










Interhouse competition - Bake Sale Cooking Guidance for Students

Before You Start: Hygiene First!




Keep your kitchen clean and your food safe:

-  Wash your hands with soap before and after cooking.
-  Clean your worktops before and after baking.
-  Use clean utensils and bowls.
-  Tie back long hair and wear an apron if you have one.
-  Don't bake if you're feeling unwell.

Cooking Safely




-  Make sure your food is **fully cooked**—no gooey middles unless it's meant to be!
-  If you're using eggs, flour, or dairy, check they're fresh and stored properly.

Storing Your Bakes




-  Store your food in clean containers.
-  Keep items that need chilling (like cream-filled cakes) in the fridge.
-  Label your containers with your name and the date you baked them.

Allergy Awareness

Some people have serious allergies—so be super careful:

-  Keep ingredients like nuts, dairy, and gluten separate when baking.
-  Clean surfaces and tools between batches if you're making different types.
-  Write a **clear label** for each item:
 - Example: "Contains: eggs, milk, wheat"
 - Or: "Gluten-free" / "Nut-free" if you're sure!






Selling Your Bakes

-  Homemade items must have a **sign** showing what's in them.
-  Don't guess ingredients—only give info you're sure about.
-  If you're not sure, say: "I'm not sure what's in this one—please check before buying."



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