**P7 Transition – Task 1**

**Preparing to cook!**

1. True or false? Your hands, hair, face, skin, clothing and jewellery can all be a source of bacteria which can be transferred onto food.

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1. There are several steps that need to be taken ***before*** you start to cook to reduce the risk of food poisoning, can you name three?
2. When is it important to wash your hands?
3. How many steps are there to washing your hands, and what are they?

1. In order to prevent cross-contamination during food preparation and cooking, it is also important to?