

# Food Hygiene Worksheet

**What do you need to do before and after cooking?** (Draw a line to match the task with when it needs to be done)

Make sure the cooking area is tidy and clean

Remove jewellery

Wash hands

Put ingredients or food away, for example in a fridge

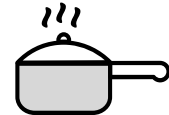
Put on an apron

Tie back long hair

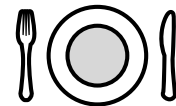
Clean down surfaces

Wash equipment in warm water and washing up liquid and dry it well

**Before Cooking**



**After Cooking**



**Where should I store my Food?** (Write the foods from the list in the place where they should be stored)

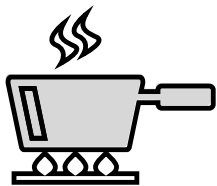
**CUPBOARD**

**FRIDGE**

- Yogurt
- Lentils
- Onion
- Milk
- Pasta
- Chicken
- Cheese
- Bread
- Eggs
- Dried apricots
- Salmon
- Canned sardines



If something you are cooking falls on the floor, do you know what to do?



Pick it up and cook

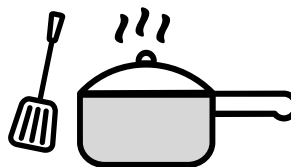


Throw it away

If you cough when you are cooking, do you know what to do?



Wash your hands



Continue to cook