



Let's wash our hands!



1. To wet



2. Soap



3. Palms



4. Wrinkles



5. The back of the hand of the hand



6. Between fingers



7. Thumbs



8. Nails



9. Wrists



10. To rinse



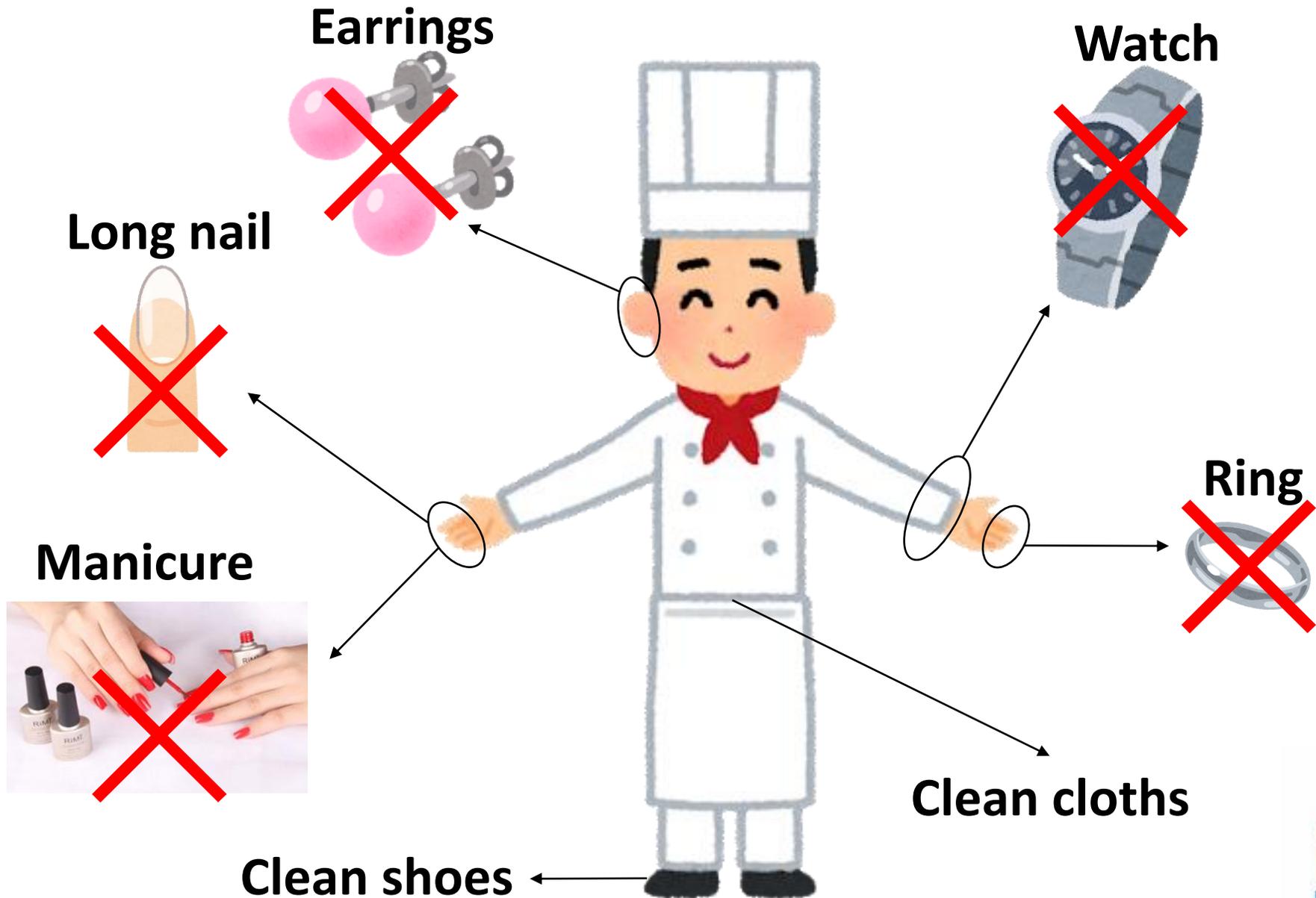
Why?

