



- ### Health and Safety Rules
1. Tie your hair back
  2. Always wash your hands
  3. Always wear an apron
  4. Wipe your surfaces clean before and after cooking
  5. Place all perishable foods in the fridge
  6. Keep your nails short and clean
  7. Put dirty cloths and tea towels in the washing basket
  8. Cover all cuts with a blue plaster
  9. Always wash your hands after visiting the toilet.
  10. Put all rubbish into the bin.

Keywords	Definition
Hygiene	This is the standards of keeping clean in order to stop disease
Ingredients	Used to make food to eat
Recipe	A set of instructions used to make food
Safety	This is the standard of keeping safe in and around the food and room
Seasonal	Ingredients that grow at certain times of the year due to weather
Sensory	To analyse food by looking, tasting and smelling.
Vegetables	These are part of plants that are consumed in food

