CARE OF THE KITCHEN

Both traditional and modern kitchens require good care. Dirty kitchen will attract disease carrying flies.

For traditional kitchens, it is good to sweep down soot and cobwebs from ceiling and wall. Clean the fire place. Remove the previous day's ash and dispose properly. Sprinkle water lightly on the floor to keep down dust. Sweep the floor thoroughly reaching all corners. Arrange the utensils and fireplace neatly and empty the dust bin. Weekly, it is goo to take the cooking utensils out and clean each thoroughly. Sweep down the ceiling, walls and doors. Clean the fire place. Clean the floor and scrub the dust bin or clean any container for refuse. Clean the drains and disinfect them.

For modern kitchens, open the windows to air the room. Sweep down cobwebs and dust from ceilings and walls. Sweep the floor. Wash any dirty plates and utensils. Clean the sinks, draining board and the wall around it. Wipe the stove or cooker. Dust other surfaces in the kitchen (e.g. cabinet, table, refrigerators) and then mop the floor. Arrange the utensils. Empty dust bin (or waste basket) and sweep out the insideof the bin or basket using a stiff broom or brush. Clean the broom or brush properly. Weekly, open the windows to air the kitchen, take out the kitchen table, chairs, pots and pans. Clean the table and chairs. Clean each utensil according to type. Sweep down the ceiling, walls, doors and windows to remove cobwebs. Clean the doors and windows according to type. Sweep through the food store. Scrub the storage shelves and cupboard or cabinet thoroughly. Leave it dry. Clean the cooker or stove thoroughly. Leave it to dry. Clean the cooker or stove thoroughly. Clean the refrigerator if available. Clean the sink draining board and their surroundings. Scrub the floor according to type. Line the shelves with old newspaper, bring in the furniture and utensils. Arrange them properly. Dispose of all refuse properly. Scrub the dust bin and rinse thoroughly with disinfectant, water and leave under the sun to dry.