

# CRUNCH TIME

## Kitchen Hygiene



### INGREDIENTS:

Container of various fruits and vegetables  
1 Raw chicken breast

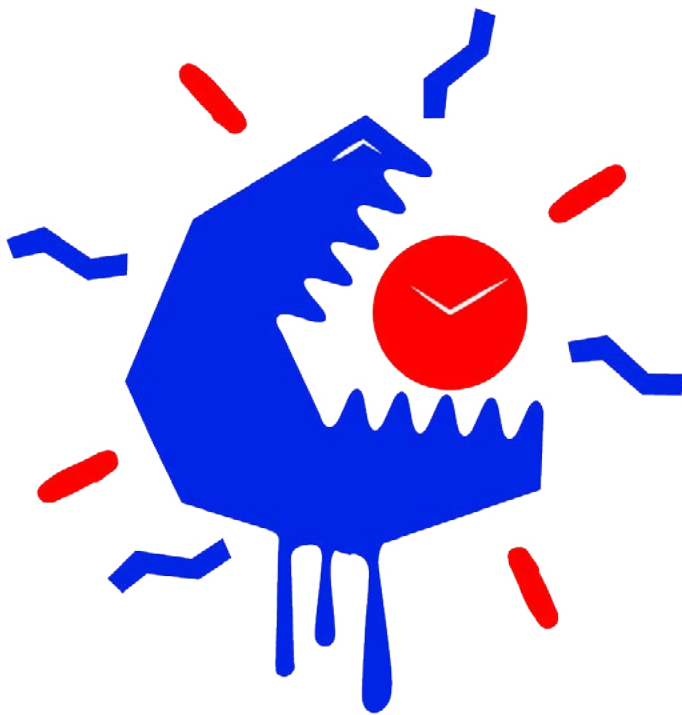
### EQUIPMENT:

Hair ties  
3 x Aprons  
Tub of water and soap or kitchen sink  
Tea towel  
Paper towels  
Sponges and wipes  
Several different coloured chopping boards  
Container of utensils  
Sharp knife  
Tupperware container with lid  
Rubber gloves  
Fridge



## METHOD:

1. Check clothing. Check for no hanging sleeves or loose clothing. Remove jewellery.  
Wear closed-in shoes to protect your feet
2. Tie long hair back. Put on an apron
3. Wash hands with soap before cooking, wash hands after sneezing or coughing or after going to the toilet
4. Dry hands on a clean tea towel or paper towel
5. Put away any unnecessary things and clean the bench before and after cooking
6. Wash fruit and vegetables before use
7. Use a different chopping board for raw meat and another for everything else
8. After handling raw meat, chicken, fish and eggs wash your hands, utensils, chopping boards and surfaces thoroughly before touching anything else
9. Any leftovers should be stored in the fridge and eaten within 2 days
10. Wash up as you go
11. Clean spills off the floor



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