

PERSONAL HYGIENE

1. Match the personal hygiene symbols with the expressions below.*



1. Cover cuts with plasters.
2. Disinfect work stations.
3. Do not sneeze over the food.
4. No smoking.
5. Wash your hands.
6. Wear disposable gloves.

2. Quiz. **

1. What parts of the human body can often lead to food contamination?

- a. Feet
- b. Hands
- c. Head

2. When should you wash your hands if you are working in the kitchen?

- a. Frequently during the day
- b. Once before starting the work.
- c. Twice, before starting and after finishing the work.

3. Why shouldn't you transit from dirty to clean areas?

- a. It causes contamination.
- b. It makes a mess.
- c. It's rude.

4. Which of these things should you not do in a food preparation or storage area?

- a. Chew gum.
- b. Eat food.
- c. Smoke.

5. What should visitors wear when entering a food preparation area?

- a. Anything they like.
- b. Protective clothing.
- c. Their outdoor clothes.

6. What should you do if you wear glasses?

- a. Keep them in your pocket.
- b. Tie them around your neck.
- c. Wear contact lenses.

7. Why shouldn't you wear nail varnish if you are working in the kitchen?

- a. It can chemically react with the food.
- b. It can fall off into the food.
- c. You can't see if your nails are dirty.

8. Why is it a good idea to wear coloured plasters if you have a cut on your hand?

- a. To make you feel happy.
- b. White ones get dirty more quickly.
- c. You can see them if they fall off.

9. When should you wear disposable gloves?

- a. If you have a cut.
- b. If you are handling delicate foods.
- c. In both cases.

10. What should you do if you feel unwell?

- a. Don't handle food.
- b. Tell your supervisor.
- c. Both of these things.