasy Tum



Hands are washed using a handkerchief and tissue in the kitchen.



Dishes are rinsed to remove traces of detergent after washing up.



Cooked meats next to raw meats in the butcher's shop.

Food poisoning can make people very ill or even kill them, so it is important for students to learn food hygiene. The cards in this game give various scenarios and students will discover which ones will make them ill.

Suitable for students aged 9+

The Learning Outcome will be that students will have gained knowledge of the factors that can cause food poisoning.

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Queasy Tum

Developed by Karen Ford and Stuart Scott
Illustrations by Michael Levett

Theme: Health

Age range: 9+

Context:

Food poisoning can make people very ill or even kill them, so it is important for students to learn basic food hygiene. The cards in this game give various scenarios and students will discover which ones will make them ill.

If you make your own version of this game why not send it to us for sharing with others.

Preparation:

Print out the A4 sheets.

If possible, laminate the Instruction Card and cover the Card pages with 'clear pvc self adhesive book cover film' and then cut into cards. We have left some of the cards blank for students to add their own content.

Sorting Activity:

This game can be played in small groups of two, three or four players.

Students read the cards carefully and then sort them into three piles: things likely to give you food poisoning, things likely to prevent food poisoning and things that won't give you food poisoning but won't prevent it either.

Place any cards you are unsure of or disagree about to one side to discuss with other groups.

HOW TO PLAY:

The instructions are on the next page so that students can read them in their groups.

1. Shuffle all the cards and then place them in a pile face down.
2. Everyone has a temperature chart and write their name on it.
3. Take turns to pick a card from the top of the pile and decide whether it is good for you or not.
All the players have to agree if the card might or might not cause food poisoning.
4. You have ten turns each.
5. The winner is the person with the lowest temperature at the end of the game.

Learning Outcomes:

Students will have gained knowledge of the factors that can cause food poisoning.

If you have found further learning outcomes please share them by emailing collaborate@mantralingua.com.

Mantra Lingua Ltd, Global House, 303 Ballards Lane, London N12 8NP 0044 (o) 208 445 5123

(You can purchase a professionally printed, sound-enabled version of this activity with pre-cut cards from www.mantralingua.com. Students can use PENpal to record and re-record aurally onto the pages and cards. Recordings can be saved and used for assessment, or shared with other classes and schools via "ShareLINK".)

Queasy Tum - Instructions

Read your set of cards carefully and divide them into three piles.



Place any cards you are unsure of or disagree about to one side to discuss with other groups.

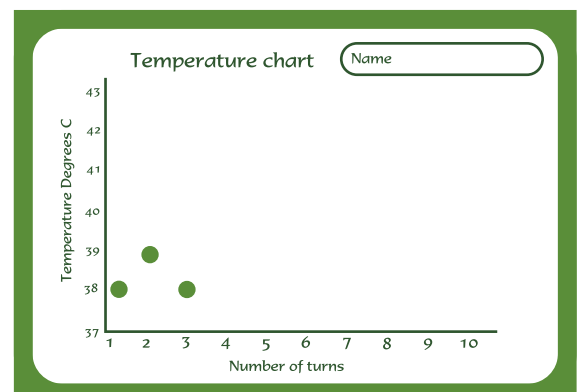
How to play!

(two, three or four can play)

1. Shuffle all the cards and then place them in a pile face down.
2. Everyone has a temperature chart; write your name on it.
3. Take turns to pick a card from the top of the pile and decide whether it is good for you or not. All the players have to agree if the card might or might not cause food poisoning.
4. You have ten turns each.
5. The winner is the person with the lowest temperature at the end of the game.

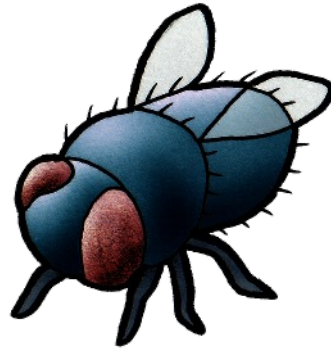
Like this 

- If the card has something on it that will give you food poisoning, your temperature goes up by one degree. Plot it on you chart.
- If the card has something on it that prevents food poisoning, your temperature goes down by one degree. But remember it can't go below 37° degrees!
- If there is nothing good nor bad on the card then your temperature stays the same.
- If your temperature goes above 43° you are out of the game.

