



BEFORE YOU GET COOKING...

Top tips for getting started

- Before you start cooking, always check with an adult. You may need help with the recipe or when using the oven or cook-top.
- Wash your hands thoroughly with soap and water before you start handling ingredients and after touching raw meat and chicken.
 - Make sure you dry your hands well, and always use a clean towel.
- Ask an adult to help if you need to use a sharp knife.
 - Always pick up knives by the handle and not the blade.
 - Use a chopping board when chopping, cutting or slicing and always cut with the sharp edge of the knife downwards.
- When you use the cook-top, turn saucepan handles to the side so you don't knock them and never reach across a hot saucepan of food.
- Check that you have turned off the oven, electric elements or gas burners when you have finished cooking.
- Always use oven gloves or pot mitts when touching anything hot.
- Always read your recipe right through before you start to cook.
 - Check that you have all the ingredients and equipment.
 - Get the ingredients and equipment out and do any preparation like measuring or chopping or greasing pans.
- Measure ingredients carefully. Use standard metric measuring cups and spoons. Fill them, then level them off with a knife.
- Measure butter by using the marks on the pack, weighing it on kitchen scales or pressing it into measuring spoons and levelling it off with a knife.
- When you have finished, don't forget to wash the dishes and tidy the kitchen.

Cooking times

- All ovens are different so cooking times suggested in recipes will always be approximate.
- It is best to test foods before the end of the cooking time.
- When cooking baked foods you should not open the oven door until at least half of the suggested cooking time has passed.
 - It takes at least half of the cooking time for the carbon dioxide formed by the raising agent to make the mixture rise and then to set.
 - Opening the oven door too soon results in poorly risen baked foods.
- If you use a fan oven you may need to lower the temperature a little, usually by about 20°C.