

Safe food handling is essential for preventing the spread of germs and disease in the kitchen. Remember to keep the following rules in mind whenever you prepare or cook food.

1. Always wash your hand thoroughly before you start preparing food
2. If you wear gloves, change them when you would wash your hands
3. Do not handle food if you are sick or have cuts or sores on your hands
4. Keep hot food hot ($>60^{\circ}\text{C}$) and keep cold food cold ($<5^{\circ}\text{C}$)
5. Defrost food in the fridge (or microwave if needed urgently)
6. Do not re-freeze thawed food
7. Store food appropriately in the fridge
8. Do not overload the fridge
9. Avoid cross contamination
10. Never smoke in or around food areas
11. Clean and sanitise your cooking areas regularly and thoroughly
12. Eliminate pests

