

FOOD SAFETY: HOW TO COOK SAFELY



FOLLOW THESE TOP TIPS TO KEEP YOU SAFE WHILE YOU'RE COOKING

- Wear an apron. They aren't just designed to keep your clothes clean; chefs wear them so that if they're splashed with hot oil or water they can quickly pull the apron away from themselves before the liquid soaks through to their skin. Obviously, if you're rustling up something quick, like a sandwich, you don't need to worry, but if you're going to get stuck into cooking something, it's better to be safe than sorry.
- If you spill a little water or oil on the floor while you're working, tell anyone else in the room to watch out for it, then stop and clean it up right away. It's not a good idea to have people slipping and sliding with pots of boiling water and sharp knives about. Accidents can happen very easily.
- When cooking on the hob, angle your pans so the handles face out to the sides, over the worktops. You don't want them sticking out over the edge as it's really easy to knock into them and cause a spillage. You also don't want them over the hob itself as they may get really hot making them more difficult to move around.
- If you pick up a hot pan or a pot full of hot oil or water and you're moving it to the sink or to another part of the kitchen, make sure people around you know about it – don't wait for them to bump into you before you tell them!
- Unless you're sure that a metal handle is cool, always pick it up with an oven glove or with a folded-up tea towel.
- It's not a good idea to have small children or pets running around the kitchen while you're cooking as you don't want them to knock over hot water or oil and hurt themselves. You'll also have sharp knives out, which can be dangerous in the wrong hands.

