



Preparing Starts with Hygiene and Organization

OBJECTIVE

Recognize the importance of **hygiene** and **organization** before cooking, to ensure food safety, avoid contamination and reduce waste.

YOUR MISSION

Before you start preparing a meal, make sure you follow the essential hygiene and organisation steps.

Step 1 – Personal hygiene

Tick down what you did **before cooking**:

- ☐ I washed my hands well with soap and water
- ☐ Tied up the hair (if needed)
- ☐ I removed rings, bracelets or watch
- ☐ I wore clean clothes / apron

Step 2 – Organizing the space

Check if your workspace is ready:

- ☐ Clean and disinfected workbench
- ☐ Clean and ready-to-use utensils
- ☐ Separate foods (raw and ready-to-eat)
- ☐ Accessible bin

Step 3 - Quick planning

Before you begin, answer:

- What ingredients will you use?
- What utensils will you need?



INGREDIENTS:

UTENSILS:

Step 4 – Food safety

Tick off the good practices you have applied:

- ☐ I washed fruit and vegetables before use
- ☐ I used different boards for raw and cooked food
- ☐ I avoided touching food after touching the trash or my phone

FINAL REFLECTION

Answer individually:

1. Why is hygiene and organization the **first step to cooking well**?

2. What habit can you improve the next time you cook?

FOODWISELAB TIP

A clean and organized kitchen helps you **cook better**, **save time** and **protect your health** and that of others.