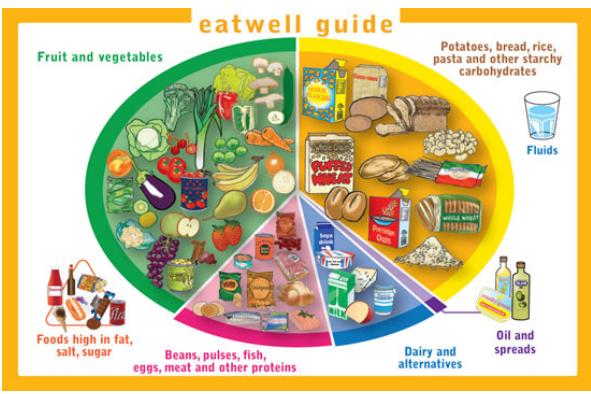


## Personal Hygiene

1. In a hand sink just for hand washing
2. Use comfortably hot water
3. Rub vigorously for 15 to 20 seconds with antibacterial soap
4. Don't forget: between fingers, wrists, fingertips and thumbs!
5. Rinse hands before drying with disposable towel (not a tea towel)!



## Eat Well Guide



## Vitamins &amp; Minerals

Vitamins and minerals are needed for general good health.

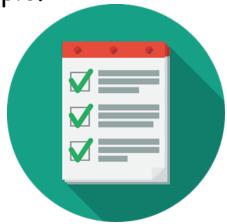
Some have special jobs:

- vitamin A is needed for night vision;
- vitamin C is needed for the maintenance of healthy skin;
- iron is needed for healthy blood;
- calcium is needed for the growth and maintenance of strong bones and teeth.

## Food

## Risk Assessment

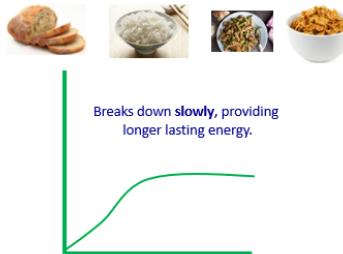
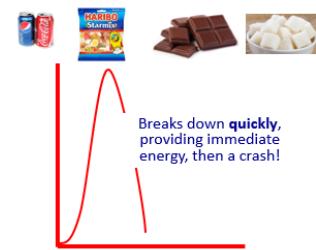
A risk assessment involves looking closely at something and deciding if there are any hazards that may be cause a risk to people. A risk assessment is used to figure out what needs to be done to prevent the risk from happening.



## Food Handling

- Food handlers touch and handle most foods many times a day
- People are sources of contamination
- Infected handlers are dangerous
- Customers like to see hygienic staff

## Carbohydrates

Starch  
(Complex carbs)Sugars  
(Simple carbs)

Energy is provided by carbohydrate, fat and protein.

Carbohydrate is the main source of energy for the body.

Fat is needed for health, but in small amounts.

Protein is needed for growth and repair.

## Cutting Skills

The bridge hold and claw grip should be used when cutting food to avoid harm.

## Bridge hold



## Claw grip

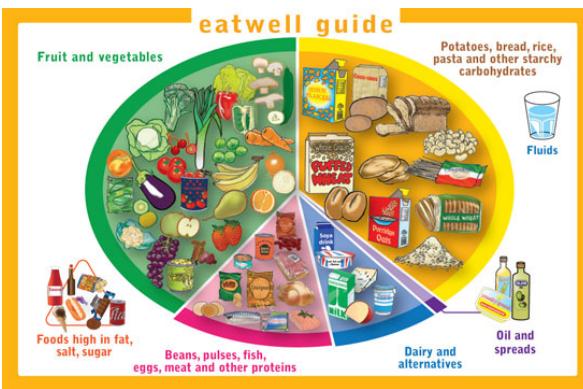


## Personal Hygiene

1. In a hand \_\_\_\_\_ just for hand \_\_\_\_\_
2. Use \_\_\_\_\_ hot \_\_\_\_\_
3. Rub \_\_\_\_\_ for 15 to 20 seconds with \_\_\_\_\_ soap
4. Don't forget: between \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and thumbs!
5. Rinse hands before drying with \_\_\_\_\_ towel (not a tea towel)!



## Eat Well Guide



## Vitamins &amp; Minerals

\_\_\_\_\_ and minerals are needed for \_\_\_\_\_ good health.

Some have special jobs:

- \_\_\_\_\_ A is needed for \_\_\_\_\_ vision;
- vitamin C is needed for the \_\_\_\_\_ of healthy skin;
- iron is needed for healthy blood;
- \_\_\_\_\_ is needed for the growth and \_\_\_\_\_ of strong bones and teeth.

