



CROSS-CONTAMINATION

Avoiding cross-contamination means making sure that bacteria do not have a chance to transfer from raw food onto cooked food, or from your body, or pet, to cooked food.



Complete the table, saying why each one of the steps prevents cross-contamination, and add some ideas of your own.

This step prevents cross-contamination	
Use separate chopping boards for cooked and raw foods.	Bacteria from the raw foods can spread to the cooked food on the board. This is particularly dangerous if the cooked food will not be heated again before eating, for example raw and cooked meat being cut on the same board.
In between handling raw and cooked foods, wash utensils such as tongs, knives and chopping boards with hot soapy water.	
Wash hands thoroughly before preparation, after going to the toilet, and after handling pets and raw food. Use soap and warm water, washing for at least 10 seconds.	