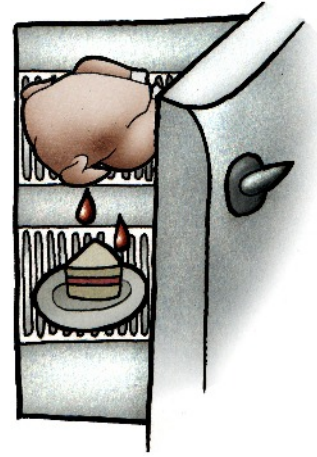




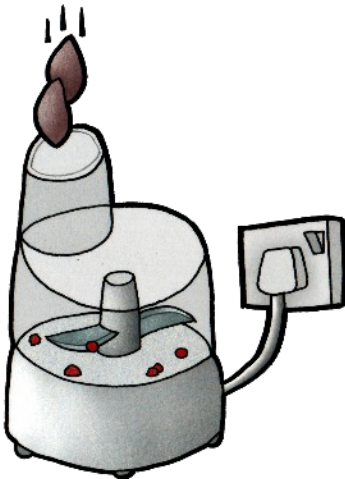
Warming the pizza on Gas Mark 1 (100°C) for five minutes.



There are six large blue bottle flies in the kitchen.



Raw chicken is at the top of the fridge and is dripping blood on the rest of the food.



Using the food processor for raw steak and then for cooked chicken livers.



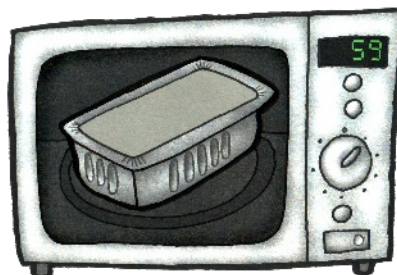
Keeping the custard hot in the school canteen for two and a half hours.



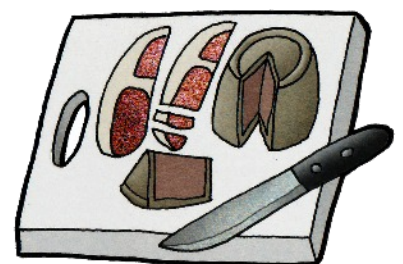
The chef using the cooking spoon to taste the vegetable stew and then putting it back in the pot.



Eating a can of tomatoes where the can has 'blown'.



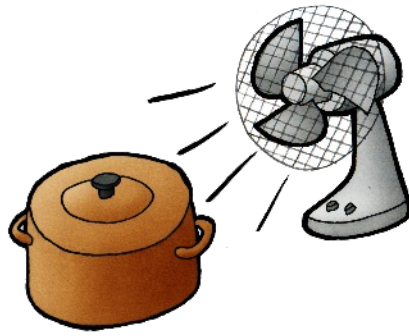
Reheating the take-away meal that has gone cold.



Using the same knife for raw and cooked food.



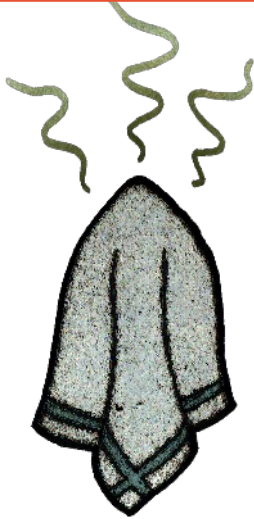
Combing your hair in the kitchen.



Leaving a casserole to cool down on the stove before freezing it.



Roasting a frozen chicken.



Using the same towel for ten days.



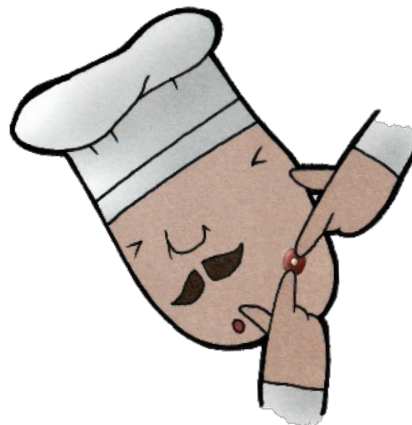
Re-freezing melted ice cream.



