

Year 7 Cooking & Nutrition

Hygiene -practices that help to maintain health and prevent the spread of diseases.

Safety - the condition of being protected from or unlikely to cause danger, risk, or injury.

Personal hygiene	
Hands	It is important to wash hands thoroughly with antibacterial soap before preparing food. Dry hands on a paper towel. This prevents dirt and bacteria contaminating food.
Hair	It is important to tie long hair up to prevent it falling into food.
Apron	It is important to wear an apron to prevent dirt & bacteria from outside contaminating food.

Kitchen hygiene	
Equipment	It is important to wash and dry equipment thoroughly with washing up liquid and hand HOT water. This ensures that equipment is de-greased and free from bacteria preventing contamination.
Work surfaces	It is important that work surfaces are kept clean and tidy to prevent contamination and accidents.

Equipment	Use	Safety points
Knife (sharp)	For chopping, slicing and dicing	Carry holding the handle and pointing downwards by your side. Cut down onto a chopping board.
Scales	For weighing ingredients.	Do not place in water.
Hob	For cooking sauces, stews, curries etc	Handles to the side, use front rings, control the heat.
Oven	For baking.	Use oven gloves, hold tray correctly.