To remove dirt and avoid infections

When?

Before cooking, After using a toilet, Between process

Let's check our appearance before cooking!



Don't touch your hair, nose, eyes, face and other body parts during work.



Always keep cooking materials, equipment and workplace clean.



Check an expiration date. Consume foods which expiration date is shorter.

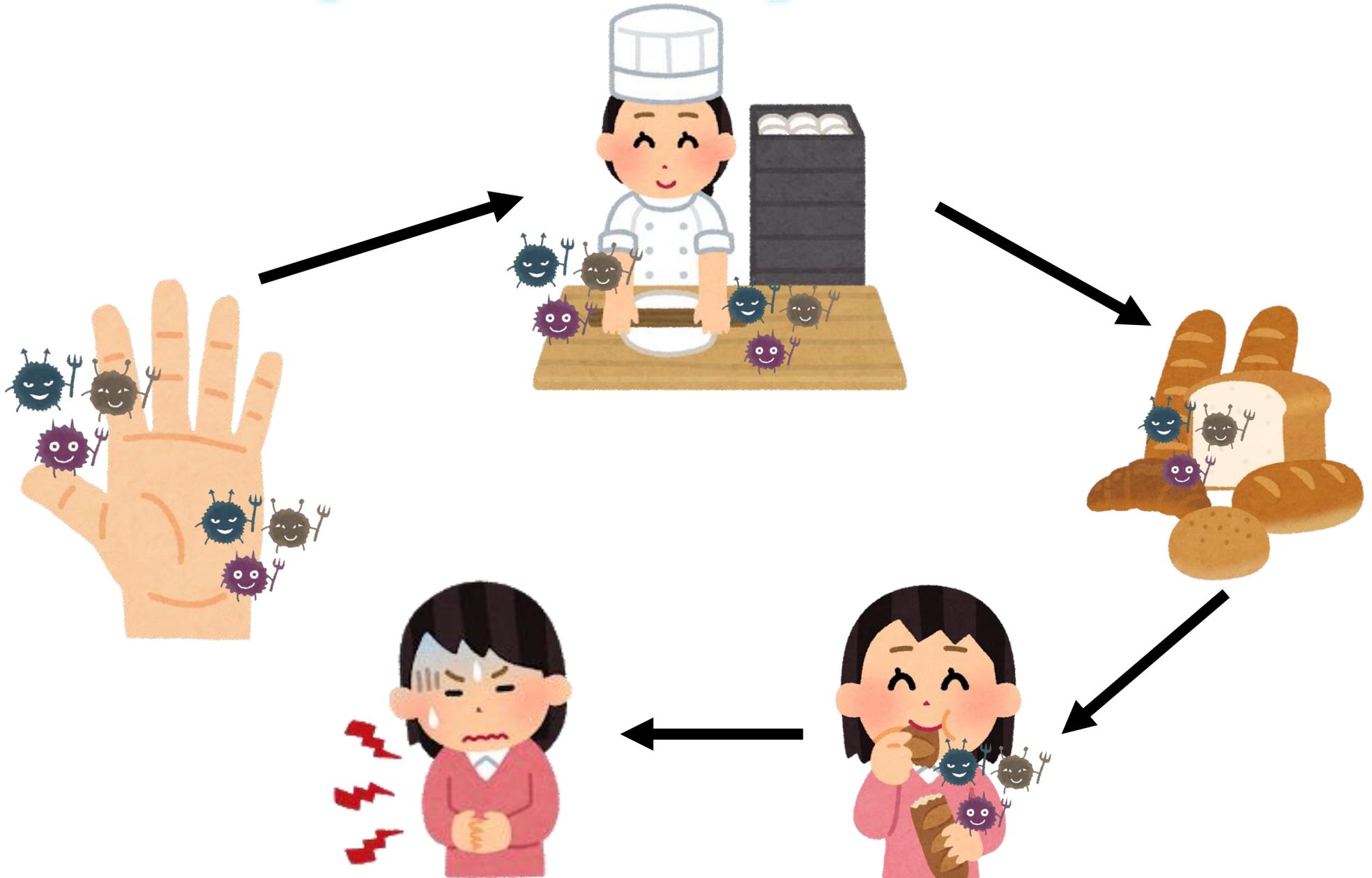


PD : Production Date
BB : Best-Before Date

If you make a mistake, you must inform it manager immediately.



