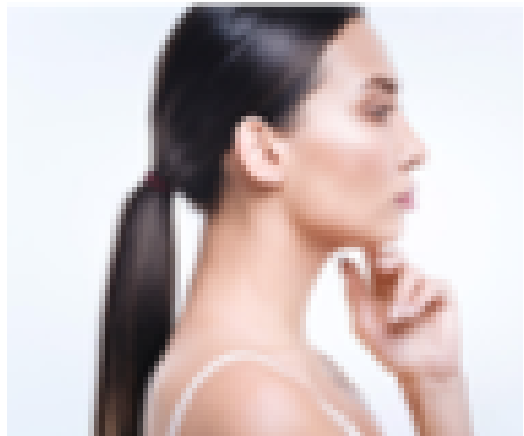


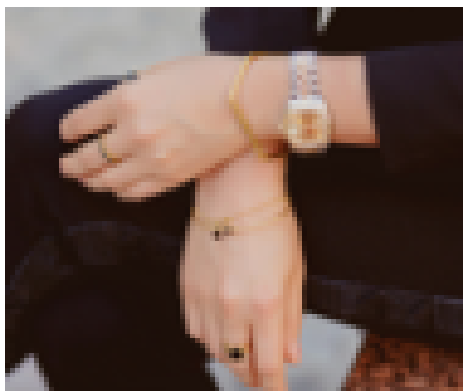
# LET'S GET READY TO COOK

*Before we can start cooking, we need to make sure we have completed a few steps to reduce the risk of Food Poisoning and accidents.*



Tie long hair back – bacteria live in our hair and could easily get into the food.

Wear a CLEAN apron to protect the food from dirt or bacteria on our clothes.



Remove jewellery it can hide dirt and bacteria which can get into the food.

Wash your hands thoroughly, germs get everywhere.



Make sure the surfaces are clean using a damp cloth and anti-bacterial spray.

## WARNING

**If you are using the oven, always have a adult with you, you don't want to burn yourself**



Organise equipment and ingredients

