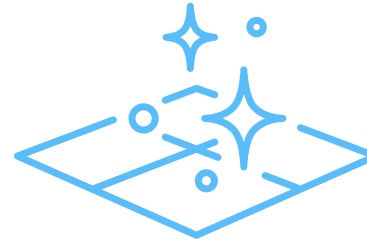# Food Hygiene

Cooking and preparing meals is lots of fun but it's important that we handle food products safely and hygienically.

Wash your hands before and after touching food.

Make sure long hair is tied back.

Start with clean surfaces, utensils and cutlery.

Wash all fruits and vegetables before eating and preparing.

Wipe up any spillages straight away.

After you have finished cooking and preparing food, wash all of the utensils you have used in hot, soapy water.

Read the labels on food products carefully. The label will tell you the safest way to store the product – whether it's in the fridge or in a cool cupboard.