<u>Causes of food poisoning</u>

Not washing hands before preparing food

Not washing hands before eating

Not rinsing produce

Using the same knives to cut raw and cooked meat, seafood etc

Raw and cooked food stored together

Eating food that's gone off

Not storing food at the right temperature

Not cooking meat or eggs properly

Reheating food too many times

Eating contaminated food – e.g. food that animals have had access to