

FOOD HYGIENE, NUTRITION & SAFETY FOR PRIMARY SCHOOLS IN AFRICA.



Ideal Hand washing

Wash your hands before...



Eating/Drinking



Touching a wound or cut

After...



Using the toilet



Playing outside



You cough, sneeze or blow your nose

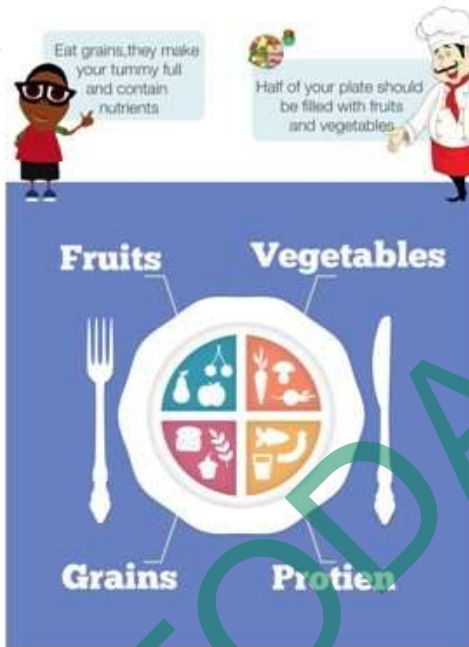


Playing with pets or touching animals



foodAfrica

What does your Plate contain?



Drink milk to build strong bones and teeth



Eat eggs, groundnuts, seeds and beans, they are protein too!



10 Tips for Healthy Eating & Living

TIP 1 Learn to exercise or do some daily activity like helping Mummy and Daddy with chores.

TIP 2 Learn to pay attention to your stomach, when it says you are full.

TIP 3 Avoid eating large sizes and learn to eat moderately.

TIP 4 Choose foods with less salt.

TIP 5 Let half of your plate be filled with vegetables and fruits.

TIP 6 Add milk to your plate and gradually reduce the amount of fat as you grow.

TIP 7 To keep a happy heart, eat whole grains.

TIP 8 Do not eat sugary snacks/treats everyday, only eat them once in a while.

TIP 9 Choose water!

TIP 10 Balance your diet, make sure it contains food from all the required food groups.

Food safety tips

to discuss with Mummy & Food vendors

BEFORE YOU START

Wash your hands with warm water and soap, then dry them.

Make sure your nails are clean;

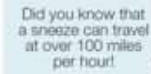
- ...before you start to cook,
- ...after Handling raw food,
- ...when you cough, sneeze or blow your nose,
- ...after going to the toilet.



Do not lick your fingers!



Even though you can see them, microbes on your hands can quickly spread and make you or other people ill. Keep your hands clean.



Did you know that a sneeze can travel at over 100 miles per hour!



An apron keeps food clean and protects your clothes. Look at people who handle food in shops. What do they wear on their heads? Why?

- Put on an apron before you start cooking.
- Tie back long hair.
- Make sure your work area is clean and tidy.
- Do not sneeze or cough over food (this can spread infections).
- Do not wear jewellery.

CLEANING UP

- Wash and tidy up as you go along.
- Keep surfaces clean.
- Begin with the cleanest dishes.
- Always use clean cloths and tea towels.
- Use a clean tea towel or paper towels for drying.
- Wash all surfaces with hot, clean, soapy water.
- Wrap up food waste and seal in a bag before throwing away.

Water should be hot but still comfortable to your hands. Cold water does not clean well. Can you think why?



ALWAYS REMEMBER

- Keep tidy and organised.
- Do not rush or run in the cookery area.
- Keep your mind on what you are doing.
- Take care with hot pans and dishes.
- Be careful with sharp knives.
- Use special oven gloves when moving hot dishes or pans.
- Listen to instructions and follow them carefully.