

DESIGN & TECHNOLOGY · Y2–Y6

Kitchen Safety Rules

Cooking in school — stay safe

Kitchen Safety Rules

Know these before you cook

1. WASH YOUR HANDS — before touching any food and after handling raw meat
2. TIE BACK YOUR HAIR — long hair must be tied up or covered
3. WEAR AN APRON — to protect clothing and reduce cross-contamination
4. KEEP WORK SURFACES CLEAN — wipe down before and after use
5. HANDLE KNIVES CAREFULLY — fingers curled, cut away from your body, never pass blade-first
6. NEVER LEAVE HEAT UNATTENDED — stand by the hob or oven at all times while it is on
7. USE OVEN GLOVES — when touching anything hot
8. KEEP RAW AND COOKED FOOD SEPARATE — different boards, different utensils
9. CHECK FOR ALLERGENS — before starting, check the recipe and ingredients against known allergies in the class
10. IF YOU BREAK SOMETHING — tell an adult immediately, do not clean it up yourself
11. TASTE SAFELY — use a clean spoon each time; never double-dip
12. CLEAN AS YOU GO — wash equipment as you finish with it; leave the kitchen cleaner than you found it



Pupil self-check before cooking begins

- Hands washed
- Apron on
- Allergies checked
- Hair tied back
- Work surface clean
- Equipment ready