If you don't wash your hands...



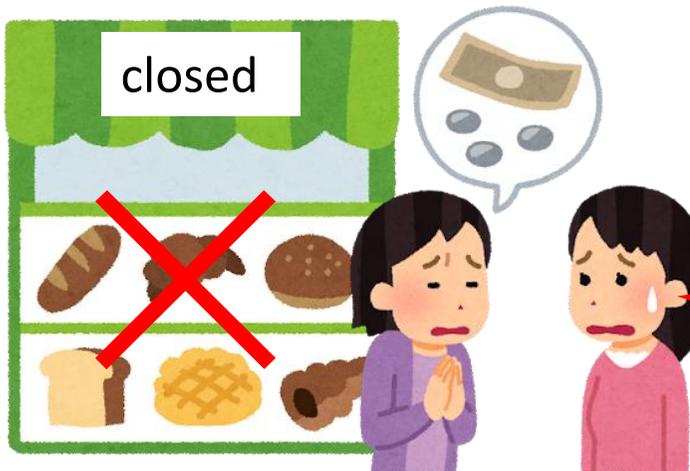
If you don't wash your hands...



You must take care of the patients.

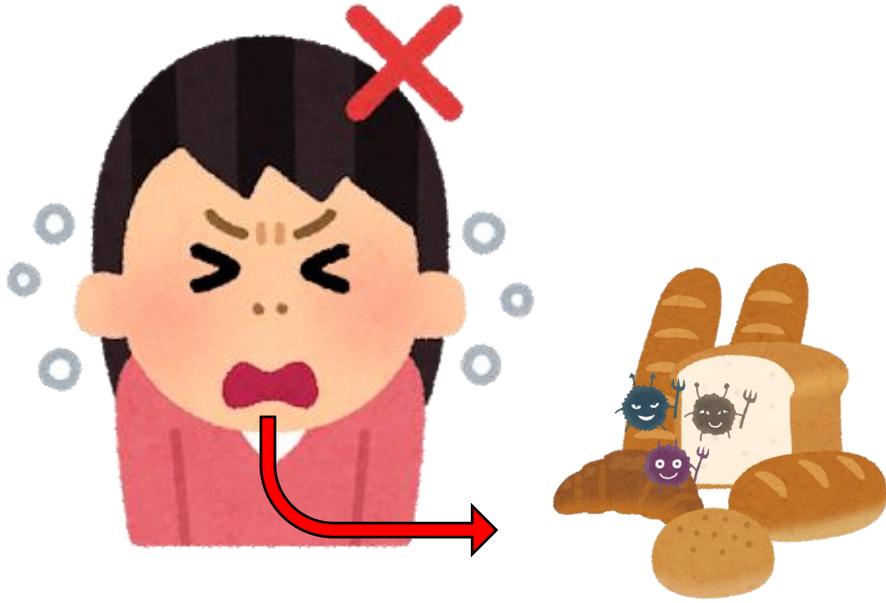


The customers never come to your shop again.



You will lose our job!

Be careful your cough and sneeze etiquette !



Wash your hands after coughing and sneezing,



Let's learn about bacteria

Where are bacteria?



