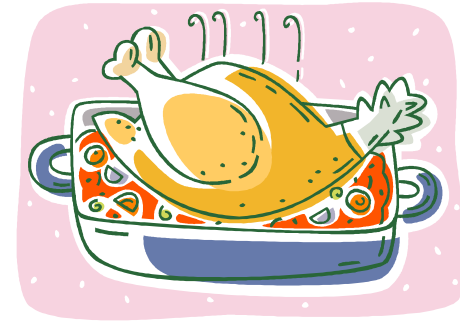
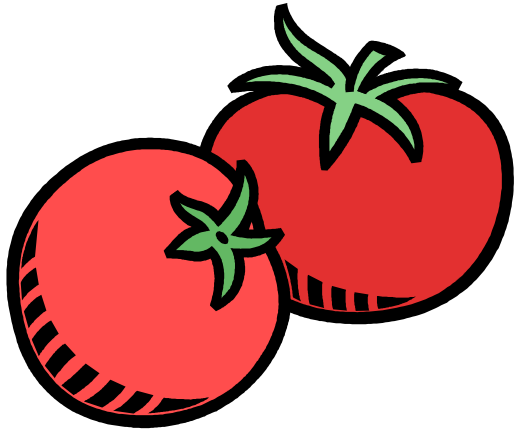


# Basic Food Hygiene



What rules do we need to follow to make sure our food does not get infected?

# Rule Number One:



- Always wash your hands before you start cooking.
- This stops any germs that might have been on your hands from getting into the food.

# Rule Number Two:



- Always keep raw meat away from cooked meat.
- This stops the bacteria from the raw meat infecting the cooked meat.
- Why does the cooked meat not have bacteria in it?

# Rule Number Three:



- Check the sell-by and use-by dates on food.
- Foods that are past their use-by date may make you ill if you eat them.
- What is the difference between a sell-by date and a use-by date?

# Rule Number Four



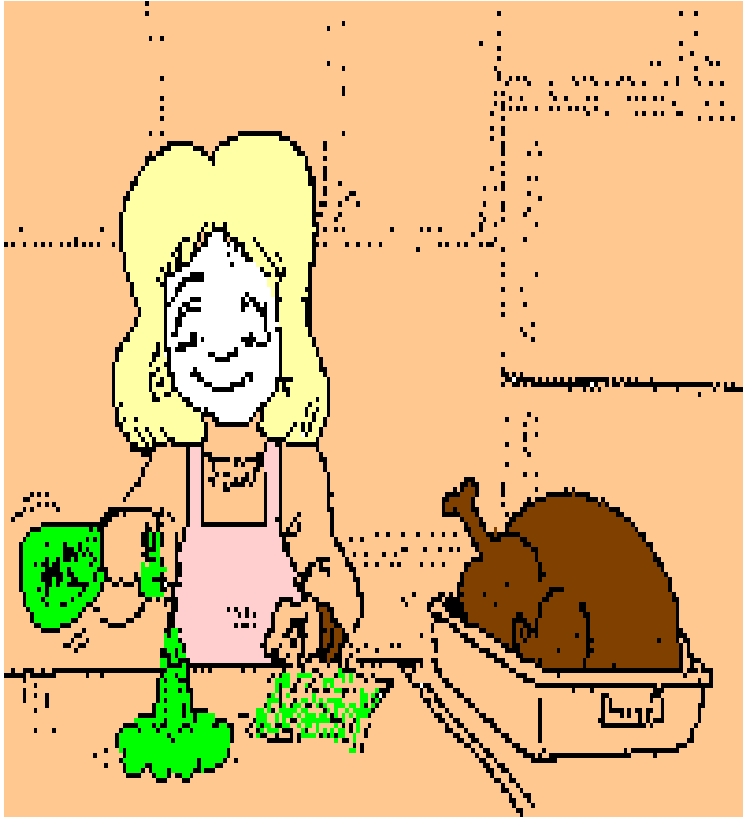
- Keep your food in the right places: in the fridge if it says 'Keep refrigerated', or in the cupboard if it says 'Store in a cool, dry place'.
- Where other places might you store food?

# Rule Number Five:

- Always tie back long hair when cooking.
- This stops any stray hairs from getting in the food and infecting it.



# Rule Number Six:



- Always disinfect and clean your cooking surfaces before preparing food.
- This stops any germs from the surface getting into the food.



- Can you think of any other rules about food hygiene?



Create your own H&S leaflet,  
detailing the main rules when it  
comes to being safe in the  
kitchen.