PRESENTATION

Safe Food Handling
Your Favorite Things to Eat
OVERVIEW

1. The importance of cleanliness and hygiene
2. Buying and storing food items
3. Preparing food on a cutting board or work surface
4. Using a kitchen knife – remember safety first!
HYGIENE and CLEANLINESS

When should we wash our hands?
HYGIENE and CLEANLINESS

Always wash your hands:

- Before, during, and after preparing food
- Before eating food
- After visiting the restroom
- Between handling raw and cooked food
- Before and after treating a cut or wound
- After blowing your nose, coughing or sneezing
- After touching an animal
- After touching waste or garbage
HYGIENE and CLEANLINESS

Remember:

- Use soap and running water
- Scrub for at least 20 seconds
- Always keep fingernails clean
- Rinse thoroughly under running water
- Dry hands thoroughly
FOOD HYGIENE – Buying food safely

It’s important to always:

1. Remember to check the expiration date!

2. Separate raw meat, fish or poultry from vegetables, fruit and other food you’ll eat raw.

3. Don’t buy fruit with broken skin, cracked eggs, fish or meat with a strange odor.
FOOD HYGIENE – Storing food safely

It’s important to always store:

1. Dairy products and juices on the *top shelf* of the refrigerator
2. Cooked products on the *middle shelves*
3. Raw meat and eggs on the *bottom shelf*
PREPARING FOOD – Using a cutting board or work surface

1. Never use the same surface for ready-to-eat and raw food.

2. To avoid the cross-contamination of germs, these products should be prepared separately.

3. Thoroughly wash the cutting board or work surface and knife after using.
USING A KITCHEN KNIFE – Safety First

1. Hold the knife handle firmly, with fingers kept away from the knife’s sharp edge
2. Slice the food item downwards, holding the food item with your other hand
3. Keep finger tips on your other hand tucked under your knuckles

...Remember to use great caution
Menu:
Let's Recap
THANK YOU!