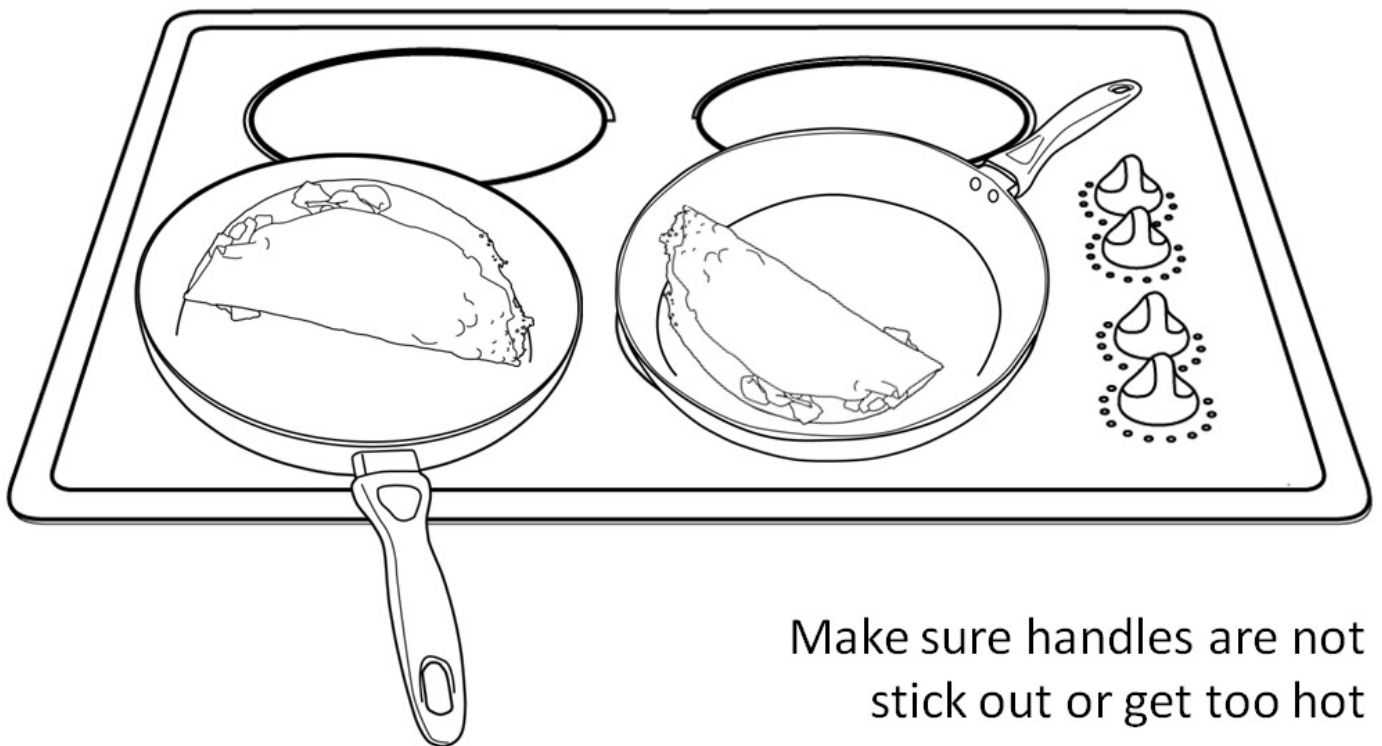


# How to keep safe – while cooking ...

Don't run or fool around when cooking



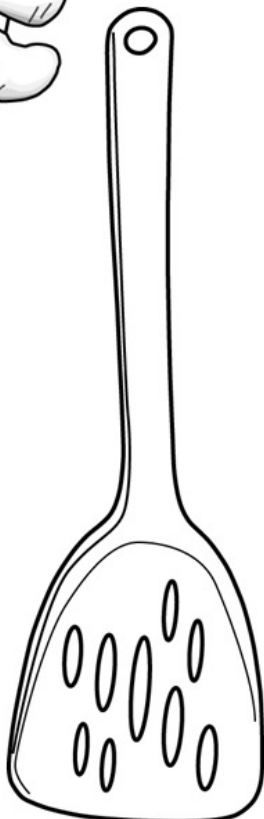
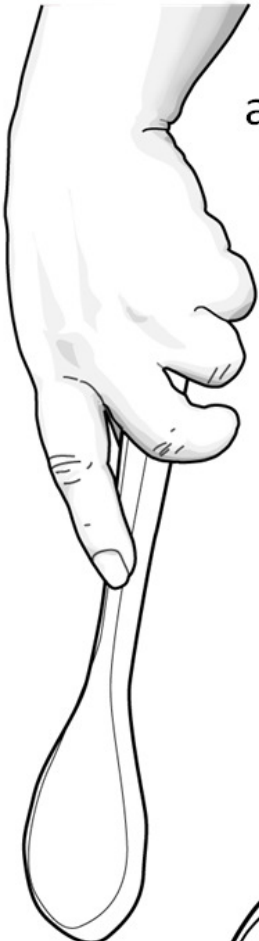
Make sure handles are not stick out or get too hot

