

# Safety in the kitchen

## Some tips on staying safe when cooking



### Before you start

- Always wash and dry your hands carefully before you start to cook.
- Wear an apron to keep your clothes clean.
- Tie back long hair.
- Wipe down surfaces with disinfectant spray.

### Preparing food

- Check the best before date on food.
- Always use a chopping board to chop food.
- Ask adults if you need anything chopped with a sharp knife.
- Adults should always use the bridge and claw method when cutting food. They should hold the item by making a bridge shape with their hand, so the knife goes under the tunnel of their fingers.
- Adults should form their hand into a claw shape when holding an item to be sliced. Only their fingertips should touch the item.



### Cooking hot food

- Adults should help when you need to put food into a hot oven. Always use oven gloves.
- Check food is properly cooked before eating it. This is especially important when cooking meat.

### Washing up

- Good cooks always clean up after themselves.
- Run a bowl of hot water and add washing up liquid.
- Wear rubber gloves to protect your hands and use a brush, sponge, or scourer to wash up.
- Never leave sharp knives in the sink as they can't be seen under the bubbles.