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**Department of Education**  
National Capital Region  
Schools Division Office – Muntinlupa City

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**SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)**  
**Cookery Grade 8 Quarter 3 Week 2**

**I. Topic: IDENTIFYING AND PREVENTING HYGIENE RISKS**

**II. Objectives:** At the end of this module, you are expected to:

1. identify potential hygiene risks in the workplace;
2. take action to minimize or remove the risk within the scope of individual responsibility;
3. report hygiene risk beyond the control of individual staff members immediately to the appropriate person.

**III. Brief Introduction of the Lesson**

A **food handler** is anyone who works in a food business and who handles food and surfaces that are likely to be in contact with foods such as cutlery, plates and bowls. He/She may do many different things for a food business which include cooking, preparing, serving, packing, displaying and storing food. Food handlers can also be involved in manufacturing, producing, collecting, extracting, processing, transporting, delivering, thawing and preserving food. It is one of the many duties of a food handler to identify and prevent hygiene risks in the workplace

**Potential Hygiene Risks**

- Bacteria and other contamination arising from poor handling of food
- Inappropriate storage of food, including: storage at incorrect temperatures; foods left uncovered; poor personal hygiene practices
- poor work practices: relating to cleaning; housekeeping; food handling.
- Vermin
- Airborne dust
- Cross-contamination through inappropriate cleaning practices
- Inappropriate handling of potentially infectious linen
- Contaminated wastes such as blood and body secretions
- Disposal of garbage and contaminated or potentially contaminated wastes

**Hygiene and Sanitation Risks That Must Be Addressed**

A. Personal Hygiene risks

- Poor personal grooming
- Poor personal and oral hygiene
- Uncovered open cuts and wounds
- Not washing hands after eating, smoking, handling garbage or using bathroom and visiting comfort room.

B. Environmental Hygiene Risks

- Unsafe garbage storage and disposal; inappropriate and irregular cleaning practices
- Poor handling and storage of foods
- Inappropriate handling of potentially infectious linen and poor work practices

C. Food Poisoning

- Causes include toxin formation when bacterial growth is at high rate.





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- Accidentally eating contaminated and toxic foods, Incorrect storage and food handling procedures
- Types of bacteria that may cause food poisoning:  
Staphylococcus Aureus, Clostridium Perfringens, Salmonella, Listeria, Clostridium Botulinum , Camphylobacteria
- Symptoms of food poisoning:  
Nausea , Vomiting, Stomach cramps, Diarrhea, Gastro-enteritis, Dehydration

**Preventing Hygiene Risks:**

- A. Report hygiene risks beyond the control of individual staff members immediately to the appropriate person for follow-up.
- B. Take action to minimize or remove the risk within the scope of individual responsibility and in accordance with enterprise and legal requirements.  
Minimizing or removing risks may include:
- Auditing staff's skills and providing training
  - Ensuring policies and following procedures strictly
  - Auditing incidents and taking follow-up actions
- C. Establish personal hygiene standards and procedures which include:
- Following good personal hygiene rules
  - Using of disposable gloves when handling foods
  - Washing hands before and after using the bathroom, starting work and touching food or equipment
  - Using brightly colored bandages for open wounds and sores
- D. Observe food handling practices during:
- storage
  - preparation
  - disposal
- E. Proper storage of the following food items:
- |                              |                       |
|------------------------------|-----------------------|
| • meat, poultry, and seafood | • fruits & vegetables |
| • dry goods                  | • dairy foods         |
- F. Cleaning practices including regular cleaning of the following areas:
- |                    |           |
|--------------------|-----------|
| • accommodation    | • laundry |
| • food preparation | • public  |
| • storage          |           |

**IV. ACTIVITIES.**

**Activity 1.**

Directions: As a food handler. What are your responsibilities in minimizing hygiene and sanitation risks? Write at least 5 responsibilities. Write your answer on a separate sheet of paper.





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Activity 2: Directions: At home, in your kitchen:

1. identify potential hygiene risks.
2. list consequence of hygiene risk of not taking action.
3. provide solution to hygiene risk.

Hygiene risk	Consequence	Solution
1.		
2.		
3.		
4.		
5.		

**Activity 3.** Answer the following questions.

1. What are some of the potential hygiene risks that we have to consider?

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2. How would you minimize or eliminate hygiene risks?

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**V. Assessment** : Read the following items carefully and encircle the letter of the correct answer.

1. Which of the following is the symptoms of food poisoning?  
A. itching throat  
B. fever  
C. rashes  
D. stomach cramps
2. Prevention of hygiene risks include cleaning practices that includes the regular cleaning of  
A. kitchen  
B. food preparation area  
C. bathroom  
D. toilet
3. Which of the following is a personal cleanliness practice?  
A. Combing the hair in the working area  
B. Washing the hands before and after work





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- C. Keeping fingernails long and well-polished
- D. Wearing apron outside the food preparation area

4. The following are types of bacteria that may cause food poisoning EXCEPT \_\_\_\_\_.  
A. Clostridium                      C. Salmonella  
B. Decomposer                      D. Staphylococcus
5. It is one of the many duties of a food handler is \_\_\_\_\_.  
A. to identify and prevent hygiene risks in the workplace  
B. clean the kitchen premises  
C. receive deliveries  
D. check the stocks

**VI. Reflection:**

1. What significant learning did I gain from the lesson?

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2. How do I apply in actual situation the knowledge and skills that I gained from this lesson?

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**References**

Books

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2. Avelina T. Llagas et al., Food Management and Service I, Experimental Edition 1994, Sanitation and Safety, Manila, Philippines, pp. 64 – 71
3. Senator Teresa Aquino – Oreta, Health guide for School Children and Family, Best Practices in Health, Manila, Philippines, pp. 1- 3

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