

Strand 3: Hygiene practices

3.1: Cleaning the kitchen

Section A

1. C.
2. C.
3. D.

Section B

1.
 - (a) Defrosting a refrigerator – special cleaning.
 - (b) Sweeping the kitchen floor – daily cleaning.
 - (c) Cleaning windowpanes – weekly cleaning.
 - (d) Washing utensils – daily cleaning.
2.
 - Remove food residues and spills that attract pests, reducing their food source.
 - Clean hidden areas (cupboards and corners), to destroy pest breeding and hiding places.
3.
 - Scrubbing floors and walls thoroughly.
 - Cleaning inside cupboards and drawers.
 - Relining shelves.
 - Defrosting and cleaning the refrigerator.
 - Cleaning kitchen equipment.
 - Checking if there is a blockage in the sink and unblocking.
 - Cleaning open drains.
 - Rearranging furniture and kitchen equipment to give the kitchen a new look.
 - Removing and disposing of spoiled food
 - Washing windows and ventilators
4.
 - Prevents growth and spread of germs.
 - Keeps the kitchen neat and organised.
 - Reduces risk of pest infestation.
 - Prevents food contamination.
 - Improves safety by reducing accidents such as slipping.
5.
 - To maintain hygiene and prevent diseases.
 - To keep the kitchen environment safe and pleasant.
6.
 - Melts and removes grease or fat that may clog pipes.
 - Helps to kill germs and reduce bad odours.
- 7.

- (a) Wash equipment thoroughly after use; rinse and disinfect where necessary; dry properly before storage; store in a clean, dry place; hang items like mops or cloths to air dry.
- (b) Prevents growth of germs on dirty equipment; prolongs the lifespan of the equipment; ensures effectiveness in future cleaning.