Chopping food safely

cook well
eat well

Knowing how to chop food safely is an important part of preparing meals. Here are our top tips on how to safely prepare some common foods.

Onions

Chop both ends off the onion so it lays flat.

Carrots

Chop them into smaller pieces to make them easier to slice.

Lettuce

Roll up a bunch of lettuce leaves to cut them all at once.

Garlic

Crush garlic with the back of a knife to easily peel the skin off.

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