

## Safety and Hygiene in the Kitchen

### **Hygiene**

1. Always wash your hands before starting.
2. Always make sure surfaces and equipment have been cleaned thoroughly.
3. Make sure all hair is tied back.
4. If you touch your hair, you need to wash your hands again.
5. If you sneeze or cough, make sure you put your hand in front of your mouth. Then wash your hands again.

### **Safety**

1. Never touch anything until you are told too.
2. Always ask an adult to use the cooker or oven.
3. Never use sharp knives without an adult present.
4. Never leave handles hanging over the edge of the cooker.
5. Never leave items hanging over the edge, or near the edge.

Using the information above, design a poster, showing the hygiene and safety issues when using a kitchen to prepare and cook food.