

**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