

KITCHEN 101



Prepared by MNR,

WHAT TO WEAR

Wear, a

CLEAN APRON

(Magsuot ng malinis na apron)



WHAT TO WEAR

Wear,

DISPOSABLE GLOVES

(Magsuot ng plastic na "gloves")



WHAT TO WEAR

Wear a

HAIR NET or TIE BACK
long hair

(Magtali ng buhok o magsuot ng "hair net" habang naghahanda ng pagkain)



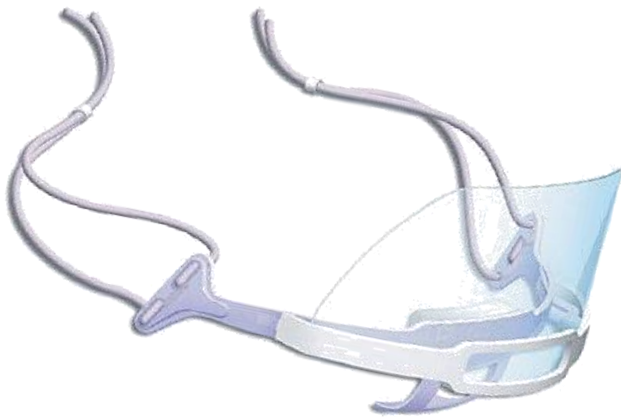
WHAT TO WEAR

Wear,

FACE MASK

while
PREPARING and
COOKING food

(Magsuot ng "mask" habang naghahanda ng pagkain at nagluluto)



WHAT TO WEAR

Wear,

CLOSED SHOES

to PROTECT
your feet in
case of hot
spills, breakages

(Magsuot ng sapatos o medyas para maprotehan ang paa)



WHAT TO WEAR

Remove

JEWELRIES

(Tanggalin ang alahas bago maghanda ng pagkain o magluto)



SAFETY

Wash your **HANDS**
and dry them well

(Maghugas ng kamay at tuyuing mabuti)



SAFETY

Store KNIVES / SHARP
UTENSILS properly

(Siguraduhing nakatago ang mga kutsilyo ng maayos
pagkatapos gamitin)



SAFETY

Keep POT HOLDERS nearby
and use them,

(Panatiliing malapit and mga potholders at gamitin ito)



SAFETY

Use a **KITCHEN TOOL**

not your hand

(Hangga't maadari, laging gamitin ang mga gamit sa kusina, at hindi ang kamay para kumpletuhin ang mga Gawain)



SAFETY

Keep the **FLOOR DRY**

Wipe up spills immediately

(Kapag may natapon sa sahig o basa ito, linisin at punusan kaagad upang maiwasan ang anumang aksidente)



SAFETY

Make sure you have a FIRE

EXTINGUISHER

(Siguraduhing mayroong nakahandang "fire extinguisher" sa kusina)

