

GASTRO-ENTERITIS ACTIVITY

1. Name the symptoms of gastro-enteritis
2. Give guidelines to help a person to recover from gastro-enteritis
3. Read the following extract below and answer the questions that follow:

Pop-Up Restaurants – One Night Only!

While pop-up restaurants have been popular overseas since 2000, it is taken almost a decade for the concept to capture the imagination of South Africa's foodies. Predictably, the pop-up hotspots are the Mother City and Johannesburg, in places like **secret gardens usually closed to the public or dilapidated warehouses where nobody would dare to venture let alone eat!** Pop-up restaurants only have two things in common: they are usually a once-off affair and the menu is the star of the show. Word-of-mouth is the currency that finances a pop-up restaurant's success. With no fixed address, you will not find them listed in the Yellow Pages or a city guide. Not surprisingly, **it is social media that is driving the hype.**

- 3.1 Discuss the FIVE most important hygiene rules according to your opinion that a chef preparing food at these mystery locations must keep in mind.
- 3.2 Poor kitchen hygiene can cause gastroenteritis which poses a threat to diners. Identify the causes and symptoms and also indicate which people will most likely be affected. Redraw and complete the table below.

Causes	Symptoms	People most at risk