

# Personal hygiene when making food



**Cover cuts with a plaster.**



**Remove all rings before touching food.**



**Tie back your hair and don't touch it.**



**Don't sneeze or cough over food.**



**Never lick a spoon and put it back in the food.**



**Change dish cloths and tea towels every week.**

# Keeping food safe from germs



**Keep food covered in the fridge. Don't store food in tins in the fridge. Put food into a dish with a lid.**



**Check "use by dates" or "sell by dates". Throw away old food from your fridge and cupboards.**



**Keep raw foods on the bottom shelf of the fridge. Throw away leftovers after 3 days.**



**Eat rice as soon as it is cooked. Leftovers should be covered and quickly put in the fridge.**



**Cover food when pets are around. Don't let pets walk on the worktops.**



**Cover food in summer to stop flies landing on it.**

# Keeping safe when cooking



**Always wash your hands first - and always wash them again after you have touched meat, chicken, fish or eggs (even the outside of the egg).**



**Always wash fruit and vegetables.**



**Sponges are best. Screwed up cloths can have lots of germs in them.**



**Wash chopping boards, knives and worktops as soon as you have used them. Use hot soapy water.**



# Keeping safe when cooking (continued from page 7)



**On the cooker, turn pan handles to the side so they won't get knocked off when walking past them.**



**Always turn off cooker rings when you are not using them.**



**When you chop with a knife, chop on a board and make sure you chop away from your hand.**



**If you walk around holding a knife, always point it to the floor.**



**Never put knives in a sink of soapy water. You can cut yourself if you put your hand in the sink. Keep it in your hand and wash it.**

# When should you wash your hands?



**Before you start to make food**



**After you have touched raw chicken**



**When you have been to the toilet**



**After you have touched raw meat**



**After a cigarette**



**After you have touched raw fish**



**After you have blown your nose**



**After you have touched an egg**



**After touching pets**



**After emptying the bin**