Your hands



Toilet



Animals



**Raw meat, fish
and eggs**



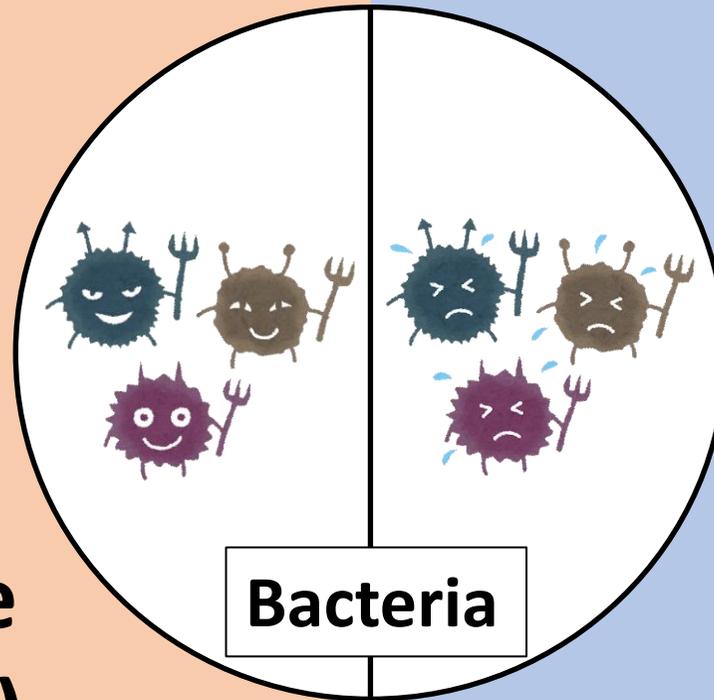
**Raw vegetable
and fruits**



Tap and doorknob

They like...

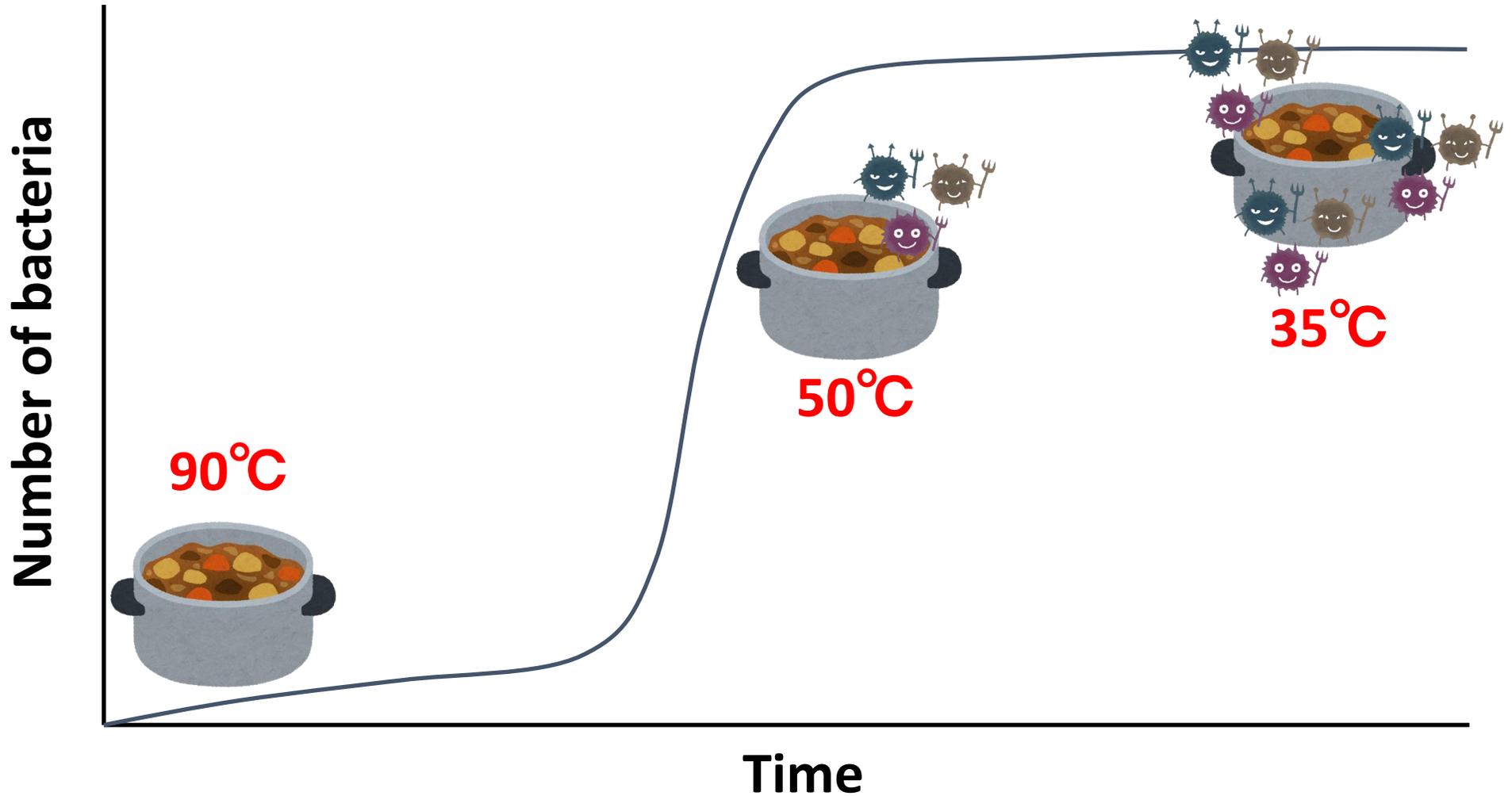
- Water
- Nutrients
- Warm temperature (36°C~40°C)



