



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 1 : 4 to 7 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 toys, pencils, food plate and even on your body!





Are there germs even on my body?
But my hands are clean! Look, 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"



Why should we wash our hands?



1. Our fingers are the main vehicle by which microorganisms get transferred to different surfaces and mediums or even food.
2. Unwashed hands transfer them to food hence contaminating the food.

Activity

ACTIVITY DEMO 1: GLITTERY GERMS

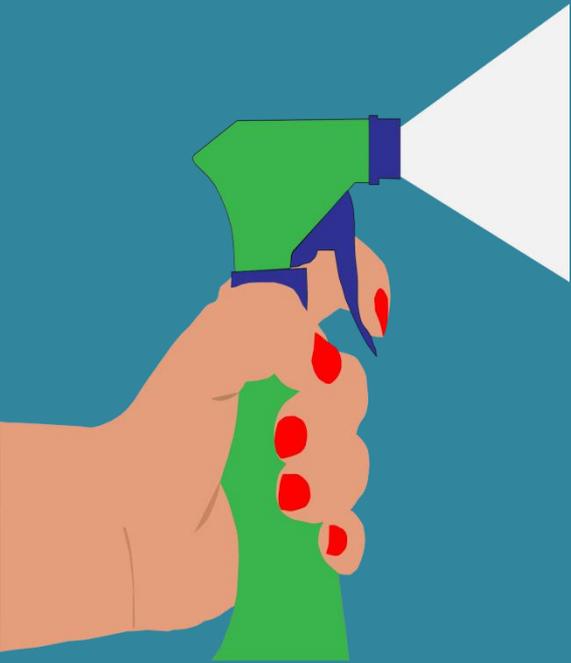


Look I'll show you...



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!

Make sure you wash
your hands properly
with **SOAP AND
WATER!**



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, 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 Hand Washing Champ

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



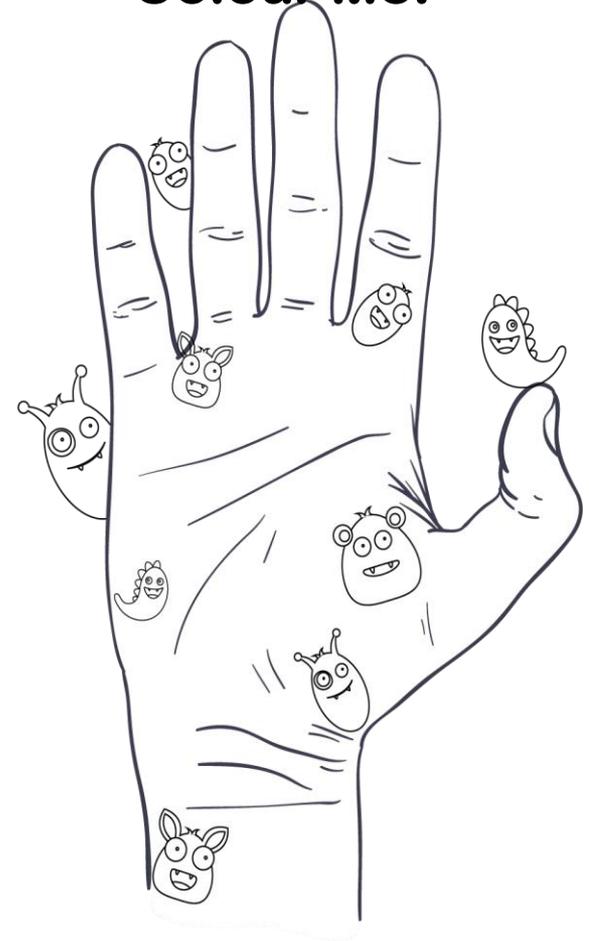
Activity 4 : Germs Hideout!

GERMS HIDEOUT



**Locate and colour the
places germs can hide
in your hand**

Colour Me!



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?

