Before you start cooking, always...

1. Tie long hair back.
2. Take off any bracelets and rings.
3. Wear a clean apron.
4. Make sure your working surface is clean and has been disinfected.
5. Roll up your sleeves.
6. Wash your hands with soap.

Remember: Wash your hands again if you have touched your face, sneezed or coughed, after touching raw meat, touching the bin or going to the toilet.

When you prepare food, always...

1. Ask an adult before you start making anything in the kitchen.
2. Ask an adult before you use any electrical equipment.
3. Be careful with knives. Ask an adult to help you choose a knife and get them to help you chop the food. Never walk around carrying a knife.
4. Ask an adult to turn on the oven or hob when you need to use it. Don’t leave pan handles sticking out when you use the hob.
5. Use oven gloves when putting food into the oven and when taking it out again.
6. Wash vegetables and fruits if they are not going to be peeled.
7. Make sure you use separate chopping boards for meat, fish and vegetables.
8. Make sure you wipe up immediately anything that has spilled on the floor and always throw away any food that has fallen on the floor.
9. Keep perishable foods in the fridge until you need them.

Take a look at www.greatgrubclub.com for lots of healthy and tasty recipes and much more!