

ABCs of Stewarding

Extra Training Material:
Pest Control
Basic Cleaning
Personal Hygiene

PEST CONTROL – Discussion Questions

1. What problems do food pests cause?

2. What are the signs of rodent infestation?

3. Waste disposal units and compactors are described as good ways of dealing with waste and rubbish. What do you think are their advantages?

4. Rules are set out in the chart below. Give the reason for each one.

1. Prevent pests entering the building.	
2. Deny them food, water, shelter and security.	
3. Carry out regular surveys of the premises.	
4. Always report sightings of pests or evidence of their presence.	
5. Make sure food waste and rubbish is disposed of properly.	
6. Always get professional advice before using poisons and insecticides in catering premises.	

5. Which pests will be controlled by each item?

Control	Flies	Birds	Cock-roaches	Rats	Mice	Pharaoh's ants	Stray animals
1 Screen over window and doors where needed.							
2 Check all deliveries							
3 Seal all crack and holes.							
4 Maintain drains in good order							
5 Put all food away at night							
6 Replace lids on food containers							
7 Clear up spillages promptly							
8 Keep premises clean and tidy							
9 Never put food out							
10 Mend dripping taps							
11 Cover water tanks							
12 Store food off the floor and away from walls							
13 Eliminate 'dead' space							
14 Keep outsides of building clear							
15 Check false ceilings, boxed in pipes, service ducts, etc							
16 Check food hoists, lifts, trolleys etc							
17 Keep waste sacks and bins covered and emptied regularly							
18 Wash bins before returning them to the kitchen							
19 Keep waste stored outside covered and away from windows							
20 Arrange for refuse to be collected regularly, particularly in hot weather							
21 Always keep containers and the areas round them clean.							
22 Store packaging and food containers properly							

PEST CONTROL- Support Discussion Questions

Question 1:

The kind of answers you should seek from staff are again listed on your copy of the discussion questions.

You may want to stress the economic advantages of good pest control. A reputation for pest infestation leads to reduced custom, the risk of legal proceedings and the possibility of the establishment being closed down. Food wastage and structural damage can be costly and time consuming. Most important of all, food poisoning can have fatal consequences, both for the victim and for business.

The seriousness of structural damage caused by rats is often not appreciated. They can completely undermine a building's foundations by their burrowing. They have been known to gnaw through the insulation of electric cables giving rise to fires, and through water pipes causing flooding.

However, the most important problem, and the one that is common to all pests, is the contribution to the spread of diseases. You may like to encourage staff to think about:

- The ways pests contaminate food
 - Directly – by walking on it, feeding on it and leaving their droppings on it
 - Indirectly by contaminating work surfaces, utensils and so on
- The sources of this contamination (eg raw foods, food waste, animal excreta, sewers).

Question 2:

Both rats and mice are wary of humans and consequently remain hidden during working hours. They become active when nobody is about and so are normally detected by the evidence they leave behind. The common signs of the

presence of rodents are listed on your copy of the discussion questions.

The droppings of a common rat are usually dark brown or black in colour and are up to 20mm long. They have a glazed appearance when fresh but dry out in 2-3 days and become hard. Mouse droppings are similar in appearance but much smaller (about 5mm long).

Rats and mice are enthusiastic gnawers. Rats produce holes about 80mm in diameter while mice produce 20mm diameter holes. They gnaw doors and door posts in an effort to gain access and at food packaging to get food. Gnaw marks may also be seen on pipes, cables etc as constant gnawing is essential to keep their teeth to a manageable length.

Because rats and mice live in areas where dirt and grease are common, their bodies quickly become covered with a greasy film. Constant use of a particular route produces distinctive smears of dirt and grease on the walls or other surfaces that they rub against.

Mice urinate frequently leaving a distinctive smell not unlike almonds.

Question 3:

This question aims to probe understanding of the principles of good waste disposal. The kind of detailed answer you should seek from staff is shown on your copy of the discussion questions.

Compactors are costly and will only be economic in larger establishments. Waste disposal units are more affordable, but will not be possible in all kitchens. However, the key point to make to staff in kitchen without these devices is that they can achieve the same results through the care they take in clearing up and storing waste.

Question 4:

Your copy of the discussion questions includes brief explanations of each suggested good practice. If you are not giving out the discussion sheet, you might like to tackle this question by first getting the group to create the rules of good practice from memory, and then create the reasons for them.

