

Preparing dinners



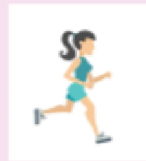
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WAVES

What do you need to do before you start to cook?

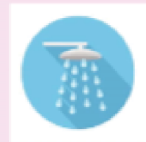
- Make sure the cooking area is tidy and clean

- Tie back long hair



- Remove jewellery

- Wash your hands



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1. What would you do if you felt like you wanted to sneeze while you were cooking?
2. What would you do if you needed to go to the toilet while you were cooking?

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1: Put down any food or equipment. Move away from the cooking area to sneeze. Blow your nose and wash your hands properly with soap and warm water and then dry them.

2: Take off your apron and leave it in the kitchen. Go to the toilet. Wash your hands properly with soap and warm water and then dry them. Go back to the kitchen and put on your apron.

Many dinners have to be prepared
before they are eaten...

Chopped

Grated

Peeled

Washed

Chilled

Can you think of any more?

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e.g. Boiled, grilled, roasted, mixed, poured, measured out



All children should have used the skills of peeling fruit and chopping in the breakfast and lunch workshops

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