

# Rules for hygiene in the kitchen

Cover your hair with a toque or a bandana



Wash your hands



Never smoke in the kitchen



Never cough over food



Remove watch, rings and bracelets



Clean workstation after each session



Never bring animals in the kitchen



WHEN I ENTER IN A KITCHEN I MUST:

- 1) COVER MY HAIR WITH A \_\_\_\_\_
- 2) REMOVE \_\_\_\_\_, \_\_\_\_\_ AND \_\_\_\_\_
- 3) WASH MY \_\_\_\_\_

IN A KITCHEN:

- 1) NEVER \_\_\_\_\_
- 2) NEVER \_\_\_\_\_ OVER FOOD
- 3) NEVER BRING \_\_\_\_\_

AND I MUST REMEMBER TO \_\_\_\_\_ MY WORKSTATION AFTER EACH  
\_\_\_\_\_

[clean - animals – smoke – hands – cough – session – rings – toque – bracialetes -  
watch