



EU-India Capacity Building Initiative for Trade Development (CITD)



Train the Trainers in Food Safety and Nutrition



FOOD FUNDA

I STAY CLEAN
(Personal Hygiene)

Module 1
Level 2 : 8 to 11 years



What is Hygiene ?

Hygiene simply means

1. To stay clean
2. To stay healthy
3. To not fall sick
4. To protect ourselves from germs



Meet SNF@School Crew



I am Dr. Sara



Hey ,
I am Master Sehat
your Safe & Nutritious
Food @ School
SUPERHERO!



Hey ,
I am Miss Sehat
your Safe & Nutritious
Food @ School
SUPERHERO!



I am Rohan



I am Riya

**Germs? They make us sick and
are everywhere. Am I right Dr.
Sara?**



**Yes, Riya, They are Everywhere...
on your desk, pencils,
food plate and even on your body!**



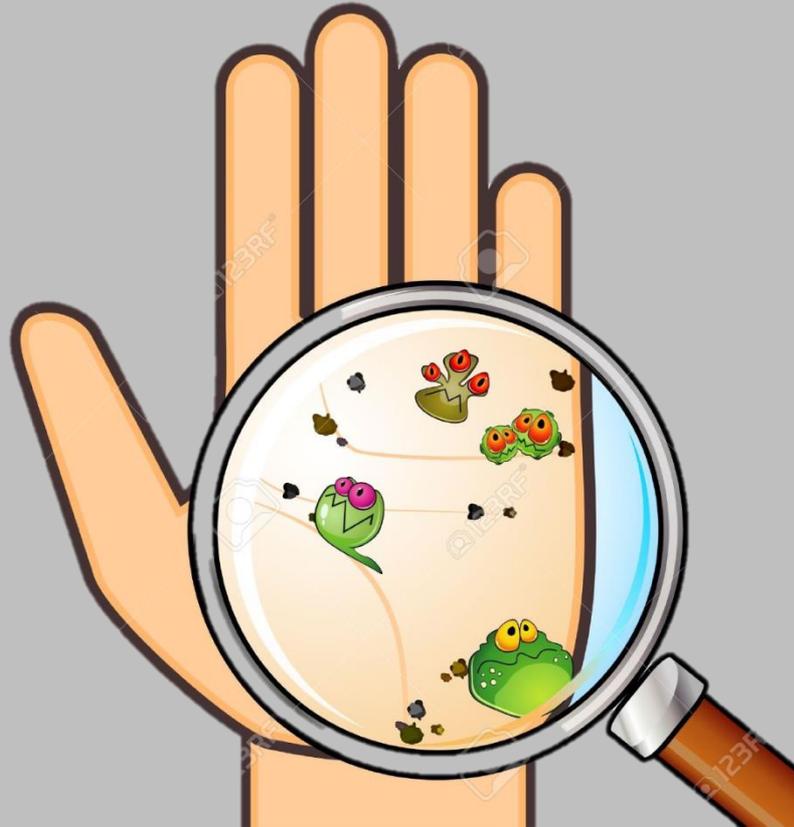


**Germs are there even on our
body?
But my hands are clean! Look Dr.
Sara! I don't see any germs!**

**Germs are so tiny, you cannot see
them Rohan!
You need a microscope to see them.
That is why they are called 'Microorganisms'
Or the "Invisible bugs"**



They are there even on your hands...



Activity

ACTIVITY DEMO 1: GLITTERY GERMS



Look I'll show you...



ACTIVITY DEMO 2: GERMS IN SPRAY

Look at this spray bottle! When I squirt it all the water droplets spread in the air. Same happens when we sneeze.



