
Unit 203 Food safety in catering
Worksheet 2:

1. What are the preferable design features and its purposes for the following parts of a chef's uniform?

2. Provide 4 examples for bad hygiene practices:

Bad habits include

3. List 5 requirements for adequate hand washing facilities:

4. What are the procedural steps for hand-washing?

5. Provide 8 examples for instances which would require that you wash your hands:

Every time you:

6. List 5 advantages for wearing food safe gloves in food preparation areas:

7. Provide 3 examples for disadvantages from wearing food safe gloves in food preparation areas:

8. List 5 illnesses or infections you would have to report to your supervisor in case you would have any symptoms:

9. Who could be carriers of contagious diseases? How would they affect fitness for work?

10. What are the key bacteria associated with open wounds? What can these bacteria potentially cause in humans?

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1. What are the preferable design features and its purposes for the following parts of a chef's uniform?

- The chef's hat or toque blanche prevents the hair and sweat from contaminating the food
- The **jacket** should be light coloured and wide to allow for air circulation. Keep it clean during service and swap the front panels over if you go into the dining area of the restaurant. It should not have external pockets and press studs or Velcro are easier to keep clean than buttons. Use the protection of the long sleeves; this way you also prevent contamination from the arms
- The **pants** also provide protection and must be kept clean
- The **apron** is also protective and should not be used to wipe your hands. Use paper towels for this purpose
- **Shoes** need to be clean and polished to prevent food items from sticking. They also need to have non-slip soles and be sturdy to provide sufficient support for a long day at work. Leather shoes without laces are preferable

2. Provide 4 examples for bad hygiene practices:

Bad habits include

1. Touching or scratching parts of your body and then transferring bacteria onto food.
2. Other bad habits are eating or chewing while on-the-job,
3. Biting your nails
4. Smoking.

3. List 5 requirements for adequate hand washing facilities:

1. Hand washing should be carried out in a designated hand washing sink. Do not wash your hands in a food preparation basin!
2. Taps should be lever or foot pedal operated to avoid recontamination
3. Soap and sanitiser should be contained in dispensers. Do not use bar soaps as these spread bacteria and re-contaminate your hands!
4. Use single use drying aids such as paper towels or air dryers
5. The water supply should be hot

4. What are the procedural steps for hand-washing?

1. Wet your hands under hot running water (don't burn yourself!)
2. Lather hands with an anti-bacterial liquid soap
3. Scrub hands thoroughly including between the fingers, the wrists, up to the elbows and under nails
4. Rinse off hands under hot running water
5. Dry hands thoroughly using single use paper towels
6. Apply a sanitiser
7. Repeat this process throughout the day

5. Provide 8 examples for instances which would require that you was your hands:

Every time you:

1. Go to the bathroom
2. Enter a food preparation area, regardless of whether you washed them in the bathroom
3. Touch/scratch body parts, e.g. hair, nose, mouth
4. Smoke
5. Cough, sneeze or blow your nose
6. Take a break or start your shift
7. Eat or drink
8. Handle raw food
9. You handle money
10. Treat a a wound
11. Change from one task to another
12. Handle animals

6. List 5 advantages for wearing food safe gloves in food preparation areas:

- Handling money – money, especially coins, can carry lots of bacteria. One way to avoid contaminating food is to use disposable gloves, which are changed every time you take a customer's money
- Handling garbage – wear gloves, remove the garbage and line cleaned bin, remove gloves and wash hands
- Handling contaminated linen – process the linen based on enterprise policy and then remove gloves and wash hands
- Working in front of the public preparing food items such as sandwiches or cutting roasts as it provides a clean image and can act as a heat barrier
- Suffering any cuts as the bandaged finger is protected even further and prevents any bacterial contamination

7. Provide 3 examples for disadvantages from wearing food safe gloves in food preparation areas:

1. Regular changing of gloves can add considerable cost to food preparation
2. Gloves can provide a false sense of security as you may not change them as often as washing your hands
3. Cause skin infection as the skin cannot breathe and dermatitis could be exaggerated

8. List 5 illnesses or infections you would have to report to your supervisor in case you would have any symptoms:

1. Flu
2. Gastroenteritis
3. Hepatitis
4. Skin irritations
5. Vomiting

9. Who could be carriers of contagious diseases? How would they affect fitness for work?

- Carriers of diseases can be healthy people that do not or not yet show symptoms.
- Convalescents are recovering from a virus or bacterial infection and can pass it on
- Do not return to work until at least 48 hours after your symptoms have ceased.
- If you are unsure, speak to your doctor and your manager for advice.
- This is often referred to as **fit for work**, a medical certificate that clears the patient

10. What are the key bacteria associated with open wounds? What can these bacteria potentially cause in humans?

The key contaminant of uncovered cuts and sores is ***Staphylococcus aureus***. The incubation period is 0.5-8 hours and leads to nausea, vomiting, abdominal cramps, diarrhoea