

What should we remember before handling food?

- Personal hygiene

- remove any jewellery (they could spread germs or fall into what you're cooking)



- Tie back your hair if it is long. Hair can fall into food or get caught in equipment.



- Wash hands with soap and water

Knife Safety



How to hold a knife - Make sure your fingers are tightly wrapped around the handle, and your thumb and index finger are near the blade.



The Claw - This is a way to hold the food you are cutting so that your finger tips aren't in the way of your knife blade.