Water droplets were all over my face

Yes the droplets came on my hands and face too

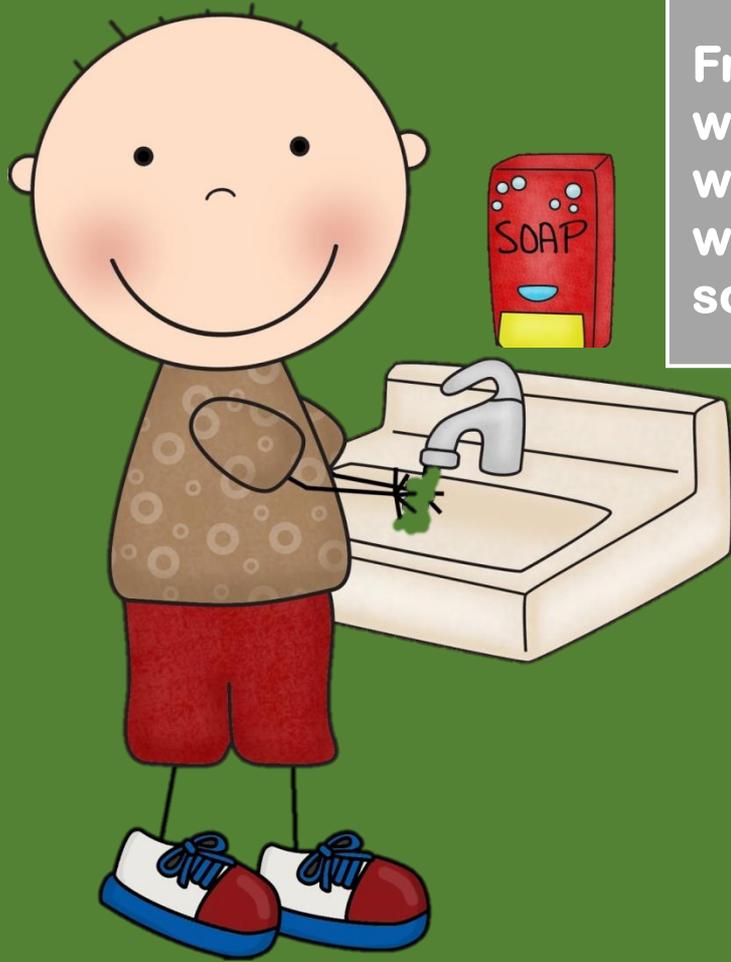


Activity

ACTIVITY DEMO 3: GERMS IN THE AIR



Look I'll show you! Just see how long the Talcum hangs in the air and how long it takes to settle down. This is how germs spread when a person coughs. We inhale the same air we get infected!



Friends, make sure you wash your hands and wash them properly with soap!



Friends, make sure you wash your hands and wash them properly!



Let's Wash Our Hands!



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry



Remember to wash our hands:



After using
the toilet



After sneezing
or coughing



After playing
with pets



After sports or
playing outside



Before eating



So friends, sing along with me!

Twinkle twinkle little star
Look how clean my two hands are
Soap and water, wash and scrub
Get those germs off rub-a – dub a dub.

Scrub time : 20 Seconds



TEAM SEHAT's Fact File



1

- Germs spread from one dirty hand to the other

2

- You must wash hands with soap and water

3

- Germs are dangerous, especially because you cannot see them

SNF Alert :



- Inform your teacher if you are not feeling well
- Stay back home in case of cold & cough or vomiting & diarrhea



CERTIFICATE OF ACHIEVEMENT

THIS IS TO CERTIFY THAT _____ IS THE

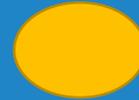
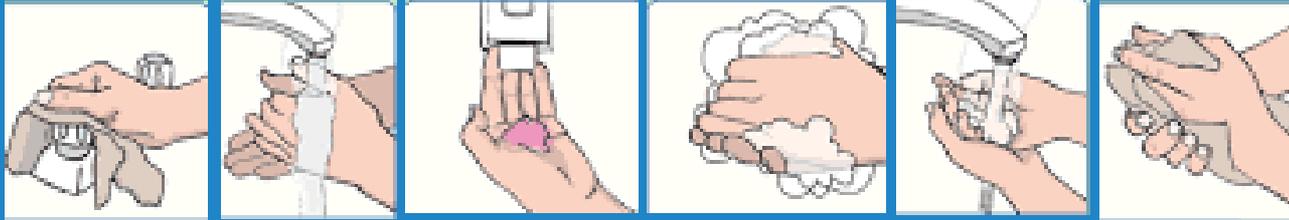
“HAND WASHING CHAMP”



**SNF Fact File
: 15th Oct is
celebrated as
Global Hand
Washing Day**



**ACTIVITY 5: PUT THESE “SCRUB ME RIGHT”
STEPS IN CORRECT ORDER!**



What Does Personal Hygiene Include?