A flipchart for writing up both the rules and the explanations, so that everyone can see them, may be useful.

Question 5:

Some groups will need more prompting and help than others in order to work through the implications of the various control methods. The sort of answer you should aim for are indicated on your copy of the discussion questions.

Note that feral cats are domestic cats which revert back to living in the wild in colonies. They are different from strays, pet cats or wild cats. The essential point to make is that no cats should get any sympathy or encouragement from catering staff.

PEST CONTROL – Discussion Questions ANSWERS

1. What problems do food pests cause?

- *They're a nuisance for staff to deal with*
- *They distress the general public*
- *They lead to wastage of food*
- *They cause structural damage*
- *When they die their bodies can get into food or decompose in inaccessible places*
- *They spread disease*

2. What are the signs of rodent infestation?

- *Droppings*
- *Gnaw marks*
- *Holes in sacks, boxes and packets*
- *Grease marks along walls or pipes*
- *Smell*

3. Waste disposal units and compactors are described as good ways of dealing with waste and rubbish. What do you think are their advantages?

- *Waste disposal units provide a simple and quick way of disposing of food waste. They remove the need to collect waste in the kitchen and to store it outside. This eliminates a major source of food for food pests.*
- *Compactors completely enclose the refuse and reduce its size. This cuts down on both storage space and removal costs. It also helps to discourage pests by eliminating sources of food and shelter.*

4. Rules are set out in the chart below. Give the reason for each one.

1. Prevent pests entering the building.	<i>Keep them out stops them from contaminating food.</i>
2. Deny them food, water, shelter and security.	<i>They need these to survive. If they do not them, they will either go away or die.</i>
3. Carry out regular surveys of the premises.	<i>Early detection of pests help prevent serious infestation. Regular surveys will also highlight structural defects as they occur and so promote efficient maintenance.</i>
4. Always report sightings of pests or evidence of their presence.	<i>Early detection of pests helps prevent serious infestation.</i>
5. Make sure food waste and rubbish is disposed of properly.	<i>Food waste is an attractive source of food for pests and an ideal breeding grounds for flies. Rubbish can provide shelter and nesting material for rodents.</i>
6. Always get professional advice before using poisons and insecticides in catering premises.	<i>Because of dangers of contaminating food.</i>

5. Which pests will be controlled by each item?

Control	Flies	Birds	Cock-roaches	Rats	Mice	Pharaoh's ants	Stray animals
1 Screen over window and doors where needed.	✓	✓					
2 Check all deliveries			✓		✓		
3 Seal all crack and holes.			✓	✓	✓		
4 Maintain drains in good order				✓			
5 Put all food away at night			✓	✓	✓	✓	
6 Replace lids on food containers			✓	✓	✓	✓	
7 Clear up spillages promptly			✓	✓	✓	✓	
8 Keep premises clean and tidy			✓	✓	✓	✓	
9 Never put food out		✓					✓
10 Mend dripping taps				✓			
11 Cover water tanks		✓		✓			
12 Store food off the floor and away from walls			✓	✓	✓		
13 Eliminate 'dead' space			✓	✓	✓	✓	
14 Keep outsides of building clear				✓	✓		
15 Check false ceilings, boxed in pipes, service ducts, etc			✓	✓	✓	✓	
16 Check food hoists, lifts, trolleys etc			✓			✓	
17 Keep waste sacks and bins covered and emptied regularly	✓						
18 Wash bins before returning them to the kitchen	✓						
19 Keep waste stored outside covered and away from windows	✓	✓		✓	✓		✓
20 Arrange for refuse to be collected regularly, particularly in hot weather	✓	✓		✓	✓		✓
21 Always keep containers and the areas round them clean.	✓			✓	✓		
22 Store packaging and food containers properly				✓	✓		

