

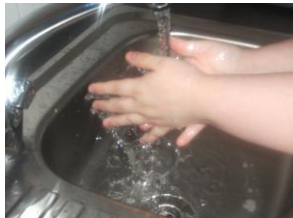
Cook's Rules



Tie your hair back



Wear an apron



Wash your hands with soap and dry them before you start



Get everything out that you will need before you start



Keep milk, meat, cheese, and yogurt in the fridge until you are ready to use them



If you need help putting things in and taking things out of the oven, ask your support worker



Remember to switch off the oven when you are finished



Wash up using hot soapy water



Wipe worktops with a clean cloth and hot soapy water

Enjoy your food!