1. Washing our hands properly after going to the toilet



2. Having a bath every day

3. Wearing clean clothes and clean shoes



What Does Personal Hygiene Include?

4. Washing, combing and tying our hair neatly



5. Washing our eyes and ears while bathing



6. Brushing our teeth twice a day



What Does Personal Hygiene Include?



7. Cleaning & clipping nails regularly



8. Applying ointment and bandaging open cuts



**What causes tooth decay?
How do we get cavities?**



Bacteria that live in your mouth stick to your teeth in a sticky film called dental plaque. When we eat or drink, these bacteria create acids which destroy the enamel of the teeth leading to cavities. This causes discomfort and pain. Food you eat gets stuck inside the cavity. There is infection and pus formation also. This can also lead to loss of tooth. Tooth decay can even lead to lack of concentration at School.

Did you know ?

Tooth decay is the single most commonly occurring Non communicable disease which affects 60 to 90% of children around the globe.





To prevent tooth decay...

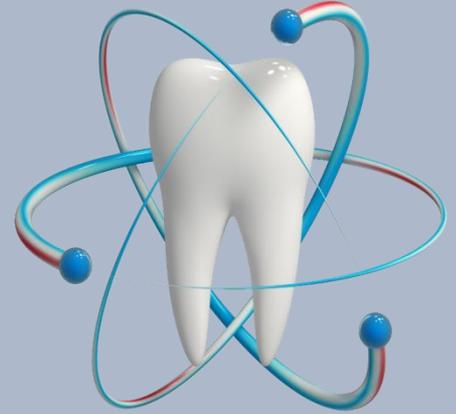
- Eat a healthy diet
- Reduce the frequency and consumption of sugar, sweets and sweetened beverages
- Eat sweets with meals and not in between meals
- Brush your teeth twice a day. Use a tongue cleaner to clean your tongue
- Rinse your mouth and gargle after every meal
- Use a soft brush and change toothbrush when bristles spread out, approximately every 3 months



HEALTHY



Tooth brushing technique!



Brush teeth at least twice a day for two minutes with fluoridated tooth paste.

Brush preferably after every meal.

Leave the toothbrush covered or in its case to avoid germs from settling down on the moist brush.

Do not forget to use a tongue cleaner to remove the germs build up on the tongue

visit your dentist for regular check-ups or if there is any pain, discomfort or in case of any food sensitivity.

DID YOU KNOW?

- Tooth decay is the single most prevalent Non Communicable Disease (NCD)
- Affects 60-90% of all children worldwide
- Sugars are converted to acids by oral bacteria
- These acids corrode the enamel causing tooth decay.
- Lack of oral hygiene, together with frequent and high sugar intake leads to tooth decay.
- So what causes tooth decay? How do we get cavities?
- As you know, Sugars are converted to acids by oral bacteria. These acids corrode the enamel causing tooth decay. Lack of oral hygiene, together with frequent and high sugar intake leads to tooth decay



Tooth Decay

Tooth Decay needs to be prevented because it causes

- **discomfort and pain**
- **infection and pus formation**
- **tooth loss**
- **lack of concentration at school**
- **reduced quality of life.**



Close up of Tongue





Don't forget to clean your tongue

But why do I need to clean my tongue if I brush my teeth well



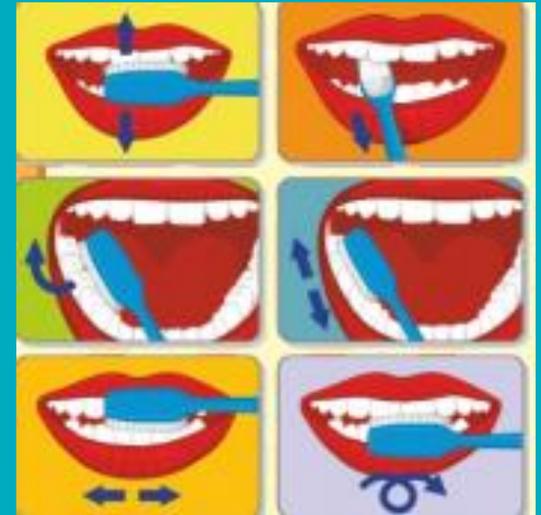
Rohan, there are over 600 types of germs living just on our tongue



Activity Demo 6

SMILE PLEASE!