PEST CONTROL – Factual Questions

- Food pests are (choose **one** answer):
 - bacteria which cause food poisoning
 - chemicals which contaminate food
 - animals which live off man's food
 - all of these
- Why is it most important that food pests are controlled (choose **one** answer):
 - they upset customers
 - they spread disease
 - they increase the amount of cleaning
 - they make food taste unpleasant
- Which **four** of the following are common food pests:
 - Colorado beetles
 - Pharaoh's ants
 - Cats
 - Scorpions
 - Cockroaches
 - Caterpillars
 - Sparrows
- Which **two** of the following are favourite breeding places for house flies:
 - Houses
 - Dung
 - Chimneys
 - Toilets
 - Dustbins
- What should you do if you see a cockroach in the kitchen (choose **one** answer):
 - Tread on it
 - Frighten it away
 - Spray the kitchen with insecticide
 - Report it to your supervisor
- Which **three** of the following are good ways of you controlling rats and mice in catering premises:
 - Putting poison down
 - Keeping premises clean
 - Putting food away overnight
 - Keeping a cat
 - Blocking up small holes round water pipes
 - Leaving a light on at night
- Which **three** of the following are the best ways of controlling flies in catering premises:
 - Ultra violet fly killers
 - Fly screens over windows
 - Swatting them with a rolled-up-newspaper
 - Fly spray
 - Keeping waste bins covered
 - Fly papers
- Which **two** of the following materials are most rodent proof:
 - Lead
 - 5mm steel mesh
 - 10mm steel mesh
 - Wood
 - Bricks and mortar
- Which **three** of the following are most important in disposing of waste:
 - Wash waste bins after emptying
 - Store packaging in the open air
 - Keep waste covered
 - Disinfect bins daily
 - Store food waste off the floor
 - Empty waste containers regularly
- How many times will an efficient pest control specialist need to visit in order to deal with an infestation (choose **one** answer):
 - Once
 - Twice
 - A number of times
 - Annually

PEST CONTROL – Factual Questions ANSWERS

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 - Once
 - Twice
 - A number of times**
 - Annually

BASIC CLEANING – Discussion Questions

1. In what way do detergents improve cleaning?
2. What is disinfection and how is it achieved?
3. The chart below sets out four stages in the process of cleaning. Make notes to show what should be done at each stage when washing dishes and cleaning kitchen floors (shown in the programme). Then apply the same principles to the cleaning of work surfaces.

Stages of cleaning	Dishes	Kitchen floors	Work surfaces
1 Pre-clean			
2 Main clean			
3 Rinse/disinfect			
4 Drying			

4. What information should a cleaning schedule include?

BASIC CLEANING - Support Discussion Questions

Question 1:

The kind of answer you should seek from staff is again listed on your copy of the discussion questions. Detergents ('chemical energy') are only effective when used in conjunction with the other two sorts of energy involved in the cleaning process: 'heat energy' and 'physical energy'. They work much better in hot water, and the amount of detergent will remove the need for a bit of scrubbing from time to time!

This would be a good opportunity to reinforce that as well as removing dirt, good cleaning also removed a large proportion of bacteria present. It is only surfaces that are going to be in direct contact with food that also require disinfection, and this should always be carried out after thorough cleaning.

Question 2:

Disinfection is defined on your copy of the discussion questions. An important distinction should be made between disinfection and sterilisations, particularly since the term 'sterilisation' is often used incorrectly to mean disinfection.

Sterilisation is the complete removal of all micro-organisms. While sterilisation in its correct sense is vital in an operating theatre, it is inappropriate in catering. Note that 'micro-organisms' is a preferable term to 'bacteria' here because it covers spores (the resting state of some bacteria) and viruses as well as food poisoning bacteria – all of which need to be removed from kitchens.

You may want to broaden the discussion of disinfectants to include the relative merits of the various agents. A commonly used chemical disinfectant is of course bleach. However, its powerful corrosive properties make it less than ideal for use in the catering industry. A range of synthetic chemical sanitisers with comparable disinfectant properties are now available and are preferable.

Question 3:

The aim of the third part is to encourage people to apply the same principles to a different practical situation.

As a help in leading the discussion, the type of answers you should be seeking are listed on your copy of the discussion questions. Note that the disinfections of kitchen floors is not listed as an essential good practice. The benefits are not clear cut, and the use of some disinfectants can make floors slippery, causing a safety problem. However, toilet floors should certainly be disinfected.

Question 4:

The information a comprehensive cleaning schedule should contain is listed on your copy of the discussion questions.

With more able groups, you might like to attempt review or draw up an actual cleaning schedule for the group's own situation. Some guidance on drawing up a cleaning schedule is included in the panel on the next page. Further advice may be obtained from Hygiene and Safety professionals or cleaning chemical supplier.

