



# *Limpopo Chefs Academy*

Project: Personal hygiene and safety

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<b>Activity 1:</b> Define personal hygiene.
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Personal hygiene is an important aspect of how you maintain the body's cleanliness. Good personal hygiene is an important aspect of taking care of your health, and also influences how people respond to you in a working and social situation.
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<b>Activity 2:</b> Outline the modern personal hygiene standards.
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| <ul style="list-style-type: none"><li>• The increased availability of indoor plumbing and hot water.</li><li>• Advertising.</li><li>• Germ theory.</li><li>• Increased availability of soap.</li></ul> |
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<b>Activity 3:</b> What are the ethics of hospitality.
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| <ul style="list-style-type: none"><li>• Accountability.</li><li>• Honesty.</li><li>• Reputation and morale</li><li>• Integrity.</li></ul> |
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- Trustworthiness.
- Leadership.
- Loyalty.
- Commitment to excellence.
- Fairness.
- Concern and respect for others.

**Activity 4:** Explain the personal hygiene of catering practitioners.

**Appearance:** heavy makeup and strong perfume or aftershave should be avoided.

- Hair should be kept short.
- No jewellery should be worn to avoid them from falling on the food and cause contamination.
- Nails should be kept short and unpolished.

**Personal habits in food preparation areas, one should avoid the following behaviours which may result in contamination of food:** storing personal belongings, such as handbags, shoes and socks, umbrellas and dirty

- Spitting.
- Smoking cigarettes or tobacco.
- Combing or touching hair or other parts of the body such as nose, eyes or ears.
- Chewing, eating, sneezing or coughing over unprotected food or food contact surfaces.
- Sitting, lying or standing on any surface of equipment touched by food.
- Touching ready to eat food with bare hands or tasting food with fingers.

**Health conditions for personal health.**

- If one has symptoms of acute intestinal infectious disease like diarrhoea and vomiting or of sore throat should not handle food.
- Report the illness or symptoms of the illness to the supervisor or employer and seek medical treatment.
- You should be suspended immediately from engaging in any work which may involve direct or indirect contact with food, including the contact with food utensils or equipment.
- Staff ordered by health officers to cease working or taking part in the food business should have a written clearance from health officers before returning to handle food.

**Activity 5:** Outline the core principles of personal safety.

**The right to safety:** It is important that you are aware of and exercise your right to safety.

- It is also important to acknowledge and respect that all people have the right to safety. You may choose to assist others whose right is not respected and encourage them to develop a personal safety plan to deal with threats to their safety.

**The personal safety plan:** All people are encouraged to develop their own personal safety plan. This plan is useful to build confidence and a commitment to your safety by considering practical preventative strategies as well as preparing you should your safety ever be threatened.

- A personal safety plan consists of safety strategies you choose to suit your own lifestyle and abilities.

**Commitment:** Being committed to your personal safety is vital to maintaining it.

- You are encouraged to value yourself and develop a strong commitment to your safety. This will give you the ability to actively preserve your safety by following preventive strategies and taking action should your safety be threatened.

**Networks:** Many people find it difficult to trust others with their feelings, experiences or concerns.

- Developing a network of people, you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened, it is important. People you might consider for your network are relatives, friends, community groups, neighbours and police.

**Confidence:** Confidence is a valuable tool for many aspects of life. In the context of personal safety, having and displaying confidence plays a vital role in the preservation of safety.

- Confidence is also reflected in a person's ability to maintain their safety.
- A confident person is more likely to make and follow preventive safety strategies such as to have faith in their own abilities, and to take action if their personal safety is threatened.

**Assertiveness:** Assertive communication allows people to Express their points of view objectively to reach an agreeable situation. It does not allow backing down ( being passive) or standing over someone (being aggressive).

- Assertive behaviour does not come naturally to most people. However, by practicing assertiveness in handling minor matters, such as advising a shop assistant if you have been short- changed or returning unsatisfactory food restaurant, you can enhance your ability to be assertive in other aspects of life.
- Assertive communication is best in most day to day situations. However, be aware that there may be some times when being either aggressive or passive is needed to maximise your safety.

**Body language:** Body language is a powerful tool that can be used to your advantage. By appearing confident and comfortable in your surroundings you can decrease the likelihood of being targeted as a potential victim

- Strong, confident body language included standing tall with your head up and shoulder back, and walking quickly and with a purpose.

**Awareness of surroundings:** Being aware of what is happening around you by looking at and listening to your surroundings will alert you to possible threats to your safety, before they reach to you. This gives you the opportunity to remove yourself from the situation.

**Trusting and acting on instincts:** your body senses danger long before your mind consciously works out why you sense it.

- It is vital you listen to, trust and act on these instincts. If you do sense danger or pick 'bad vibes' from someone, something or some place , you are encouraged to leave immediately and go to a place where you feel safe.

**Keep fear of violence in perspective:** Many people have a fear of crime that is significantly disproportionate to the reality of crime. This fear often results in unnecessary limitations being placed on your lifestyle.

- Education is the key to putting the fear of crime into perspective. By example the common trends associated with personal violence offences such as how often, when where they occur and by whom, you can identify the actual likelihood of becoming a victim, and in what circumstances. You can then select and implement practical safety strategies to significantly minimize these risks.

**Activity 6:** Outline the reasons why jewellery should not be worn in a food business

- You cannot wash your hands effectively if you are wearing rings on your fingers.
- Jewellery may accidentally drop into food causing a foreign matter contamination issue.
- Touching jewellery worn in ears, nose, tongues and other facial areas can result in contact with bodily fluids which may harbour bacteria.
- There is an increased risk of personal injury if the jewellery gets caught by moving machinery parts or equipment.