

**Answer:**

1. Wet your hands with a non-hand-operated warm-water spray or fill the wash hand basin with hand –hot water and wet your hands. /2 marks
2. Use a non-perfumed antibacterial liquid soap or gel to provide a good lather over the top and palms of your hands, between your fingers, around your wrists and lower forearms. /2 marks
3. Only use a nailbrush to clean under your fingernails if it is disinfected regularly or is disposable. /2 marks
4. Rinse your hands thoroughly with clean water. /2 marks
5. Dry your hands well, preferably with disposable paper towels; hot-air dryers take longer and roller towels must be clean to be safe. / 2 marks

**12. Found out at least Five general rules you can follow for storing food properly? (10 marks)**

**Answer:**

1. Always protect food from contamination by keeping it in suitable containers 2 marks
2. Store all food items off the floor on shelves or pallets. 2 marks
3. Do not overload shelves. 2 marks
4. Leave space between items for air to circulate. 2 marks
5. Keep storage areas clean, dry and free from debris at all times. 2 marks
6. Rotate stock correctly 2 marks
7. Report any signs of pest infestation 2 marks

**Five elements are required.**

**13. Provide ten (10) advances you can follow of personal habits considering hair, ears, nose, mouth, perfume or jewelry, underarms, nails, cuts burns and sores, underwear and feet while in the kitchen. (10 marks)**

**Answer:**

1. Keep your hair clean and tied back, wear a hat. /1mark
2. Do not touch your ears; do not wear earrings other than sleepers (maybe) /1mark
3. Use a tissue to blow your nose and wash your hands afterwards. /1mark

4. Do not wear strong perfume, cosmetics or jewellery. /1mark
5. Taste food with a clean spoon each time. A spoon used for taste should not be put back into the food for any reason without being thoroughly washed first. It is not acceptable to eat sweets or chew gum in the kitchen. Do not lick your finger and then use it to open bags, pick up small, light items or separate sheets of paper. /1mark
6. Wash your underarms regularly, apply unscented deodorant. / 1mark
7. Keep your nails short and clean, wash your hands frequently. /1mark
8. Cover cuts, burns and sores with a blue plaster dressing. / 1mark
9. Change your under wear regularly /1mark
10. Keep your feet clean and dry, wear clean, cotton socks. /1mark

**14.** In food preparation you need use of different cutting boards. Describe at least five (5) among them according to their color -coded and their use. **(10 marks)**

**Answer:**

1. Red cutting board should be used for cutting of raw meat /2 marks
2. Brown cutting board should be used for cutting of vegetables /2 marks
3. Blue cutting board should be used for cutting of raw fish /2 marks
4. White cutting board should be used for cutting of bakery and dairy products /2 marks
5. Yellow cutting board should be used for cutting of cooked meat /2 marks
6. Green cutting board should be used for cutting of salad and fruit /2 marks

**Five elements are required.**

**15.** Define a temperature probe and explain different ways where can be used. **(10 marks)**

**Answer:**

A temperature probe is a type of thermometer on a long stick that is used to take the core temperature from the middle of food. /2 marks

It is particularly useful when>

- Reheating food ready to serve on a counter /2marks
- Testing to see if the inside of a whole chicken is cooked /2marks

- Measuring the temperature of a joint of meat which is being roasted in the oven

/2marks

- Checking to see if a hot item has cooled down sufficiently to be put in the refrigerator. /2

marks

**16. Describe different ways how a good dry store should be. (10 marks)**

**Answer:**

- The store should be cool and well-ventilated. /2marks

- flours and cereals may be stored in wheeled bins to protect them from pests .The bin must be fully emptied and cleaned before new stock is added. /2marks

- Shelves should not be overfilled and old stock must always be put in front of new. /2 marks

- Move items from flimsy bags or unsuitable containers make sure the description label with the use by date is transferred. /2 marks

- Cleaning products should not be stored with food /2 marks

**17. Choose and explain different 5 cleaning agents/products should be used in kitchen. (10 marks)**

**Answer:**

1. WATER is the most effective cleaning agent. It can be used hot or cold and also under pressure. When used in the form of steam it can also disinfect. Water leaves no residue and is very environmentally friendly. It is also used for rinsing. /2 marks

2. SOAP is made from fat and caustic soda. Soap can leave a scum on surfaces, so it is not suitable for kitchen cleaning .Disinfectants are sometimes added to soap for hand washing. /2 marks

3. DETERGENTS are chemicals manufactured from petroleum .They break dirt up into fine particles and coat them so they are easy to remove. Detergents can be in the form of powder, liquid, foam or gel .They usually need mixing with water before use. /2 marks

4. DISINFECTANTS are chemicals that will reduce the numbers of micro-organisms to a safe level if left in contact with the surface for a sufficient amount of time. It is better to apply the chemicals with a spray rather than cloth .Their efficiency is affected if the surface that is being treated is not clean. /2marks

5. SANITISER is a mixture of detergent and disinfectant chemicals. It is often used in sprays for hard surface cleaning. It needs to be left in contact with the surface to be cleaned for a

sufficient amount of time to be effective. Always read the manufacturer's instructions.

/2 marks

6. BACTERICIDES are substances which have been specifically formulated to kill bacteria. /2 marks

7. A STERILISER is a piece of equipment that usually uses extremely hot water or steam to kill all the micro-organisms on a surface. Alternatively, sterilizers may use strong chemical disinfectants or bactericides. It is difficult to successfully sterilize equipment in a normal catering situation.

/2

marks

**Five elements are required.**

18. Give at least five (5) guidelines on how to prevent food poisoning.

(10 marks)

**Answer:**

To try to prevent food poisoning

1. Handle food hygienically and respect personal hygiene 2 marks

2. Prepare food carefully /2 marks

5. Avoid cross-contamination /2 marks

3. Store food in the correct manner /2 marks

6. Cook all food thoroughly /2 marks

4. Keep all food preparation areas clean /2

marks

**Five elements are required.**

19. Storing food in a refrigerator oblige to pay attention:

a) Why is it advisable to wrap food before placing it in the refrigerator?

b) Some foods, e.g. meat and fish should not be wrapped in plastic in the refrigerator why? (10 marks)

**Answer:**

a) 1. Food loses moisture as it cools down, so unwrapped food will dry out. /3 marks

2. Some foods absorb odours while others give off odours, and this can spoil the flavor of the food. /3 marks

b) Some foods, e.g. meat and fish, should not be wrapped in plastic in the refrigerator as they tend to discolour and develop off flavours and odours without a layer of air surrounding them.

Such foods should be stored in a glass or ceramic dish.

/4 marks

20. Find out the guidance or identification of spoiled food. (10 marks)

**Answer:**

Food that is no longer suitable to eat may:

1. Be discoloured at the edges or in patches throughout 2 marks
2. Show mould growing on the surface 2 marks
3. Have a different, often unpleasant smell 2 marks
4. Feel different in texture, e.g. soft, pulpy, dry, cracked and wrinkled 2 marks
5. Taste different, e.g. bitter sour, with an aftertaste. 2 marks