



Learning Unit *Personal Hygiene*

Learning Outcomes

The participant knows about the personal hygiene standards and know how to use them correctly without help.

Traget Group

This learning unit is aimed at all participants who work directly in a kitchen and prepare food.

The target group also includes participants who are responsible for food transport, the necessary machines, packaging, disposal and care of work clothes.

The ability to communicate verbally (basic knowledge) as well as basic reading skills or the ability to work with blackboards is required.

Content of Learning Unit

- Clean hands (no nail polish, short finger nails)
- Clean clothes (uniform and cap in perfect condition, change every day)
- Clean body and hair
- Healthy, no illness/wounds
- No jewellery, piercing covered
- No smoking/no eating in the kitchen
- Go to the toilet without apron and cap
- Wearing gloves
- Knowledge of first aid

Application Task

Assessment of Work Performance

Checking list in easy language for the participants including pictures.

Like a contract that they have to sign.



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