

## CLOTHES AND PERSONAL HYGIENE

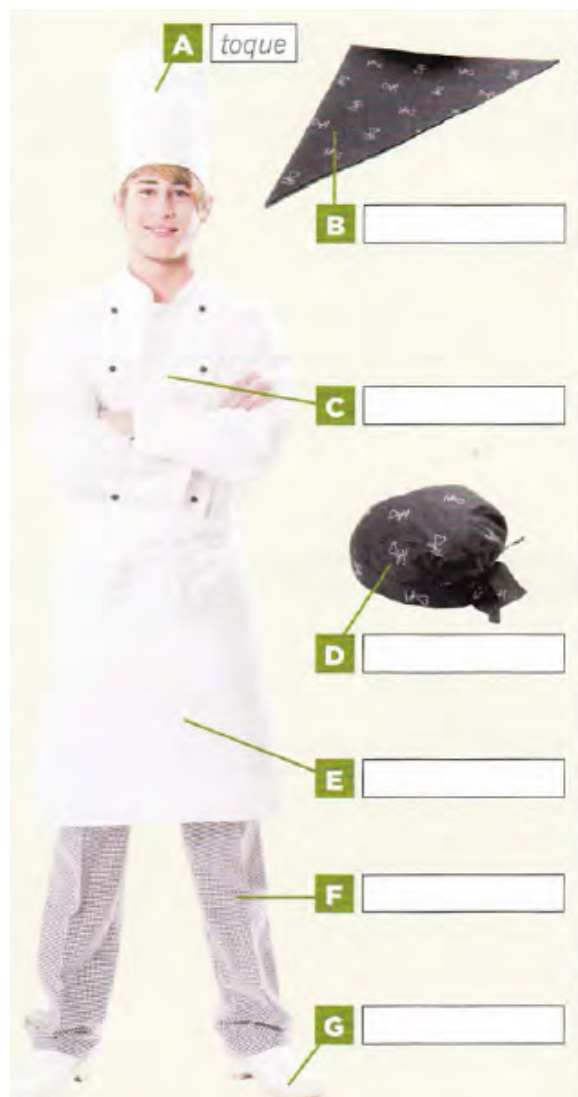
The most famous part of the chef's uniform is **the toque** – the chef's hat. It is made of a material and covers hair. It must be clean and short to avoid contact with food or dirt. Today, some chefs prefer to wear **a bandana**, a piece of coloured material which is hygienic and covers hair as well.

Some chefs also wear **a triangle**, a kind of a scarf made of cotton, rolled up around the neck to absorb sweat. Another important garment is a chef's **jacket** which is usually made of good quality cotton. It is heat-resistant and easy to wash. Kitchen staff must carefully tie **an apron** around their waist. Chef's **trousers** need to be made of nonflammable material without a gem because bacteria easily grow there.

Chefs wear comfortable, light **shoes** which have non-slip soles.

All staff wear clean uniforms every day.

**Ex.1 Match the word in bold to the pictures below.**



**Ex.2 Put the words below into the gaps.**

accidents ankles apron burns clean cover don't emergency hair jacket materials  
move neck shoes short top pick up triangle trousers waist wear

- Keep your hair (1) *short* and (2) \_\_\_\_\_.
- (3) \_\_\_\_\_ your (4) \_\_\_\_\_ with a toque or a bandana.
- Wear a (5) \_\_\_\_\_ to keep your (6) \_\_\_\_\_ warm and dry.
- Make sure you can take your (7) \_\_\_\_\_ off easily in an (8) \_\_\_\_\_.
- Tie your (9) \_\_\_\_\_ at your (10) \_\_\_\_\_, fold it over at the (11) \_\_\_\_\_ and make sure it covers your (12) \_\_\_\_\_.
- Use a torchon to (13) \_\_\_\_\_ and (14) \_\_\_\_\_ hot things.
- (15) \_\_\_\_\_ nonflammable (16) \_\_\_\_\_ to protect you from fire.
- (17) \_\_\_\_\_ put a hem in your (18) \_\_\_\_\_ or skirt.
- Avoid (19) \_\_\_\_\_ or (20) \_\_\_\_\_ by wearing anti-slip soles and protective steel cap (21) \_\_\_\_\_.