Question 5:

This question is the reverse of Question 1. Chemical hazards apart, the reasons for each good practice basically boil down to the need to avoid contaminating food. However, it is important to reinforce the many different ways this can occur, and how the risks can be overcome by careful cleaning.

Your copy of discussion question questions includes brief explanations of each suggested good practice. If you are not giving out the discussion sheet, you might like to tackle this question by first getting the group to create the rules of good practice from memory, and then create the reasons for them.

A flipchart for writing up both the rules and the explanations, so that everyone can see them, may be useful.

Drawing up a cleaning schedule

Detailed cleaning schedules must be compiled and closely monitored to ensure that every item of equipment and every part of the fabric of the food area are maintained in a hygienic state.

Staff will need training and supervision to ensure they meet their responsibilities. To assist in monitoring, cleaning schedules should ideally be laminated or printed on melamine boarding and displayed in the kitchen, with a copy in the appropriate manager's/supervisor's office.

To draw up the schedule, follow the steps below.

1. What is to be done, how often
List all items and areas that need cleaning under one of the following four headings:

- a) After service
- b) Daily
- c) Twice weekly
- d) Weekly

2. In the time available
Prepare a chart showing the days of the week (along the top) and the number of shifts worked each day (down the side).

3. When
Enter the items and areas to be cleaned at appropriate times of the day/week, bearing in mind the availability of manpower and the time needed to complete each task.

4. By whom
Compile a daily rota for cleaning staff, attempting to evenly spread and rotate duties between individuals, so that each has a variety of experience.

5. With what materials and methods
Specify dosages and methods of use of cleaning agents, equipment to use, protective clothing needed, sequence of stages in cleaning, standards required.

The rota, schedule, cleaning methods and product information, should all be placed where the staff involved can clearly see, at any time they have to do and how they

BASIC CLEANING – Discussion Question Answers

1. In what way do detergents improve cleaning?

- *They break the grease*
- *They keep the fine particles floating in the water*

2. What is disinfection and how is it achieved?

- *Disinfection is the reduction of micro-organisms to a level which is safe and which will not cause premature food spoilage.*
- *It is achieved by the applications of heat (commonly in the form of steam, boiling water, or water at 82°C or above) or certain types of chemical (often called 'sanitisers').*

3. The chart below sets out four stages in the process of cleaning. Make notes to show what should be done at each stage when washing dishes and cleaning kitchen floors (shown in the programme). Then apply the same principles to the cleaning of work surfaces.

Stages of cleaning	Dishes	Kitchen floors	Work surfaces
1 Pre-clean	<i>Soak/scrape and rinse off food waste</i>	<i>Remove loose debris</i>	<i>Remove loose debris</i>
2 Main clean	<i>Wash in hot water and detergent</i>	<i>Wash with hot water and detergent, and put up warning signs</i>	<i>Wash with hot water and detergent or a combined detergent sanitiser</i>
3 Rinse/disinfect	<i>Place in racks in water at 82°C, or in sanitising solution</i>	<i>Mop up water and rinse mop</i>	<i>If detergent only used, then wipe with fresh sanitising solution</i>
4 Drying	<i>Leave to drain and air dry</i>	<i>Leave to air dry</i>	<i>Leave to air dry</i>

4. What information should a cleaning schedule include?

- *What needs cleaning*
- *How often*
- *To what standard*
- *Who is responsible for doing it*
- *The method to use*
- *What equipment to use*
- *What cleaning agent(s) to use and how to use it*
- *What protective clothing to wear (if any)*

BASIC CLEANING – Factual Questions

1. Why is cleaning important (choose **one** answer):

- a) It improves safety
- b) It reduces the risk of food poisoning
- c) It discourages pests
- d) All of these

2. What sort of energy is used in cleaning (choose **one** answer):

- a) Heat energy
- b) Chemical energy
- c) Physical energy
- d) All of these

3. What are detergents used for (choose **one** answer)

- a) Removing stains
- b) Removing grease and dirt
- c) Removing all micro-organisms
- d) Reducing micro-organisms to a safe level

4. What are disinfectants used for (choose **one** answer):

- a) Removing stains
- b) Removing grease and dirt
- c) Removing organisms
- d) Reducing micro-organisms to a safe level

5. Which **three** of the following can be used as disinfectants:

- a) Detergent
- b) Sanitiser
- c) Cold water
- d) Boiling water
- e) Water at 82°C
- f) Water at 63°C

