Get ready to cook!
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What do we need to do before we start cooking?
We need to...

Tie back long hair.
We need to...

Roll up long sleeves.
We need to...

Put on an apron.
We need to…

Wash our hands thoroughly with warm water and soap or hand wash.
We need to ...

Dry our hands properly.
Why do we need to get ready to cook?
So that what we make is safe to eat
For more information, go to: www.grainchain.com