

3. When serving food

- Do not talk, sneeze or cough during serving food
- Proper handle different types of utensil

- Carry fork, spoon, and chopsticks by their handles



- Glass should be carried at lower half of it

Serving dish or bowl at its rim, not the containing area of food



4. When selling food

- Cooked food must be stored or kept in closed cabinet with glass window (transparence)
- Always use ladle, long handle spoon, or tong to pick up food



5. Always keep the premises clean

- Always wash and clean up kitchen and service areas
- Always clean and clear table after leaving of customer



- Always keep toilet clean

HEALTH NETWORK TOWARDS ASEAN COMMUNITY

HYGIENE FOR FOOD HANDLER



Who is Food Handler?

Cook



Waiter



Food seller



Food handler can spread some diseases to consumer by:

1. Being carrier: a person who has some pathogen to which he/she is immune, but who can pass it on to others
2. Carrying diseases that can be transmitted via hands or secretion such as nasal mucus, saliva.

The diseases are:

- Diarrhea, Dysentery, Typhoid, in which the pathogen can be on food handler hands, if he/she doesn't wash the hands effectively after using toilet.
 - Influenza and Tuberculosis are diseases transmitted through nasal mucus, saliva of the patients. While talking, sneezing or coughing, the pathogen can spread into food.
3. Food handler who has open wound, cut or abscess on his/her hands can spread the germ into food during preparing or cooking food.

Good personal hygiene for food handler

Food handler must have:

1. Good health
2. Good hygienic practices during preparing, cooking and selling food

1. Good health:

1. Take a bath everyday, wash hair at least twice a week, and always keep the hands clean.



2. Always eat cooked and safe food with proper amount.

3. Immediately consult medical doctor when becoming ill and always take physical examination annually.



2. Good hygienic practices during preparing, cooking and selling food:

1. Before preparing or cooking food, food handler should:

- Wear suitable protective clothing including short or long sleeves clothes apron and hair covering (hat or net).
- Wash the hands with soap frequently and thoroughly before preparing or cooking food
- Keep finger nails short. Any cut or wound on hands must be completely covered with water proof adhesive plaster.

Clean and safe food



2. During preparing or cooking food

- Prepare food on tables or places at least 60 cm. above the floor
- Always use a clean protective mask when coughing or sneezing
- Use separate spoon or container when tasting food
- Always wash raw food before cooking and cook food thoroughly by heating