6. Which **three** of the following are important in keeping a kitchen safe and hygienic:

- a) Dispose of rubbish and food waste properly
- b) Leave spillages to dry before removing
- c) Avoid soiling surfaces and equipment apart

d) Clean and disinfect work surfaces every time they are used

7. Which **three** of the following are important in dishwashing

- a) Detergents work bet in cold water
- b) Remove loose food waste first
- c) Dry glasses with a tea towel
- d) Replace water and detergent frequently
- e) Leave to drain and air dry
- f) Crockery should be sterilised

8. Which **three** of the following are important in cleaning floors:

- a) Disinfect them three times a day
- b) Always leave them wet
- c) Sweep up loose rubbish
- d) Clean exposed areas
- e) Pay attention to wall/floor junctions
- f) Loosen dirt in hot water and detergent

9. Which **three** of the following are most important in the use of cleaning implements:

- a) Keep cleaning implements in good condition
- b) Store cleaning implements a cupboard
- c) Store cleaning implements dry
- d) Use mops with fixed heads
- e) Use separate cleaning implements for toilet areas
- f) Soak cleaning implements overnight in disinfectant

10. Which **three** of the following are important when using chemicals:

- a) Keep chemicals cool in refrigerator
- b) Use according to the manufacturer's instructions
- c) Tore chemicals away from food areas
- d) Keep disinfectant solutions made up for repeated use
- e) Store chemicals in glass containers
- f) Always wear appropriate protective clothing

BASIC CLEANING – Factual Questions ANSWERS

1. Why is cleaning important (choose **one** answer):

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7. Which **three** of the following are important in dishwashing

- a) Detergents work best in cold water
- b) Remove loose food waste first
- c) Dry glasses with a tea towel
- d) Replace water and detergent frequently
- e) Leave to drain and air dry
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PERSONAL HYGIENE – Checklists

1. Observation checklist

Watch your habits – and everyone else's!

A tour of your premises may reveal some nasty surprises.

A 'no' to any of these questions means that improvements need to be made in arrangements for pest control.

1. During a working day, have you managed not to:

- Touch your face
- Lick your fingers
- Fiddle with your hair or beard
- Bite your nails
- Sneeze or cough without a handkerchief
- Blow on food or containers

2. Have staff got:

- Clothes properly covered by protective clothing
- Clean protective clothing
- Covered wounds
- Short, unvarnished nails
- Long hair in a net or tied back
- Hats on
- Jewellery and watches off

3. Is a basin with running hot water provided in the food room solely for staff to wash their hands?

4. Is it equipped with a good nailbrush and soap?

5. Is it equipped with a plentiful supply of paper towels?

6. Are hands washed after each job?

7. Are hands washed after touching face or hair?

8. Are hands washed after breaks in the rest room?

9. Is there a basin in the toilet area?

10. Is there a First Aid box handy?

11. Are all cuts, burns, etc covered by waterproof dressings?

12. Do outdoor clothes get put away in a separate room?

13. Have staff got lockers to put their things in?

14. Are visitors made to put on protective clothing?

15. Are there No Smoking signs up?

16. Is there a rest room where staff can go to smoke and eat?

17. Do staff avoid working on food preparation if they have serious skin infections?

18. Or diarrhoea?

19. Do women avoid heavy make-up and perfume?

20. Do men avoid heavily-scented after-shave?

21. Do men keep their beards trimmed?

22. Do people use food handling utensils as much as they can?

23. Do staff refrain from picking at food and nibbling it?

2 Action checklist

Now draw up a list of changes that would improve pest control practices where you work. This might involve:

a) A change in practice (eg regular surveys of the premises, reorganising waste disposal).

b) A change in resources (eg installation of UV fly killers, a waste disposal unit, more time to clear up).

c) A change in attitudes (eg encouragement to report sightings of pests and signs of infestation, better arrangements for maintenance and repairs, discouraging staff from feeding birds and stray animals).

Make a note here of the changes you would like to see put into action.