Using a wooden chopping board to dice meat and then slice vegetables for a salad.



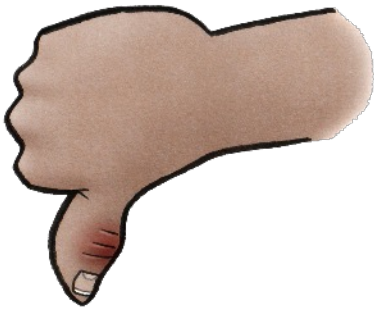
Boiling the same stock up every day for a week.



Picking your pimples while cooking in a cafe.



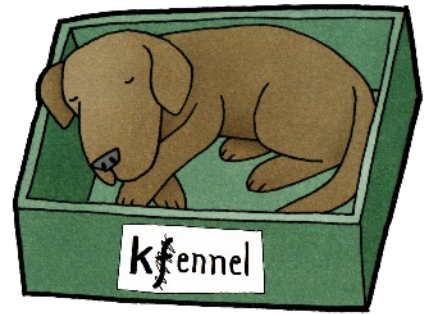
Eating duck eggs with droppings on the shell.



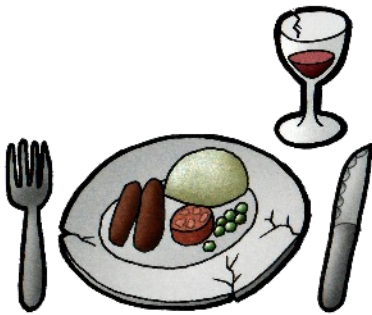
Having whitlows on your fingers.



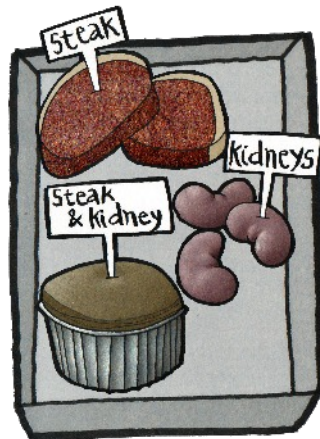
Not washing your hands after visiting the toilet.



Keeping a dog in the grocery shop.



Using chipped plates and cracked glasses.



Keeping cooked meat next to raw meat in the butcher's shop.



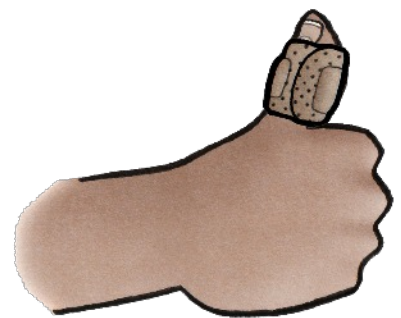
Carrying but not suffering from typhoid.



Washing hands after handling refuse.



Covering hair with a hairnet.



Covering cuts and sores with waterproof dressings which are changed regularly.



Removing jewellery, especially rings, before cooking.



Waiters and waitresses pick up cups by their handles, and glasses by their stems.



Keeping pet food away from human food.



Thawing all frozen meats completely before cooking.



Cooking food thoroughly.



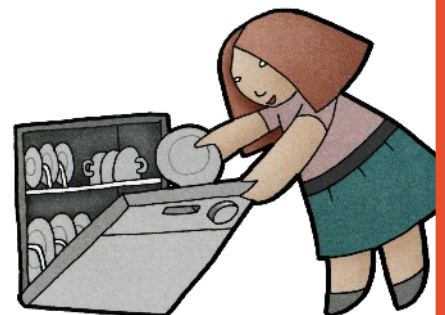
Serving food as soon as possible and not keeping it for long periods.



Maintaining the temperature of the refrigerator between 1 and 4 degrees C.



Using hot water and a hypochlorite cleaning fluid to clean the floor.



Washing cutlery and crockery in a dishwasher.



Serving food cold or piping hot.



Keeping all utensils and equipment clean.



Having high standards of personal cleanliness.



Cleaning out refuse buckets and bins daily with either detergent or disinfectant.



Keeping mice out of the kitchen and serving areas.



Keeping food in the fridge covered.



Washing hands after using a handkerchief or tissue in the kitchen.



Butchers changing their overalls every day.



