



# Food hygiene checklist

Hygiene is the practice or principles of cleanliness. It is important that you as a food handler prepare food in a safe and hygienic manner. Following the checklist below will help to prevent the spread of disease and ensure that illness is not the result for people who eat the food that you prepare.

Tick off each of the items in this checklist before you begin each production task.

## Before you begin to cook

Do not cook if you are sick!	<input type="checkbox"/>
Tie back long hair	<input type="checkbox"/>
Remove all jewellery – this includes rings, watches and bracelets	<input type="checkbox"/>
Put on an apron or chef's outfit	<input type="checkbox"/>
Wash hands – remembering to sing 'Happy Birthday' twice (this is the length of time it takes to adequately wash hands) and wash above your wrists and in between each finger	<input type="checkbox"/>
Ensure fingernails are short, free of nail polish and clean	<input type="checkbox"/>
Cover any cuts and sores	<input type="checkbox"/>
Ensure that you have a clean tea towel and dish cloth	<input type="checkbox"/>
Inspect your equipment to make sure that it is clean and dry	<input type="checkbox"/>

## When you are handling food

Cover your mouth when you cough or sneeze, then be sure to wash your hands again	<input type="checkbox"/>
Do not pick or scratch your nose, scratch your face or touch your hair	<input type="checkbox"/>
Use a tasting spoon when tasting food and do not reuse it	<input type="checkbox"/>
Do not cook if you are sick, especially if you have diarrhoea or are vomiting	<input type="checkbox"/>
Clean as you go – ensure that you clean dishes and dispose of rubbish in your bin or scrape bowl	<input type="checkbox"/>

Which of these represents the way in which you work in the kitchen?