They don't like...

- Dry and cold condition
- Disinfection (alcohol, chlorine)
- High temperature (heating)

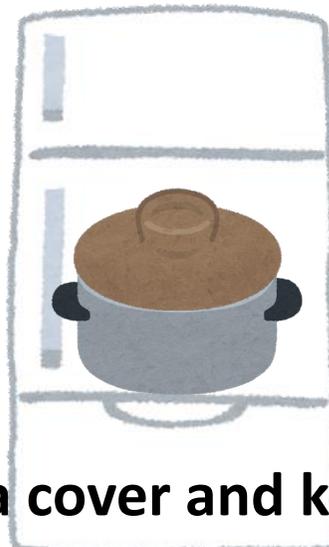
Bacteria increase rapidly under conditions with enough water, nutrients and warm temperature.



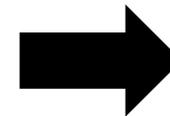
Don't leave your cuisine for a long time in the kitchen.



Serve as soon as possible.



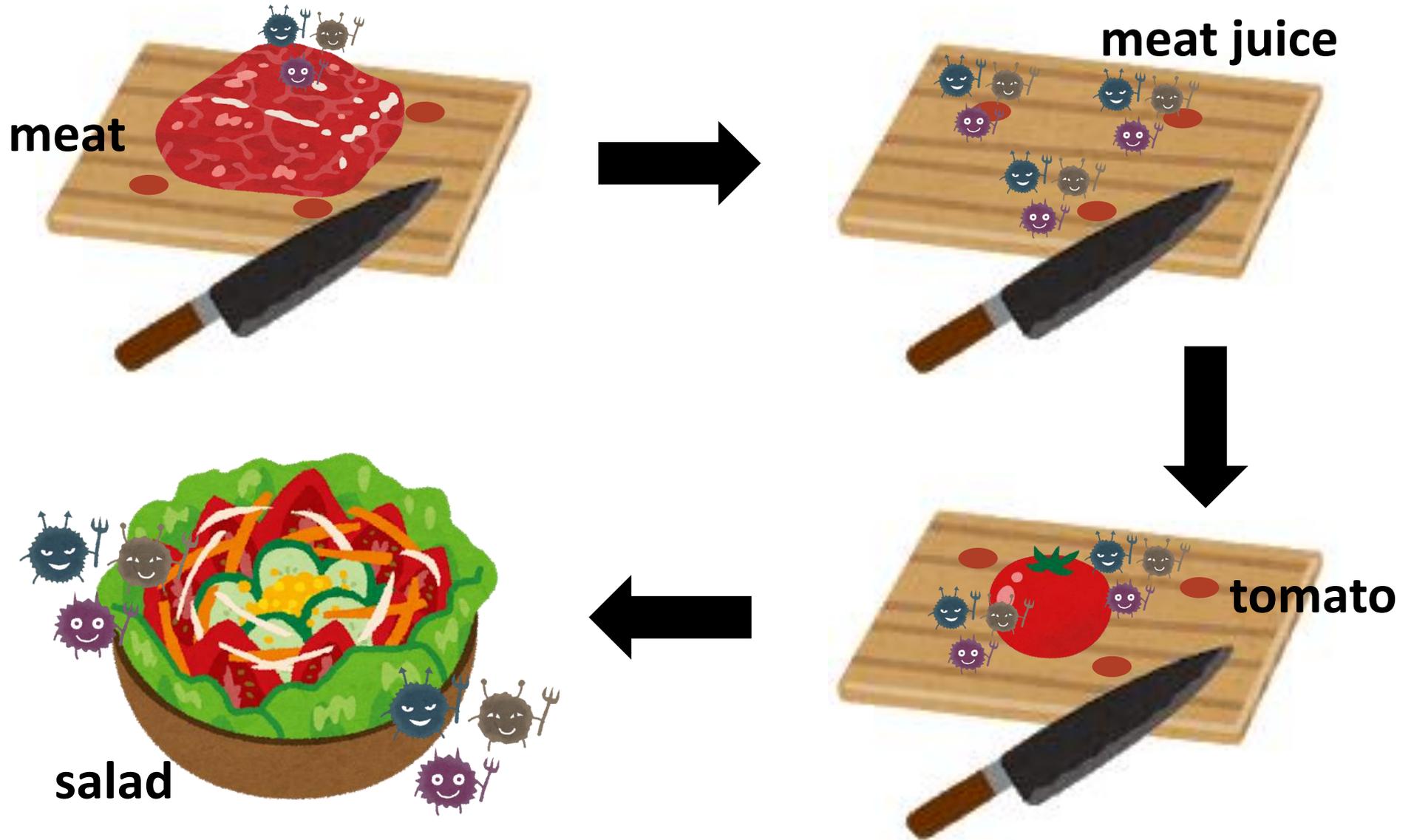
Put a cover and keep it in the fridge.



Reheat it well.

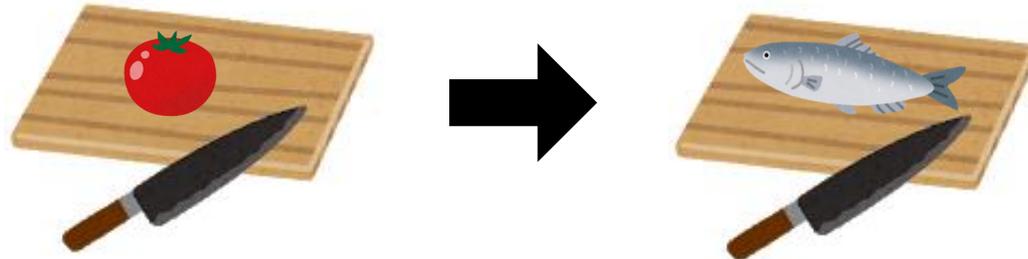
What is “Contamination” ?