Materials required:
Empty Carton of Eggs , Tooth brush, paint





Toilet Habits

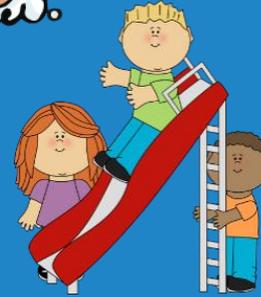
1. Visit the toilet preferably every morning.
2. Flush the toilet after use and keep the toilet clean and dry.
3. Wash hands well in the wash basin after using the toilet with soap and water.
4. Dry hands well using a hand towel or disposable paper tissue.
5. Germ can grow on wet hands so don't forget to wipe your wet hands with a clean cloth.



Wash your hands when...



After touching your
pets



After outdoor play



After using the toilet,
urinal or anytime you
visit the restroom for
any reason



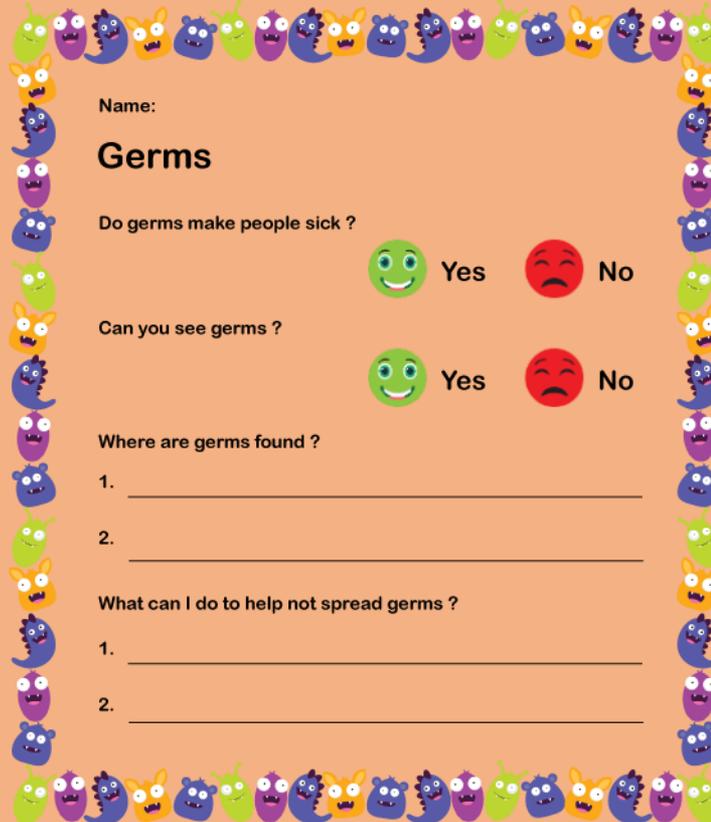
After sneezing,
coughing or
scratching any
part of your body.



Activity 7

Can You Tell us what you learnt about Hand Washing

Answer the following:



Name: _____

Germs

Do germs make people sick ?

 Yes  No

Can you see germs ?

 Yes  No

Where are germs found ?

1. _____

2. _____

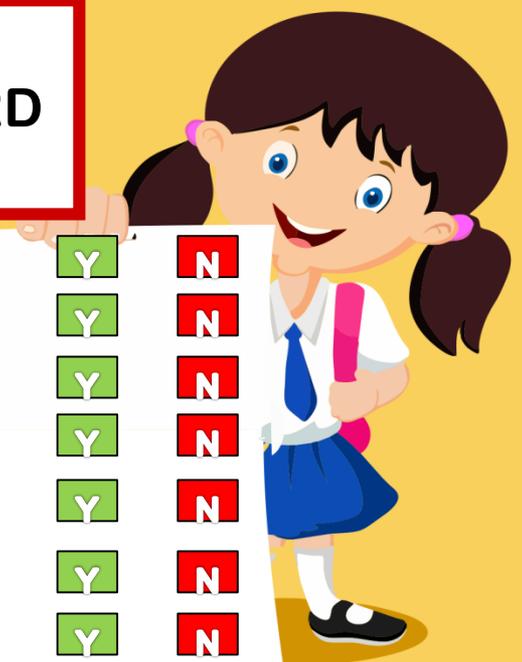
What can I do to help not spread germs ?