The cooked meats and cheese counters in the supermarket are kept clean and surfaces are wiped daily.



Sales assistants use tongs or plastic gloves when handling food.



Cafe door has a "NO DOGS" sign.



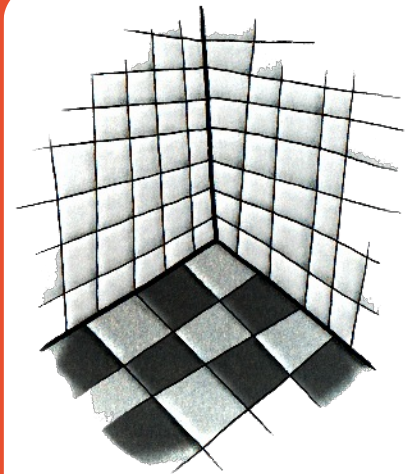
Washing hands after visiting the toilet.



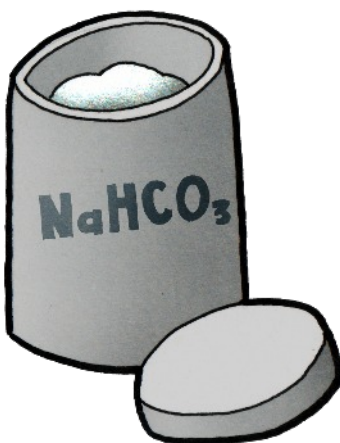
Keeping a first aid box in the kitchen.



Having strong lighting in the kitchen.



The floors and walls are made of hard wearing, easily washable materials.



Washing the fridge with a solution of sodium bicarbonate.



Rinsing dishes to remove traces of detergent after washing up.



Keeping opened cans of food in the fridge.

Queasy Tum - Cards



Using dried milk powder
after a year.