## Food

## Risk Assessment

A risk \_\_\_\_\_ involves looking closely at something and deciding if there are any \_\_\_\_\_ that may be cause a risk to people.

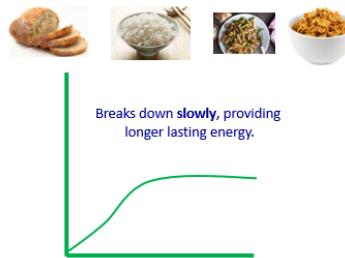
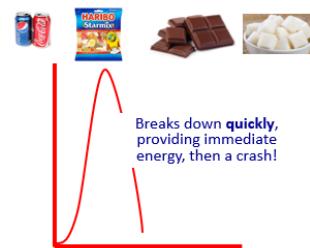
A \_\_\_\_\_ assessment is used to figure out what needs to be done to \_\_\_\_\_ the risk from happening.



## Food Handling

- Food \_\_\_\_\_ touch and handle most foods many times a day
- People are sources of \_\_\_\_\_
- \_\_\_\_\_ handlers are dangerous
- \_\_\_\_\_ like to see \_\_\_\_\_ staff

## Carbohydrates

Starch  
(Complex carbs)Sugars  
(Simple carbs)

\_\_\_\_\_ is provided by \_\_\_\_\_, fat and protein.

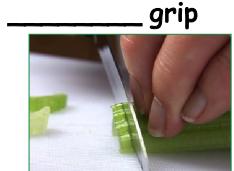
Carbohydrate is the main source of energy for the body.

\_\_\_\_\_ is needed for health, but in small amounts.

\_\_\_\_\_ is needed for growth and repair.

## Cutting Skills

The bridge hold and claw grip should be used when cutting food to avoid harm.



## Personal Hygiene

1. How do you wash your hands properly?



2. Identify 4 symptoms of food poisoning:

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3. Suggest 4 good personal hygiene habits of a chef:

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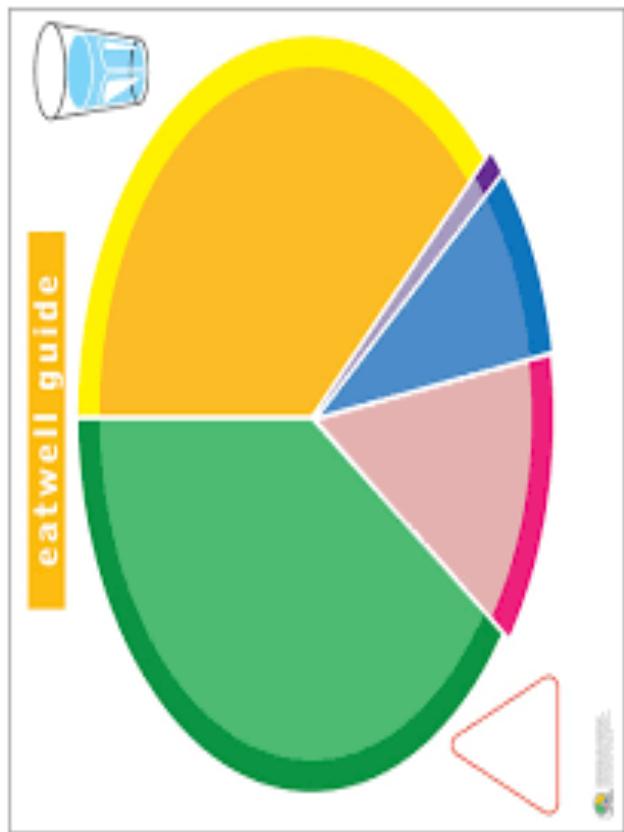
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## Eat Well Guide

Name the sections and write in 3 examples of a food in that section



## Health &amp; Safety

1. Define the terms, Hazard, Risk and Prevention .

Hazard:

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Risk:

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Prevention:

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2. Complete the risk assessment table for each piece of equipment/hazard:

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## Hazards

Hazard	Risk	Prevention
Spillages		
Sharp Knives		
Hot pans		
Broken Glass		
Deep fat fryer		

**Health & Safety**

Circle the Health and safety problems in this kitchen

**Rules & Procedures**

Why is it important to follow health and safety rules in the kitchen?

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Before you can work with food you need to personally get ready to handle ingredients and equipment. List the steps you will need to follow.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

In a normal day you should aim to drink 6 - 8 glasses of water. How much water, on average, do you drink in a day?

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What health problems will occur if a healthy, balanced diet is not followed?

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Give one example of change / improvement you could make to improve your overall diet

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