

Four basic rules of safe food preparation



1

Cook

- Cook the food to the recommended internal temperature.
- Follow the required time for cooking different ingredients.
- Use a calibrated thermometer to ensure proper cooking.
- Serve food hot.



2

Clean

- Practice frequent and proper handwashing.
- Clean and sanitize food contact surfaces before and after use.
- Follow the manufacturer's instructions in using sanitizing solutions.
- Regularly dispose of food waste properly.



3

Store

- Keep hot foods hot (135°F (57°C) or above) and cold foods cold (41°F (5°C) or below) .
- Maintain at least 40°F (4°F) during refrigeration and 0°F (-18°C) for freezing temperatures.
- Follow proper organization of food in the fridge.
- Clean storage area regularly.



4

Separate

- Use separate utensils for preparing raw and ready-to-eat foods.
- Sanitize food equipment in between use for raw and ready-to-eat foods.
- Store cleaning materials away from the food preparation area.
- Store raw and cooked foods in airtight containers to avoid cross-contamination.

Essential Guide For Preparation

Minjie Lin



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