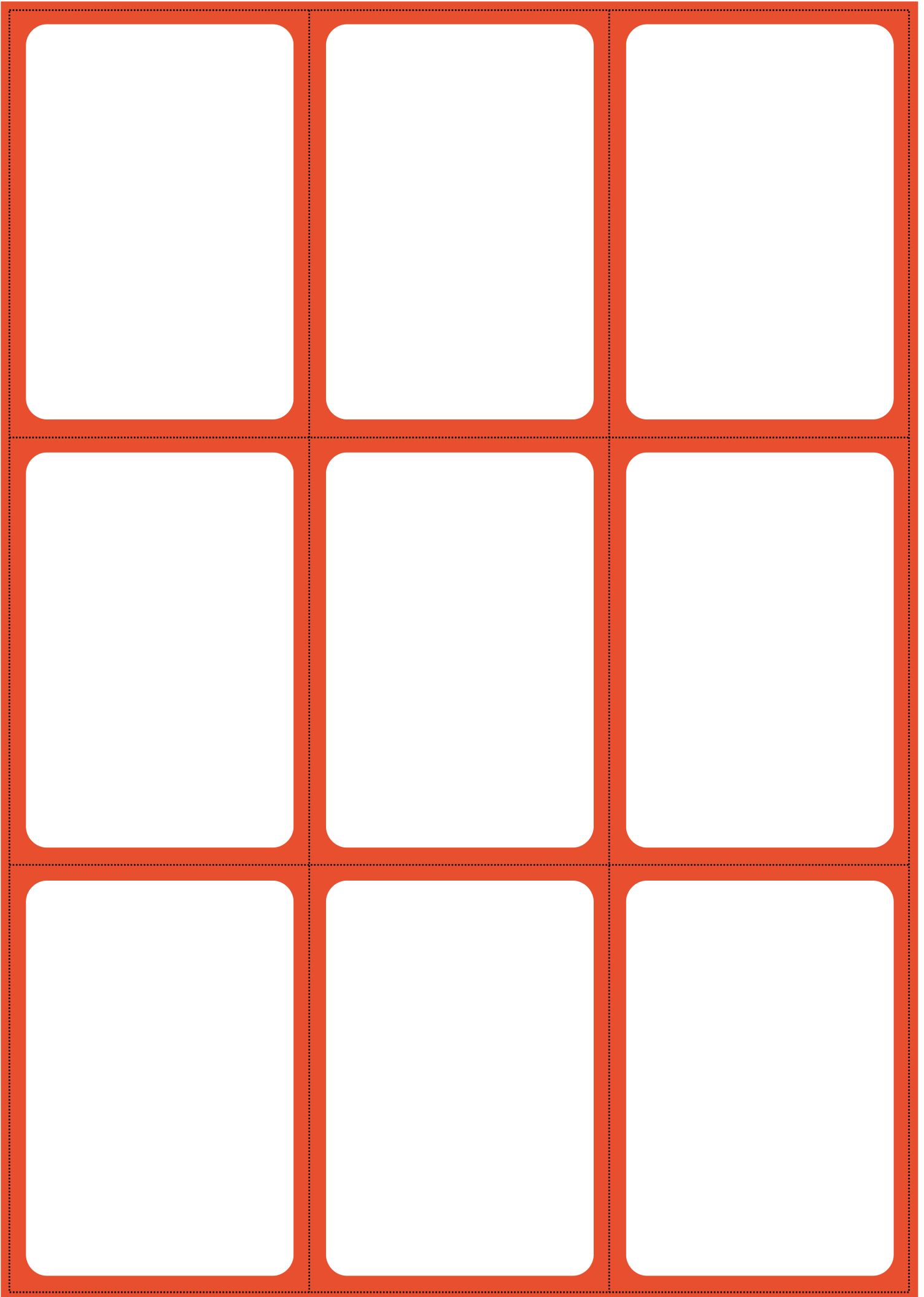


Keeping the kitchen tidy
and well organized.



Queasy Tum - Cards

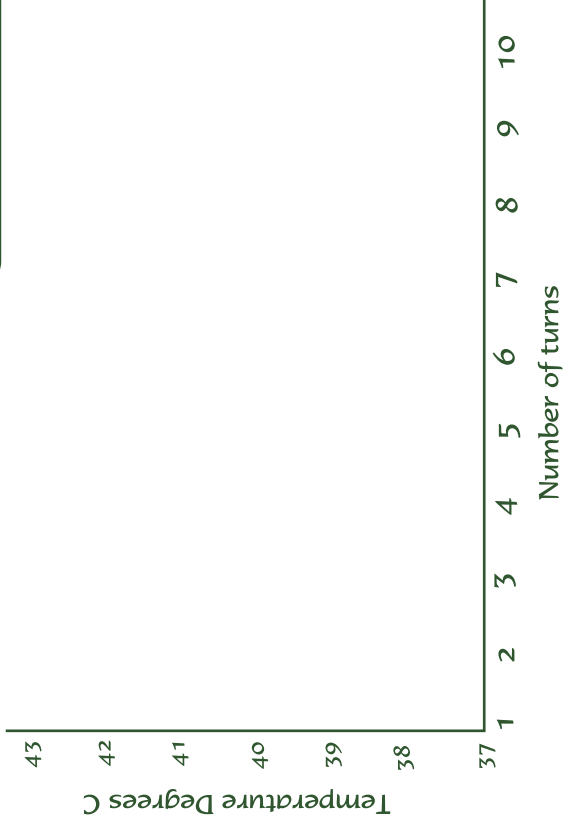
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(Cut out and make into cards.)



