

# Before you start cooking, always...

- 1 Tie long hair back.
- 2 Take off any bracelets and rings.
- 3 Wear a clean apron.
- 4 Make sure your working surface is clean and has been disinfected.
- 5 Roll up your sleeves.
- 6 Wash your hands with soap.

Follow these rules to stay hygienic in the kitchen!



**Remember:** Wash your hands again if you have touched your face, sneezed or coughed, after touching raw meat, touching the bin or going to the toilet.

# When you prepare food, always...

- 1 Ask an adult before you start making anything in the kitchen.
- 2 Ask an adult before you use any electrical equipment.
- 3 Be careful with knives. Ask an adult to help you choose a knife and get them to help you chop the food. Never walk around carrying a knife.
- 4 Ask an adult to turn on the oven or hob when you need to use it. Don't leave pan handles sticking out when you use the hob.
- 5 Use oven gloves when putting food into the oven and when taking it out again.

Cooking is great fun, but as there are some dangers too - like heat and knives - you must always take care and be safe.



- 6 Wash vegetables and fruits if they are not going to be peeled.
- 7 Make sure you use separate chopping boards for meat, fish and vegetables.
- 8 Make sure you wipe up immediately anything that has spilled on the floor and always throw away any food that has fallen on the floor.
- 9 Keep perishable foods in the fridge until you need them.



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