

# FOOD PREPARATION

## Hygiene rules – preparing healthy food healthily

It's never too early to learn about proper hygiene rules in the kitchen. Here are some essentials:



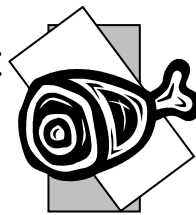
1. Always wash hands thoroughly before starting to prepare food.



2. Wash all fruits and vegetables.



3. Use separate chopping boards for meat and fruit and vegetables.



4. Store cooked and raw food separately and always wash your hands after handling raw meat or fish.



5. Always check the sell-by dates on ingredients.