Queasy Tum - Temperature Chart

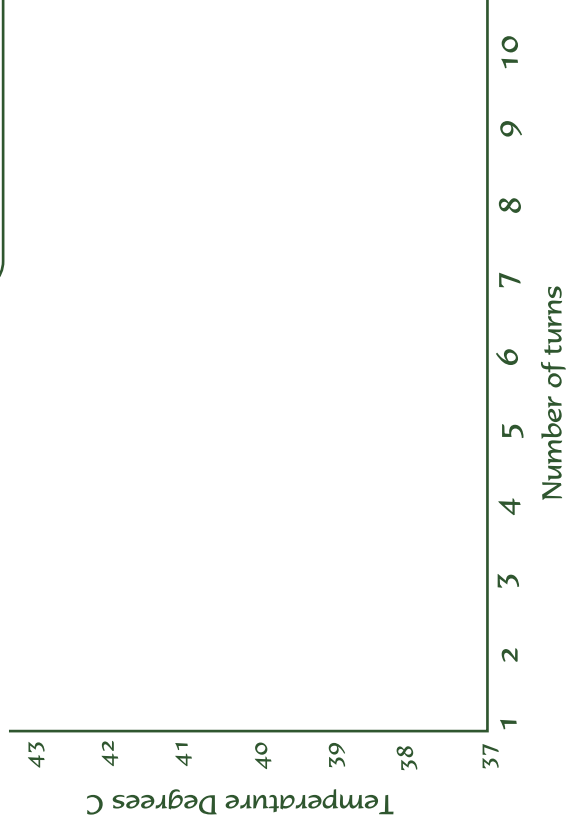
Name

Temperature chart



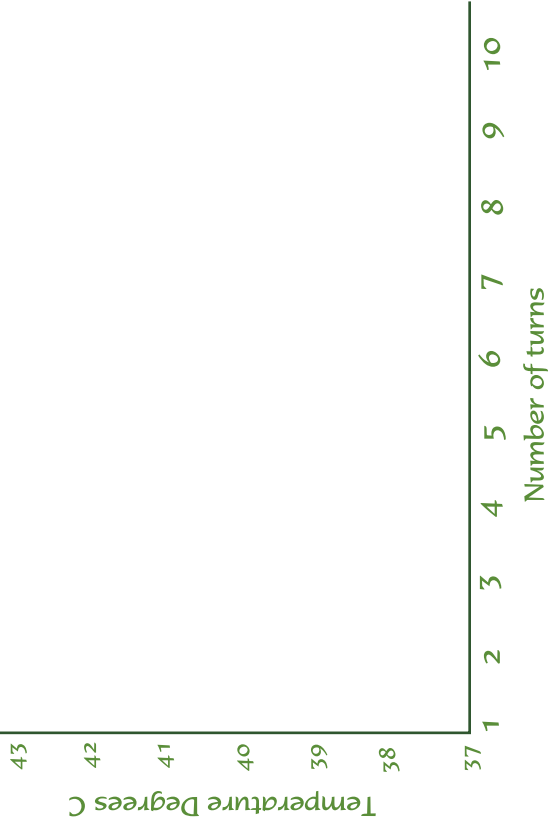
Name

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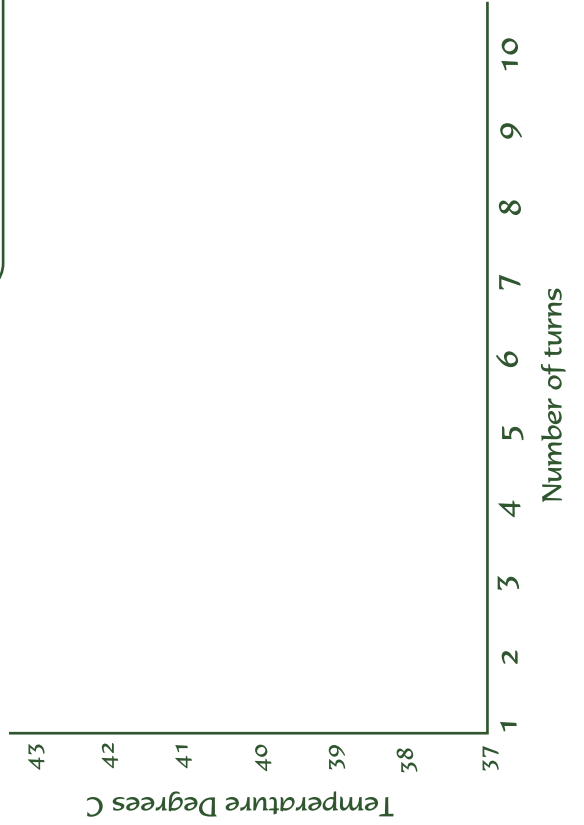
Name

