

# Hygiene and Food Preparation

The purpose of this policy is to provide guidance to students in the handling and preparation of food to ensure compliance with food hygiene standards and minimise the risk of food poisoning and in personal hygiene.

It is very important to prepare food hygienically to avoid problems with food contamination. Personal hygiene shall be maintained when preparing or handling food through the following:

- A. Always wash your hands before beginning to work in the kitchen.
- B. Also, wash your hands at regular intervals as necessary while you work.
- C. Always use a new chux cloth (distributed by Teacher).
- D. Keep nails clean to prevent the spread of germs.
- E. Cover any cuts or sores with clean waterproof dressings.
- F. Remove any jewelry that might get in the way and tie hair back.
- G. Avoid coughing or sneezing over food.

To avoid the risk of food contamination and food poisonings;

- A. Always wash fresh foods before cutting or eating.
- B. Always use the appropriate colour coded cutting boards for specific food groups.
- C. Follow the directions on package labels when handling meats.
- D. Always clean contaminated surfaces before putting something on them.
- E. Avoid unnecessary handling of food.

If there is a question about the freshness of a food, check with Teacher and discard it.

## Personal Hygiene – Aerosols

Some people suffer severe allergies to aerosol sprays or perfumes that can act as a trigger to a serious asthma attack, or bring on a severe migraine in a sensitive individual. The allergy can be sufficiently serious to put a student into anaphylactic shock if an aerosol can has been used anywhere in the student's vicinity. This can be a life-threatening situation, resulting in the student being transported to hospital in an ambulance.

- Aerosols are banned from school premises, excursions, sporting events and all events where students are in confined spaces.
- Students are encouraged to follow correct hygiene procedures by applying deodorant at home after showering: a good deodorant will last all day if applied to clean skin before dressing
- Roll-on and stick deodorants are permitted at school.