# How to keep safe – while cooking ...

Be careful with hot water & metal spoons

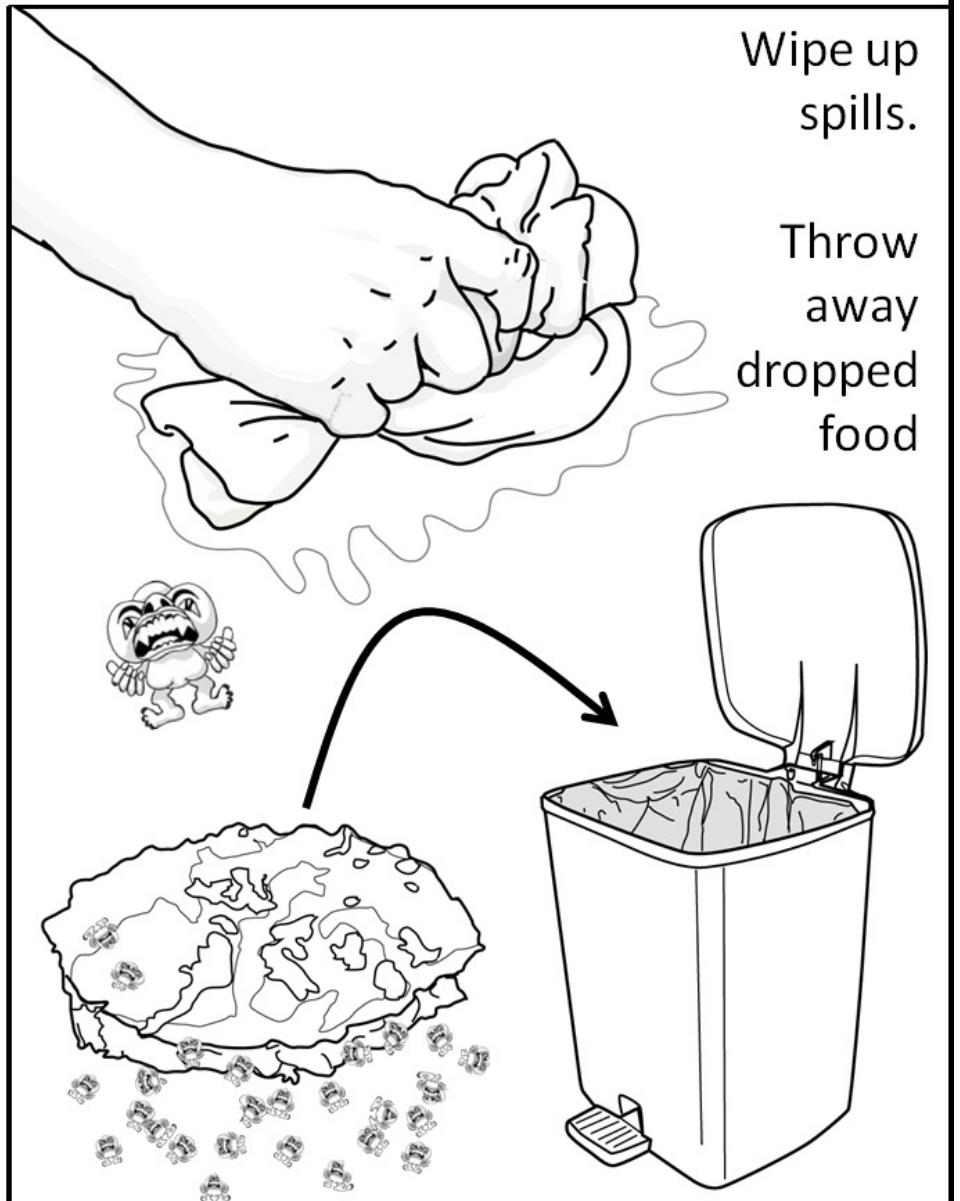


Try & use a wooden spoon or plastic spatula



Wipe up spills.

Throw away dropped food



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Food safety & hygiene

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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