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?

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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.

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