Parkinson Memorial School
Food Nutrition & Health
Personal & Kitchen Hygiene

Name: _____ **Date:** _____

Multiple Choice Instructions: Circle the correct answer.

1. **Which of the following is not a personal hygiene rule?**
   - **a.** Cover clothes with a clean apron.
   - **b.** Keep nails long and dirty.
   - **c.** Avoid coughing and sneezing on food
   - **d.** Tie long hair back and cover with a chef cap.

2. **After using the bathroom the hands must be washed:**
   - **a.** The next day
   - **b.** Two hours after
   - **c.** Immediately
   - **d.** In the evening

3. **Practising kitchen hygiene prevents food from becoming infected by:**
   - a. Pets
   - b. Human beings
   - c. Flies
   - d. All of the Above

4. **Which one of the following is not a personal hygiene item?**
   - **a.** Lotion
   - **b.** Tooth paste
   - **c.** Lip Gloss
   - **d.** Roll on

5. **Which one of the following is NEVER allow in the kitchen?**
   - **a.** Licking the cake mixture from the bowl.
   - **b.** Washing the dishes as soon as you finish eating.
   - **c.** Cleaning the top of the stove after cooking.
   - **d.** Taking out the garbage.

5 marks

Instruction: Write the names of the following personal hygiene items in the correct space below, and Give ONE (1) use for each item. **(5x2=10marks)**

N0#	Personal Hygiene Picture	Name	Use
1.			
2.			
3.			
4.			
5.			

Instructions: Underline your answer to indicate whether these statements are TRUE or FALSE.

i. Always wash your hands before using the toilet. **TRUE / FALSE**

ii. Pets should not be allowed in the kitchen. **TRUE / FALSE**

iii. Persons should cough and sneeze over food before serving it to the guest. **TRUE / FALSE**

iv. When meals are being prepared you should cover your hair. **TRUE / FALSE**

v. Persons wearing a dirty apron are not following personal hygiene rules. **TRUE / FALSE**

vi. Garbage bins should be covered to keep pests out of the kitchen. **TRUE / FALSE**

vii. Hairnets must cover all hair and ears. **TRUE / FALSE**

viii. False nails and nail polish are permitted to be worn in Food Areas. **TRUE / FALSE**

ix. Using candles at night to give lighting is a safe practice. **TRUE / FALSE**

x. Children should be allowed to play in the kitchen. **TRUE / FALSE**

(10 Marks)

TOTAL _____/ 25