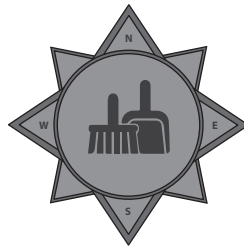


WIPING DOWN THE KITCHEN COUNTERS

You have no idea how important cleanliness is in the kitchen. Poor hygiene not only makes the home smelly and nasty to live in, but it also can be very dangerous. You can pick up food poisoning, perhaps deadly bacteria like salmonella, and attract pests.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Thoroughly clean the kitchen counters after food prep (probably after meals) on five separate occasions and get your parents approval.

LEVEL E

PERIOD 5

TASK 2

For this reason, it is critically important to always prepare foods on a clean surface and take extra special care to ensure that counters are clean after use. And when I say clean, I don't mean we have wiped the crumbs off, I mean that we have disinfected it to make sure all that nasty bacteria is dead, dead, dead. For best results, follow this outline.

1. Remove any items from the counter, otherwise you run the risk of pushing debris and bacteria underneath them.

2. Scrape the surface with a plastic scraper to remove any crusted-on fragments of food.

3. Wipe down the surface with hot soapy water. This will help remove any sticky residue and wash away any of those crumbs as well.

4. For extra cleaning, especially if meats have been prepared on that area of the counter, spray with an anti-bacterial soap. These steps may vary for different types of counter tops, so discuss with your parents the differences that they recommend.

