

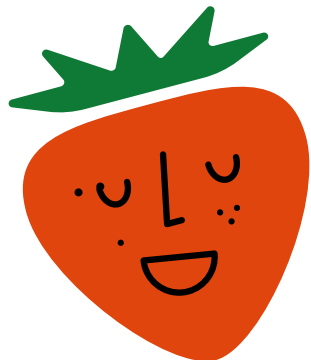
FOOD SAFETY AND HYGIENE

— **Question:** How do we safely prepare and eat food?

— **Scenario:** Safety and hygiene are very important especially when preparing and eating food. To avoid the spread of germs or any food related sicknesses, read the following list of safety and hygiene procedures before working with food.

— **Task:** When you know all the important facts, design a poster for your classroom or your kitchen at home, that shows all the things to consider when cooking and eating food.

**WASH ME
JUST BEFORE
YOU EAT ME**



1



WASH YOUR HANDS

— Washing your hands is one of the simplest ways to prevent the spread of the germs that can cause food poisoning. Wash hands before preparing food and after going to the toilet, coughing, sneezing, eating, drinking, touching hair, head or body or touching the phone.

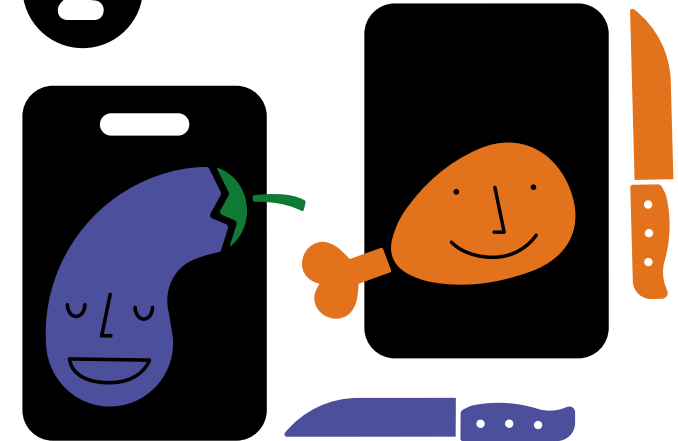
Guide to hand washing:

- Wet hands with warm running water
 - Add soap and rub over all areas of the hands, including fingers, thumbs and back of the hands
 - Wash for at least 20 seconds
 - Dry thoroughly using a single-use paper towel
- Alcohol-based hand rubs may be used, but they don't work as well if you have particularly dirty hands.



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2



HARMFUL BACTERIA

— It's very easy for harmful bacteria to spread from one food to another from surfaces, hands or equipment. It happens if equipment is used for raw food preparation and then used for cooked or ready to eat food. **Or when hands are not washed thoroughly.**

To avoid getting sick, always:

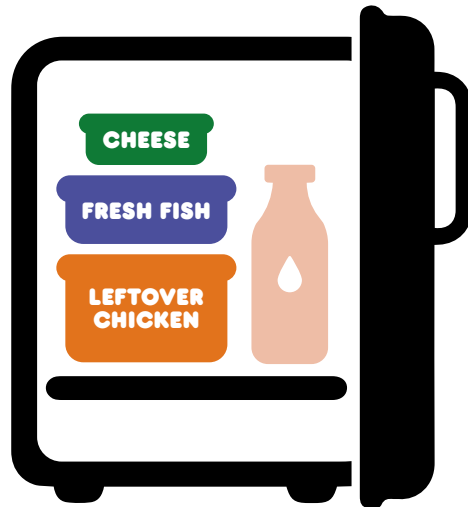
- Use clean and dry utensils for different food products for example; one chopping board for raw chicken, meat and another for vegetables
- Keep work surfaces clean and dry
- Thoroughly wash and dry hands and all utensils used after handling raw foods
- Handle food only as necessary
- When using gloves, throw out the used pair and wear new ones each time you would usually wash your hands

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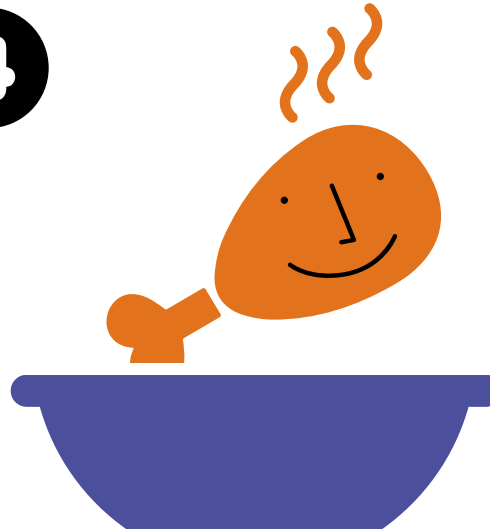


STORE YOUR FOOD SAFELY

Food can grow harmful bacteria if left at room temperature, especially cooked and raw meats, chicken, seafood, dairy products and leftover cooked foods. Make sure you put food in the fridge to avoid bacteria and harmful germs.

Try and store food properly to make it last longer, the best way is in an air-tight container. If you label it and put a date on it you will know exactly what it is and when you made it!

4



REHEATING

Make sure leftovers are always reheated until steaming hot all the way through, with no cold patches. Get an adult to help you when reheating food.

5



DEFROSTING

The best way to defrost food is to take it out the freezer ahead of time and leave in the fridge overnight. Never leave food to defrost at room temperature!

FOOD SAFETY AND HYGIENE



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DESIGN A POSTER

— Design a health and safety poster that would be suitable for your classroom or for your kitchen at home and inspire your family and friends. Do not forget to include a creative caption that promotes health and safety!

— Design the poster on available (A4) paper or use the poster template on this page.

