**FOOD SAFETY**

**To prevent the spread of bacteria while you're preparing food:**

1. Always wash your hands with warm water and soap before preparing any food.
2. Wash your hands after handling raw meat, poultry, fish, or egg products.
3. Keep raw meats and their juices away from other foods in the refrigerator and off of countertops, use a chopping board.

**What are the five easy keys to food safety?**

The core messages of the **Five Keys** to Safer **Food** are: (1) keep clean; (2) separate raw and cooked; (3) cook thoroughly; (4) keep **food** at **safe** temperatures; and (**5**) use **safe** water and raw materials.

**How do you handle food safety?**

Always wash hands with warm water and soap for 20 seconds before and after handling **food**. Do not cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other **food**. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.

**What are the 4 steps to fight bacteria?**

* Clean: Wash hands and surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops. ...
* Separate: Don't cross-contaminate. ...
* Cook: Cook to Proper Temperatures. ...
* Chill: Refrigerate promptly.

**Why is food safety and hygiene important?**

Good **food hygiene** is essential to ensure that the **food** you and your family eats is **safe**. Poor **hygiene** procedures in your home can put you at risk. Harmful germs that cause **food** poisoning can spread very easily, so you need to make sure that you do everything you can to prevent this.

Always chuck away out of date food. You must get a client’s permission before you chuck away any food but if the client refuses for it to be thrown away you cannot use the out of date food to make anything for the client. If they choose to eat this food, they will have to make it themselves.