Temperature chart



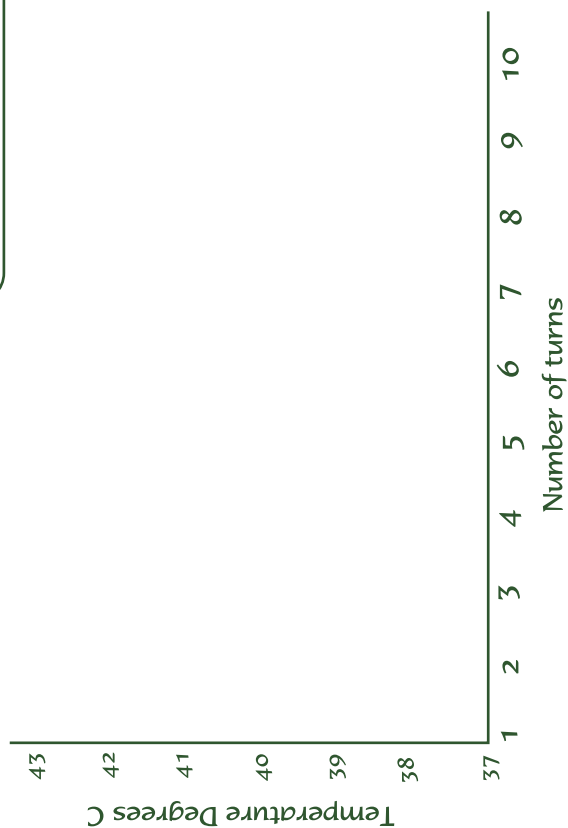
Name

Temperature chart



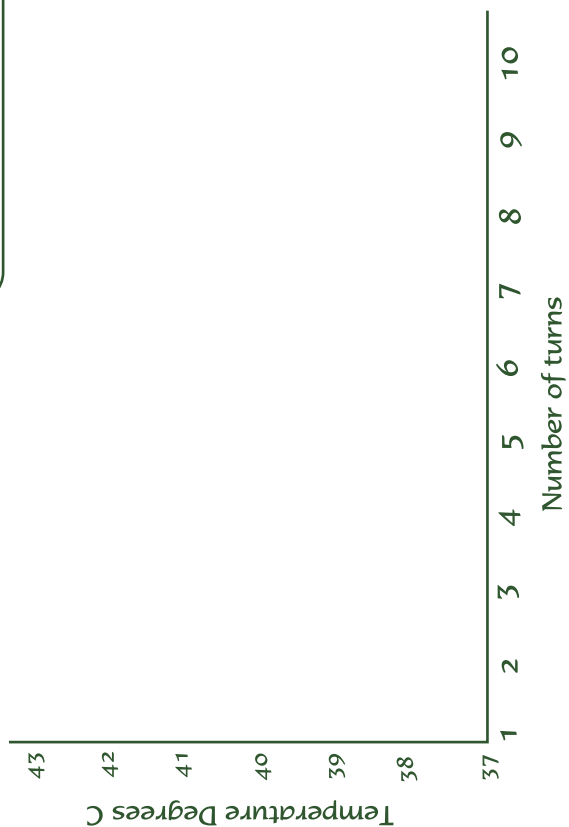
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Temperature chart



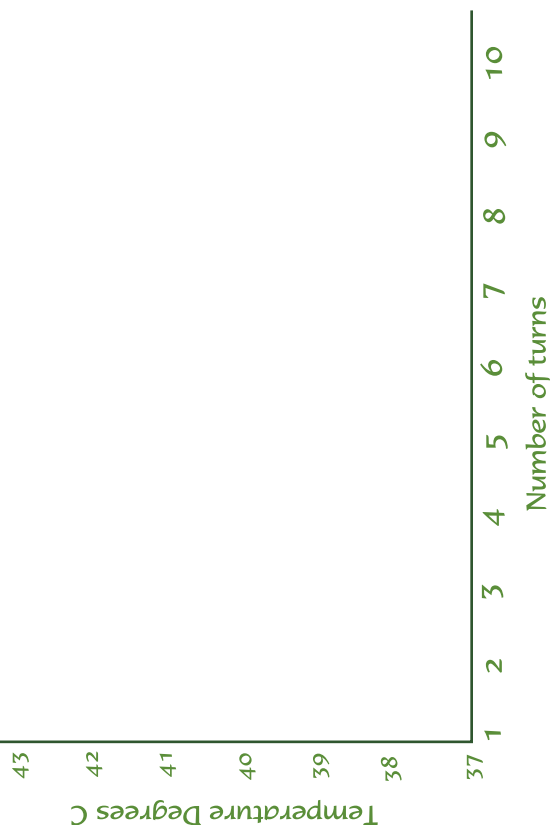
Name

Temperature chart



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Temperature chart



Name

Temperature chart

