

Food Hygiene

Food hygiene means handling, preparing, and storing food in ways that prevent food-borne illness. When you get sick from eating food that has harmful germs in it, it is called food poisoning. One cause of food poisoning is the transfer of harmful germs to food while it is being prepared. Using good hygiene in the kitchen will help to prevent food poisoning. Use the checklist below to make sure that you are practicing good hygiene in the way that you interact with food when you prepare it.



- Wash hands before preparing food.
- Wear clean, protective clothing, like an apron.
- Tie back long hair.
- Do not wipe utensils on your clothing.
- If you have a cut on your hand or fingers, wear a band aid.
- Don't sneeze or cough over food.
- Don't prepare food when you are sick.

What are some other ways to stay clean and healthy in the kitchen?