Contamination ~case 1~



How to prevent contamination

① Cut vegetable and fruits first, then cut meat and fish



② Use different cutting boards



③ Wash well with soap after cutting



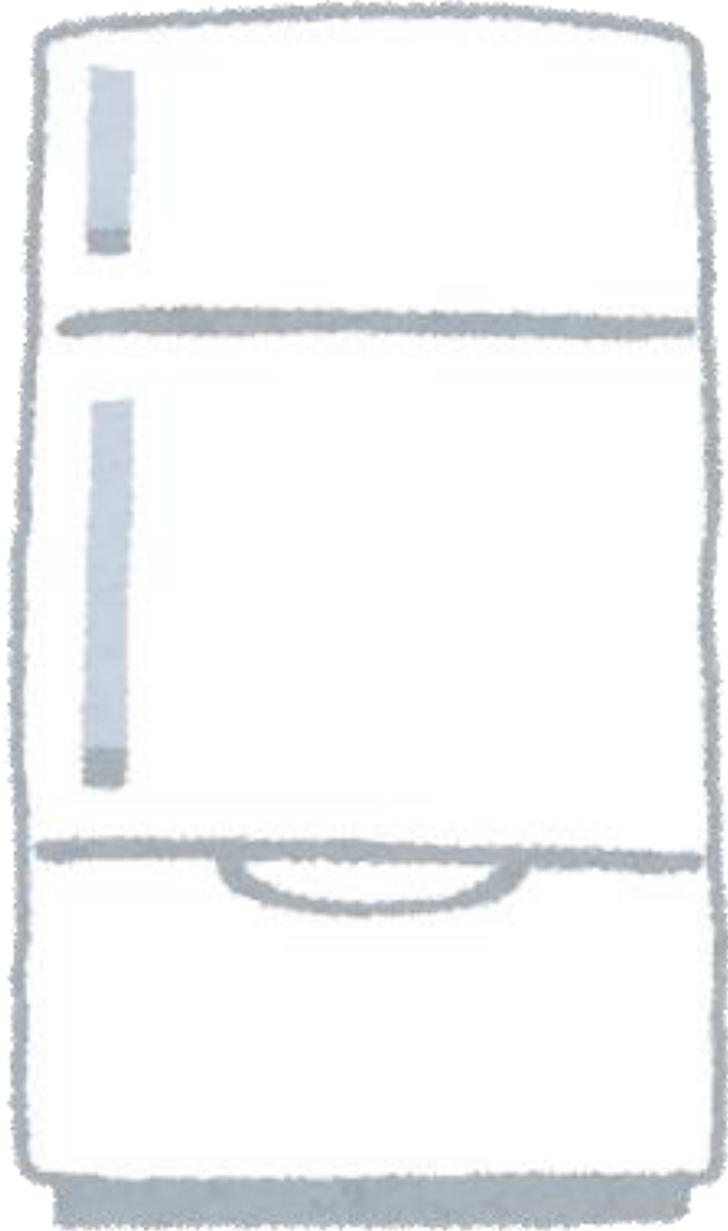
Contamination ~case 2~



meat juice



How to prevent contamination



Clean zone

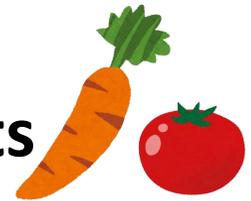
- Cooked dishes



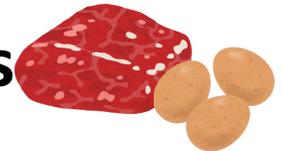
- Desert



- Raw vegetable and fruits



- Raw meat fish and eggs



Dirty zone

Keep the cooking tools clean

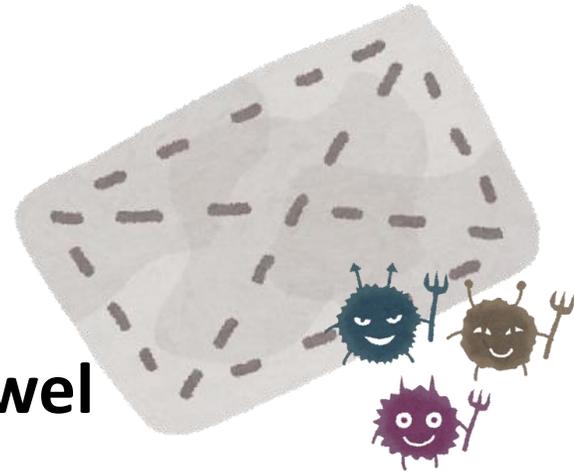
There are many bacteria on cooking tools.

cutting board



knife

towel



bowl



cooking tools

How to keep your cooking tools clean

① Wash well with soap



② Dry well



③ Disinfect by boiling water or chlorine or alcohol





Wash our hands



1. Wash with water



2. Use soap



3. Palms



4. Wrinkles



5. The back of the hand



6. Between fingers



7. Thumbs



8. Nails



9. Wrists



10. Rinse



Why?

To remove dirt and avoid infections

When

Before cooking, Before serving dishes, After using a toilet, Between each process