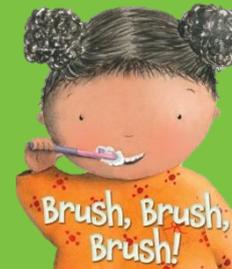
4. Washing, combing and tying our hair neatly



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 the open cuts



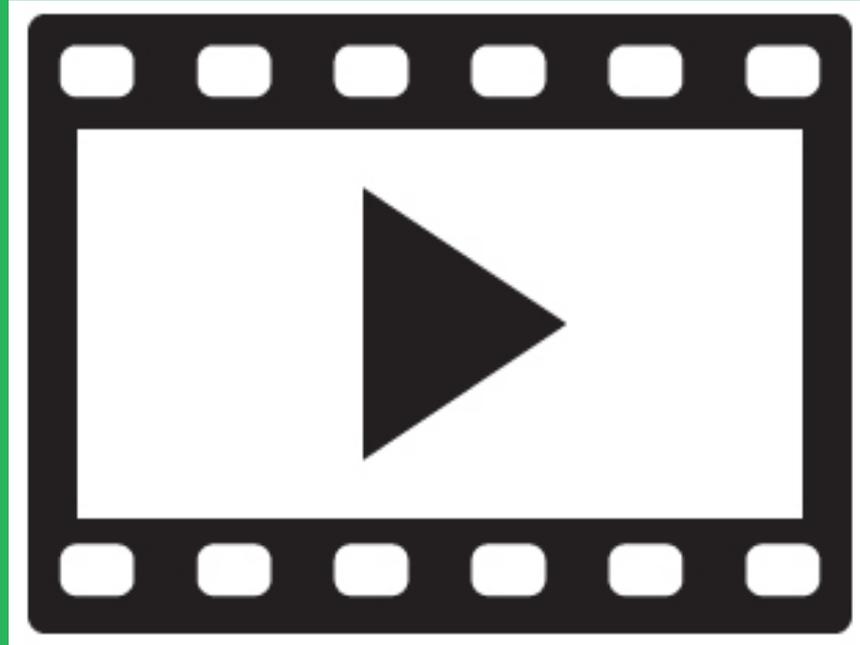
Activity Demo 6

SMILE PLEASE!

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



Let's see how we brush our teeth





Don't forget to clean your tongue

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



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



Close up of Tongue





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 with soap and water after using the toilet.
4. Dry hands well using a hand towel or disposable paper tissue.
5. Germs can grow on wet hands so do not forget to wipe your wet hands with a clean cloth.

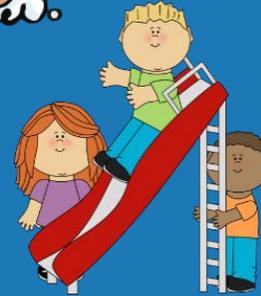




Wash your hands ...



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.





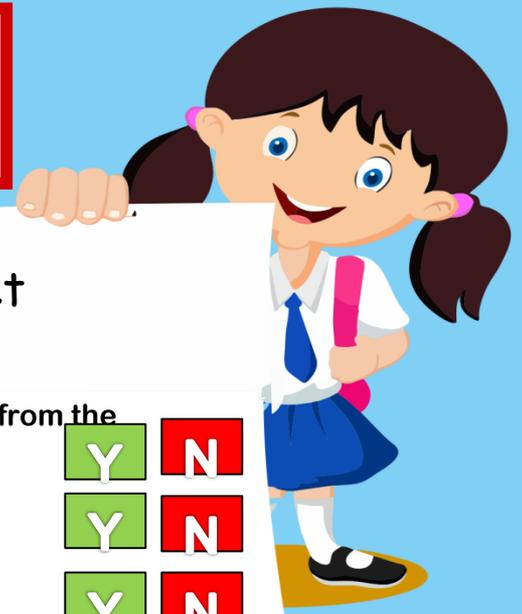
SNF Alert !



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

Activity 7

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

Y N

- I make it a habit to evacuate my bowels every morning

Y N

- I flush the toilet after use and keep the toilet clean

Y N

- I wash hands well in the wash basin with soap and water

Y N

- I dry hands well using a hand clean hand towel or disposable paper tissue

Y N

- I follow the 20/20 rule for washing and drying hands-20 seconds washing / 20 seconds drying

Y N



How can we stay healthy ?



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





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Thank You