

Keywords

Hygiene: acts of cleanliness that are necessary for health.

Personal hygiene: Care for one's bodily health and wellbeing through cleanliness standards.

Bacteria: Single celled organisms that multiply rapidly.

Contaminant: Anything that would make food harmful or objectionable.

Preparing to cook

Tie up long hair or head coverings.

Tuck in ties

Remove blazers and roll up long sleeves.

Put on a clean apron

Put blazer onto the correct numbered peg

Thoroughly wash and dry hands.

Collect ingredients and place them on white trays on

Collect all the necessary equipment for the practical.

Skills

Bridge grip: Use thumb and forefinger and grip either side of the ingredient, use knife under the bridge to cut



https://youtu.be/YP9tIzVJzjs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Claw grip: Tips of fingers and thumb tucked under to hold the ingredient before chopping



https://youtu.be/UhIRGJJdDXU?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Where should food be stored in the fridge?

Cheese, dairy and egg-based products: The temperature is usually coolest and most constant at the top of the fridge, allowing these foods to keep better.

Cooked meats: Cooked meats should always be stored above raw meats to prevent contamination from raw meat.

Raw meats and fish: Raw meats and fish should be below cooked meats and sealed in containers to prevent contamination of salad and vegetables.

Salad and vegetables: These should be stored in the drawer(s) at the bottom of the fridge. The lidded drawers hold more moisture, preventing the leaves from drying out.

Safety

Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.

Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.

Hot liquid: drain hot liquid carefully over the sink using a colander.

Saucepans: turn panhandles in from the edge, so they are not knocked.

Hot equipment: always use oven gloves when placing food in and out of the oven.

Spills: wipe up immediately.