

How to?

9) Ensure correct personal habits

Why is this important?

All team members must maintain a high degree of personal cleanliness when receiving, storing, cooking, processing, packaging, transporting or disposing of food. A number of bad habits should be avoided at all times when in the kitchen.

What to do

The direct handling of high-risk food should be avoided whenever possible.

Implements such as tongs and spoons should be readily available.

Other bad habits to be avoided include the following :

- Use of tobacco (ensure hands are always washed after smoking).
- Tasting food by dipping fingers or reusing an unwashed spoon.
- Scratching.
- Coughing/sneezing over food.
- Taking breaks in food rooms.
- Washing hands in a food or equipment sink.
- Sitting on food preparation surfaces.
- Touching hair.

Personal belongings, outdoor clothing, etc. must be kept out of food rooms and stored in the team members facilities.

How to?

9) Ensure correct personal habits

Check your understanding by:

Name four 'bad habits' to avoid in the kitchen.

Is it acceptable to store personal belongings (e.g. outdoor coats) in the kitchen?

You can tell it's correct if:

All chefs / kitchen assistants are operating in the correct way, with hygienic practices, looking clean and as if they are suitable to be working in the kitchens.

Hints and tips:

If there is an obvious issue with a team member with regards to habits or hygiene, he or she should be reminded of the correct practices to follow in order to ensure the cleanliness of the kitchen is maintained. If issues persist, senior kitchen team members should be informed.