1. _____

2. _____

Activity 8

MY GERMI-CHECK SCORE CARD



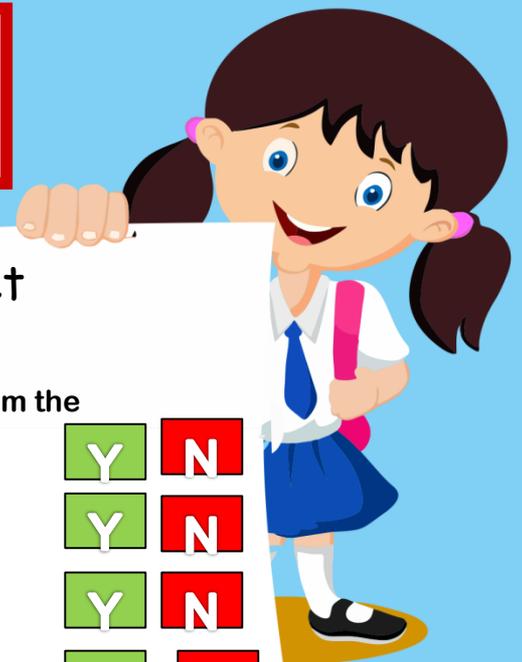
1. I bathe everyday.
2. I take a bath even on a cold winter day.
3. I take a bath even when I have a cold.
4. I am well groomed daily.
5. I brush my teeth twice daily.
6. I clean my tongue with a tongue cleaner
7. I visit the toilet daily
8. I wash my hands after every visit to the toilet
9. I wear clean washed and ironed clothes
10. I polish my shoes everyday
10. I wash my hair regularly and comb my hair daily
11. I clean my nose daily while bathing and not pick my nose
12. I clip my nails regularly and keep them dirt free

<input type="checkbox"/> Y	<input type="checkbox"/> N
<input type="checkbox"/> Y	<input type="checkbox"/> N
<input type="checkbox"/> Y	<input type="checkbox"/> N
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Activity 9

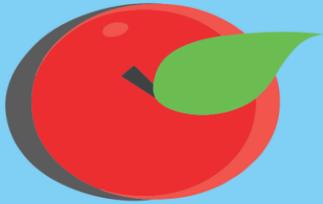
Toilet Habits



Let's see how much is your score on Toilet Habits

- I visit the toilet regularly to remove indigestible toxic waste from the body
- I make it a habit to evacuate my bowels every morning
- I flush the toilet after use and keep the toilet clean
- I wash hands well in the wash basin with soap and water
- I dry hands well using a hand clean hand towel or disposable paper tissue
- I follow the 20/20 rule for washing and drying hands-20 seconds washing / 20 seconds drying

Y	N
Y	N
Y	N
Y	N
Y	N
Y	N
Y	N





Germs are everywhere...

SNF ALERT :



- Germs accumulate around cuts, wounds & sores
- We need to keep the wounds covered with a waterproof dressing.
- **STAY HOME** In case you are sick or are suffering from flu, viral fever, vomiting or diarrhoea.
- if you have any contagious disease such as measles, mumps, chicken pox or typhoid. Stay home until the infection is over.
- Take proper care in case of common cold and cough.



How can we stay healthy ?



To be healthy and intelligent we need to...

- Go to school every day



- Study and do home-work



- Rest or take a nap in the afternoon



How can we stay healthy ?



To be healthy and intelligent we need to...

- Play outdoor games
- Play indoor games
- Take part in all activities
- Eat Healthy food
- Sleep for 8 -10 hours at night



Exercise & Physical Activity



- Regular exercise helps us to maintain a healthy weight, and develop strong bones and muscles
- We must be physically active for at least 60 minutes every day and take part in sports and exercises.
- Cycling, swimming, or walking to school are good for health
- Fun activities like pursuing a hobby, listening to music, going for picnics and outings refreshes the mind
- Helping our family in household work keeps us physically active and useful



F  **D**
FUNDA

Thank You