

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Hygiene and Safety and Nutrition

G V C B F H L B F Z H O A B N U H L G S S C U C  
F B K G M R E L C S X I P D I P Q G I X D L Y R  
D S R R K M A D O U I L A F Q R C K X T R I P O  
D E Z I U D P E V K F S H S P S H Y F O A K Y S  
C H S G D W T I E O Z A G K C X D D E M O X G S  
L Q E R L G N Z R X Y N Z Q Y H F F X N B M L C  
A M L D Z V E B C T R D N Y T A F K E T G S W O  
W K B Y S D F P U J I S I O V U X V Z N N O P N  
Q S A Z H G E W T L A P T Q E M N F T R I A N T  
X Q T E X I N N S W D R Q V J W G Q H Z P T L A  
B F E A F X N S Y P Q E S I L O X R E J P N I M  
R J G M Q I U L B P N A L T Q K J U E P O U D I  
R Y E N C B W B D R B D E A M F C P A J H R O N  
C H V U J Y G R E N E S K M N V Q B T Q C A H A  
E X D S L L Q S O S K W H I C B S O W U D U F T  
R G N M W R J W J N Z C O N O D Z L E S E Q I I  
O W A V J R M D M O H M N C N R O F L W R P D O  
R J T B Z T F D L R K T M S L X I Z L I U R Q N  
E V I T I E H A I R B A C K S A G C G J O W Z C  
T T U P W A S H H A N D S E I P F V U J L I J M  
A U R I D R U E Z V S A C F V N J S I B O T L L  
W M F C C N Z V Z I V S M V Z D W G D K C N P G  
Q H C A R B O H Y D R A T E S M O X E M N V S C  
N U T Z N O O P O C S Z V Y M O Q W G A O G J T

coloured chopping boards

fruit and vegetables

cross contamination

The Eatwell Guide

oils and spreads

tie hair back

carbohydrates

cover cuts

wash hands

vitamin c

energy

bridge

water

dairy

claw