



GRADE  
7

# FOOD PREPARATION & SERVICE

*Culinary skills*

FOUNDATION PROGRAMME IN  
LITERACY, NUMERACY AND SKILLS

*Student's  
Worksheet*



Mauritius Institute of Education  
under aegis of  
Ministry of Education and Human Resources



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## LESSON

# 1

# HYGIENE

## *Student's Worksheet*



### Activity 1.1: Hygiene practices

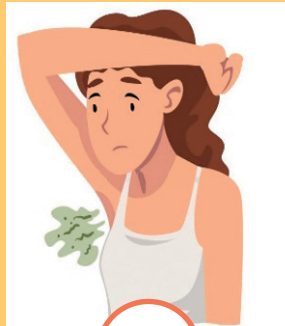
Observe the pictures below carefully and answer the questions that your teacher will ask you.





## Activity 1.2: Checklist for keeping oneself clean

Tick (✓) the good personal hygiene practice which you should apply.



### Some good personal hygiene practices that you should apply

Brush teeth twice daily

Wear clean socks and shoes daily

Taking a shower daily

Proper hand washing techniques

Wearing clean clothes and underwear

Wash hands after visiting the toilet

Hair should be neatly tied

Covering mouth and nose when coughing and sneezing

Keeping nails short and clean

Wear clean protective clothing before cooking  
e.g. an apron, scarf, hair net and gloves

Wash feet well and dry them daily



### Activity 1.3 A: Care of the fingernails before food preparation

Match the statements in column A to their corresponding pictures in column B

#### COLUMN A

Nails must be kept short and clean

Trim nails with nail scissors or a nail clipper

Shape nails with a file

Use a nailbrush to scrub under and around nails

#### COLUMN B







## Activity 1.3 B: Hand washing techniques

Observe the picture carefully. Use handwash and water to wash your hands as shown in the pictures.



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



## Activity 1.4: Caring for the feet

Observe the following pictures and write their corresponding statements given below next to the right picture.

*Wear clean socks - Dry the feet with a clean towel - Wash your feet with soap and water - Trim the toe nails using nail clippers regularly - Wear comfortable footwear*



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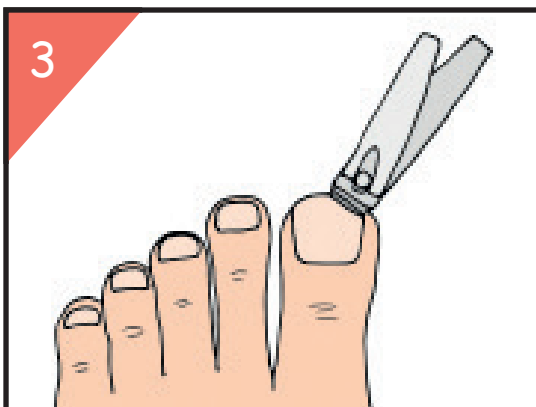
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4



Three horizontal dashed lines for handwriting practice.

5



Three horizontal dashed lines for handwriting practice.



## Personal hygiene during food preparation



Wash your hands with soap and water



Tie long hair



Wear a clean apron and hair net or scarf



Keep nails short and clean



Remove hand jewellery such as bracelets and rings



Do not cough or sneeze over food



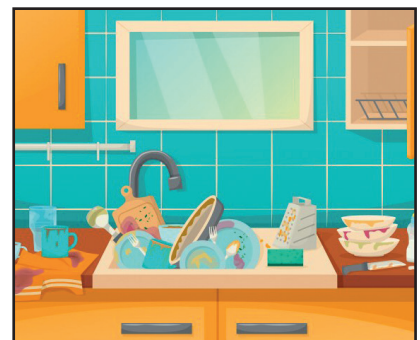
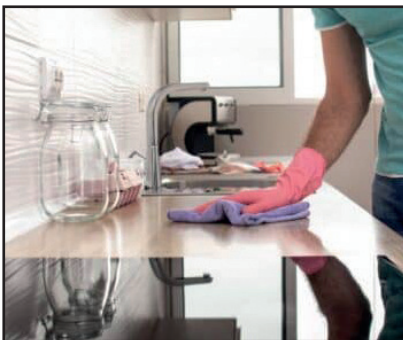
Cover wounds



## Activity 1.5: Applying good hygiene practices during food preparation

You have been provided with a selection of pictures showing both good and bad hygiene practices during food preparation.

Cut the appropriate pictures and paste into the space provided on the next page to differentiate between good and bad hygiene practices during food preparation.



## GOOD HYGIENE PRACTICES

*Paste the images for good hygiene practices here*

## BAD HYGIENE PRACTICES

*Paste the images for bad hygiene practices here*





## Activity 1.6: Applying good hygiene practices during food preparation

Rewrite some of the good hygiene practices and bad hygiene practices in the space provided below.







Blank box for notes with three horizontal dashed lines.

Blank box for notes with three horizontal dashed lines.



Blank box for notes with three horizontal dashed lines.

Blank box for notes with three horizontal dashed lines.