



Cooking safely

Find out the symptoms of 'food poisoning'

What should you do if you think you have 'food poisoning'?



Find out what causes 'food poisoning'...

When storing food?	
When preparing food?	
When cooking food?	



Find out the rules of the kitchen to stay safe...

	Always...	Never...
When storing food in the fridge...		
When freezing food...		
When storing and handling meat items...		
When using a microwave oven...		

How would you know if food has “gone off”?
