When preparing food it can easily be contaminated with bacteria if you're not careful.

To prepare food hygienically:

- Always wash hands before you start
- Keep surfaces clean
- Use colour-coded chopping boards for different types of food
- Don't wash raw meat – this just spreads bacteria around the sink
- Keep long hair tied back
- Follow any preparation instructions included on the packet
- Don't taste food with your fingers or use the same spoon
- Use separate utensils for raw and cooked foods

! Be sure to clean food preparation areas with anti-bacterial surface cleaner and a clean cloth after you're done.

HIGH SPEED TRAINING