PERSONAL HYGIENE – Factual Questions

1. When you wash your hands at work you should (choose **two** answers):
 - a) Push back cuticles
 - b) Use soap and hot water
 - c) Use a skin-care cream afterwards
 - d) Wash the back of your hands
 - e) Wash up to the elbow
2. Your protective clothing should cover your own clothes properly because (choose **one** answer):
 - a) You look smarter
 - b) Your own clothes must not get dirty
 - c) Fibres and dust can get onto food
3. Choose **two** reasons why it is wrong to wear watches and jewellery:
 - a) They harbour bacteria and dirt
 - b) Rings and bracelets get in the way
 - c) If you take them off they may get stolen
 - d) Your watch may not be waterproof
 - e) Bits of metal or stone may fall into the food from jewellery
4. You can touch food to be served if (choose **two** answers):
 - a) It is cold
 - b) The tongs are in the dishwasher
 - c) This really is the only way to arrange it
 - d) It is in its raw state
 - e) It is going to be cooked thoroughly afterwards
5. The rest room is the only place where you may (choose **one** answer):
 - a) Cough or sneeze
 - b) Blow your nose
 - c) Smoke
 - d) Talk to your colleagues
6. Hands quickly become contaminated by contact with (choose **one** answer):
 - a) Raw foods
 - b) Dirty surfaces and objects
 - c) Cleaning equipment
 - d) Your face
 - e) Your hair
 - f) All of these
7. You may not smoke in food preparation rooms because (choose **one** answer):
 - a) Ash and tobacco can fall into food
 - b) You touch your lips when you smoke and so might spread bacteria
 - c) It may make you cough and spread infection
 - d) It is illegal
 - e) Non-smokers won't like it
 - f) All of these
8. Choose **one** reason why hair must be controlled and covered:
 - a) Long hair gets in your eyes
 - b) Hair and dandruff can contaminate food
 - c) Hats are smarter than bare heads
9. You must not handle food if you are suffering from (choose **one** answer):
 - a) Diarrhoea or vomiting
 - b) A serious skin infection
 - c) Eye or ear discharge
 - d) A heavy cold
 - e) A food borne infection
 - f) Any of these
10. Choose **one** correct thing to do if you cut or burn yourself at work:
 - a) Cover the wound with lint and a bandage
 - b) Grin and bear it
 - c) Cover the wound with a waterproof dressing
 - d) Stop to work and go home

PERSONAL HYGIENE – Factual Questions ANSWERS

1. When you wash your hands at work you should (choose **two** answers):

- f) Push back cuticles
- g) Use soap and hot water**
- h) Use a skin-care cream afterwards
- i) Wash the back of your hands**
- j) Wash up to the elbow

2. Your protective clothing should cover your own clothes properly because (choose **one** answer):

- d) You look smarter
- e) Your own clothes must not get dirty
- f) Fibres and dust can get onto food**

3. Choose **two** reasons why it is wrong to wear watches and jewellery:

- f) They harbour bacteria and dirt**
- g) Rings and bracelets get in the way
- h) If you take them off they may get stolen
- i) Your watch may not be waterproof
- j) Bits of metal or stone may fall into the food from jewellery**

4. You can touch food to be served if (choose **two** answers):

- f) It is cold
- g) The tongs are in the dishwasher
- h) This really is the only way to arrange it**
- i) It is in its raw state
- j) It is going to be cooked thoroughly afterwards**

5. The rest room is the only place where you may (choose **one** answer):

- e) Cough or sneeze
- f) Blow your nose
- g) Smoke**
- h) Talk to your colleagues

6. Hands quickly become contaminated by contact with (choose **one** answer):

- g) Raw foods
- h) Dirty surfaces and objects
- i) Cleaning equipment
- j) Your face
- k) Your hair
- l) All of these**

7. You may not smoke in food preparation rooms because (choose **one** answer):

- g) Ash and tobacco can fall into food
- h) You touch your lips when you smoke and so might spread bacteria
- i) It may make you cough and spread infection
- j) It is illegal
- k) Non-smokers won't like it
- l) All of these**

8. Choose **one** reason why hair must be controlled and covered:

- d) Long hair gets in your eyes
- e) Hair and dandruff can contaminate food**
- f) Hats are smarter than bare heads

9. You must not handle food if you are suffering from (choose **one** answer):

- g) Diarrhoea or vomiting
- h) A serious skin infection
- i) Eye or ear discharge
- j) A heavy cold
- k) A food borne infection
- l) Any of these**

10. Choose **one** correct thing to do if you cut or burn yourself at work:

- e) Cover the wound with lint and a bandage
- f) Grin and bear it
- g) Cover the wound with a waterproof dressing**
- h) Stop to work and go home