

# Food Hygiene and Safety

**Task:**

All of the following statements are basic food hygiene and safety rules that you should know. Give as many reasons you can think of for each of the statements.

<b>1. Wash your hands before preparing food.</b>	
<b>2. Always tie back long hair</b>	
<b>3. Wear a clean apron</b>	
<b>4. Cover cuts with a clean, waterproof blue plaster</b>	
<b>5. Never lick your fingers or utensils and then put them back into food.</b>	
<b>6. Wash up in hot, soapy water.</b>	
<b>7. Turn pan handles on the cooker inwards, or sideways.</b>	
<b>8. Carry sharp knives with the tip pointing downwards</b>	
<b>9. Wipe up any spills immediately</b>	
<b>10. Never touch electrical appliances or sockets with wet hands</b>	