

Keywords: H+C

Spring 1

Topic Title: Health and Hygiene

Introduction to the topic: Why are you learning it and how does it link to what you've learned before?

How food can cause ill health.

What lessons will you cover during the topic?

Allergies, intolerances, food poisoning, environmental health.

Keyword	Definition
microbe	A microscopic organism e.g. fungi or bacteria. (not a virus)
bacteria	A single cell microorganism, some can cause disease
yeast	A single-celled fungus that produces alcohol and carbon dioxide during fermentation, causing dough to rise
poison	A substance that can cause illness or death
allergy	An immune response to a substance, usually food
intolerance	An inability to eat a food without feeling unwell
pathogen	A microorganism that can cause a disease
spoilage	The deterioration of food
contamination	Exposing an ingredient to a poison or polluting substance e.g. bacteria
environmental health officer	A government employee that enforces food hygiene rules and protects public health