

# Safety in the Kitchen

To ensure that food is safe and clean to eat, you must store, prepare and cook food hygienically. Bad hygiene could result in food poisoning.



Thoroughly wash your hands and clean surface areas where you are planning to prepare food.



Make sure the floors are clear and dry.



You must always walk around the kitchen.



Use the correct chopping board for what you are cutting, such as fruits, vegetables or meats. If you do not do this, it could lead to cross-contamination.



Never use dirty towels to dry dishes. Empty bins regularly and clean equipment after use.



Wear appropriate clothing to keep you safe.

If you have long hair, you may want to wear a hair net or tie your hair up. An apron will also protect you against burns and splashes.

Remove any jewellery.

Wear oven mitts when putting trays into and out of the oven.



Make sure you are able to use knives safely.

When not using the knife, leave it on the chopping board. Do not carry it around the kitchen.

Check you have a firm grip on the knife. Most people hold a knife with the hand they use for writing.



Ask an adult if you can not reach objects or are unsure on how to use kitchen equipment safely.

