



Task 1: Hygiene and food safety

You work as a cook or waiter. How can you ensure good hygiene and prevent people from getting sick from the food?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.



Keywords:	Sentence starters:
<ul style="list-style-type: none">• Hand hygiene (håndhygiene)• Contact infection (kontaktsmitte)• Cross-contamination (kryssforurensning)• Airborne and droplet infection (luft- og dråpesmitte)• Food poisoning (matforgiftning)• Food infection (matinfeksjon)• Food allergy (matvareallergi)• Food intolerance (matvareintoleranse)• Clean zone (ren sone)• Dirty zone (uren sone)	<ol style="list-style-type: none">1. When I work with food, I must...2. To avoid illness, it is important that I...3. It can be dangerous if...

Task 2: Work clothing and protective equipment

You are working in the kitchen or in service. How do you protect yourself and others from infection and injury?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.



Keywords:	Sentence starters:
<ul style="list-style-type: none">• Chef uniform (kokkeuniform)• Apron (forstykke/forkle)• Protective equipment (verneutstyr)• Chainmail glove (slakterhanske)• Chainmail apron (slakterbrynje)• Chain of infection (smittekjeden)• Packaging (emballasje)• Risk (risiko)• Safety (sikkerhet)• Prevention (forebygging)	<ol style="list-style-type: none">1. I use the correct work clothes because...2. To protect myself and my colleagues...3. It is important to use protective equipment when...

Task 3: Physical strain and work techniques

Working in a kitchen or serving can be physically demanding. How can you work safely and avoid strain?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.



Keywords:	Sentence starters:
<ul style="list-style-type: none">• Strain (belastning)• Ergonomics (ergonomi)• Health (helse)• Well-being (trivsel)• Environment (miljø)• Rule (regel)• Risk (risiko)• Safety representative (verneombud)• Union representative (tillitsvalgt)• Prevention (forebygging)	<ol style="list-style-type: none">1. To avoid strain injuries, I must...2. When I lift heavy items, it is important that I...3. It can be hard on my body if...

Task 4: Work environment and safety

A good work environment is important for safety and well-being. How can you contribute to a safe and positive workplace?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.



Keywords:	Sentence starters:
<ul style="list-style-type: none">• Well-being (trivsel)• Bullying (mobbing)• Violence (vold)• Environment (miljø)• Safety representative (verneombud)• Union representative (tillitsvalgt)• Documentation (dokumentasjon)• Risk (risiko)• Rule (regel)• Safety (sikkerhet)	<ol style="list-style-type: none">1. I can contribute to a good work environment by...2. If I experience bullying, violence or unfair treatment...3. It is important to speak up if...