

# Food Hygiene

Drawing 1 – Bad situation



Drawing 2 – Good situation



Show drawing 1

**Do you think the family that this belongs to is healthy?**

*The answer should be no, because in the drawing there are many things that can make us sick.*

**What things in this drawing can make (members of) the family sick?**

Let the group discuss about this, and compliment them if they note any of the following aspects. If they fail to name some, mention these to them:

- The surface is dirty, this gives germs a chance to get onto the food easily, the surface we use for preparing food should always be clean.
- The containers and the can have not been covered, some flies are already sitting on them, this can easily make us sick.
- The cooking utensils are placed on the ground, which means that dirt can enter easily.
- The vegetables have sand on them, this means they have not been washed, and some germs could be on them as well, it is very important to wash vegetables before cooking.
- There is a chicken walking around near the food. Animals going around can spread faeces, which give germs the chance to get onto the food.



Show drawing 2

**What measures did the family take to protect their food from germs?**

- Wash their hands before cooking
- Wash the vegetables before eating them
- Cover food to prevent flies from entering
- Keep animals away from the food
- Put cooking utensils on a dish rack, to keep them safe from dirt
- Keep the cooking surface clean



**What else can we do to protect our food from germs?**

- Wash your hands with water and soap or ashes before cooking
- Keep kitchen utensils and the and the surface used for preparing food absolutely clean. Scraps of food and crumbs can provide a breeding ground for germs and attract insects or animals. Rubbish should be covered and be disposed of quickly.
- Use a rack to dry the kitchen utensils in a clean place.
- Cook food thoroughly. In raw food there are a lot of germs, which can cause illnesses. By cooking food thoroughly the germs die.
- Keep uncooked or raw food separate from cooked food. If raw food is next to cooked food, the germs will go from the raw food onto the cooked food, which can make us sick. Hands and utensils should be washed after touching raw food.
- Eat cooked food right away. Prepare fresh food for infants and young children for each meal and give it to them as soon as it is cool enough to eat. It is best not to give infants and young children food that has been previously cooked and stored.
- Wash fruits and vegetables. Raw fruit and vegetables should be washed carefully with clean water. If they are going to eaten raw, they should be peeled. Fruit and vegetables that cannot be peeled should be cooked before being eaten.
- It is important to use water from a safe source (e. g. a borehole) in preparing food if this food is not going to be cooked (e. g. water used to dilute cooled gruels). If this water is stored in the home before use, it should be kept in a clean, covered container.
- Protect food from flies, insects and other animals. Keep animals away from food preparation areas and cover food if it is waiting to be served. Store food in sealed containers in secure places where animals, including insects, cannot reach it.
- Avoid using bottles for feeding babies and small children. Use a spoon and cup to give liquids to infants. Spoons, cups, dishes and utensils used for feeding infants should be washed with soap, mud or ashes after use. Bottles and teats are very difficult to keep clean. If it is impossible to avoid using them, wash and boil them after every use.

*Ask if there are any further questions.*

*Agree on the date, time, place and topic of the next meeting.*

*Close the meeting.*