

# Do's & Don'ts

## Do's

- DO** listen to the directions or guidelines laid by the chef
- DO** wear safe clothing
- DO** make sure the handles of your pots and pans are turned inward
- DO** always wash your hands
- DO** always stir and lift the lid away from you



## Don'ts

- DON'T** use metal utensils on nonstick, Teflon pans
- DON'T** use the same cutting board for raw meat and vegetables/fruits
- DON'T** set a hot glass dish on a wet or cold surface
- DON'T** wear baggy clothes
- DON'T** mess up the fridge by stuffing the food inside



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