



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



Train the Trainers in Food Safety and Nutrition



Personal Hygiene

Activity 1

Good Hygiene Habits (Score Card)

- I bathe everyday.
- I take a bath even on a cold winter day.
- I take a bath even when I have a cold.
- I am well groomed daily.
- I brush my teeth twice daily.
- I clean my tongue with a tongue cleaner
- I visit the toilet daily
- I wash my hands after every visit to the toilet
- I wear clean washed and ironed clothes
- I polish my shoes everyday
- I wash my hair regularly and comb my hair daily
- I clean my nose daily while bathing and do not pick my nose
- I clip my nails regularly and keep them dirt free

Y



N



Let's see how much is your score on Good Hygiene Habits



Activity 2

Toilet Habits (Score Card)

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



EVER WONDERED WHY DO WE NEED TO WASH OUR HANDS?

Here is the answer!

We all know that microbes or micro organisms are present everywhere.

We constantly touch different surfaces and collect all types of microorganisms.

These microorganisms flourish well on our hands and skin





MICROORGANISMS NEED IDEAL CONDITONS TO GROW SUCH AS :

1. Ideal temperature for growth
2. Skin secretions are food for microorganisms
3. These microorganisms find comfortable lodging spaces in the pores and cracks
4. They also get a cosy space to live within the nails





Wash your Hands regularly because...

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.

3

- Hand washing helps to remove contamination from hands.

4

- it also helps in getting rid of pathogenic bacteria that leads to Food borne Diseases.





Wash your hands when...



You are required to wash their hands BEFORE beginning work, BEFORE Working with foods and AFTER any activity that could contaminate the food and equipment they are working with.



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



After touching your face, hair, clothes or any part of your body.



After any Practical class in School laboratories



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



After cleaning, washing dishes or bussing tables.



After eating, drinking and after breaks.

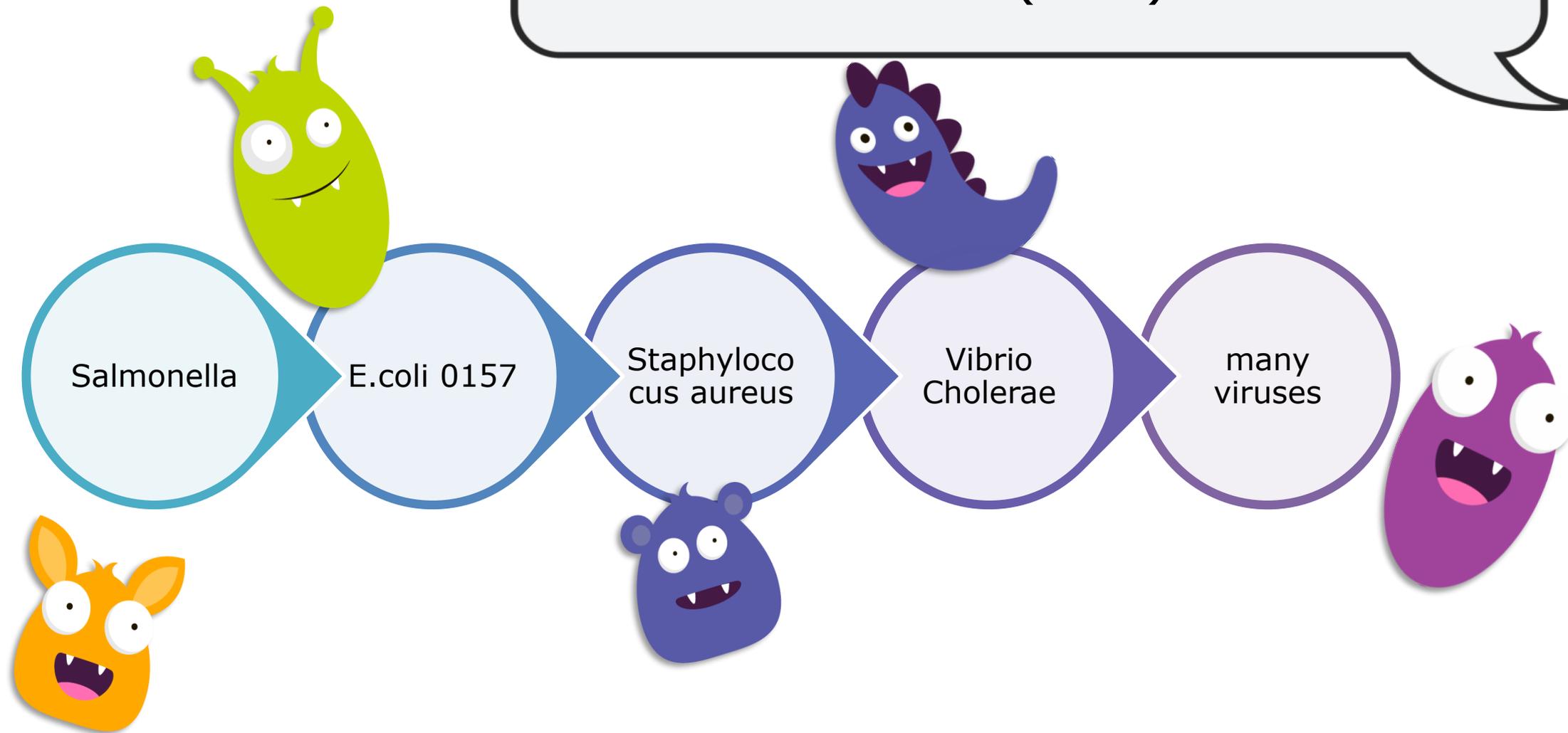


Before and after handling or preparing any food item.



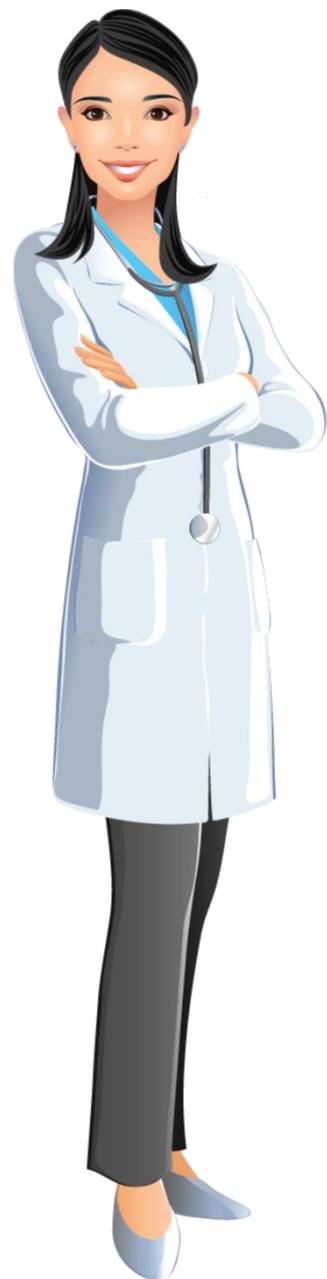
Which Microorganisms cause the Food Borne Diseases (FBD)?

The Microorganisms causing Food Borne Diseases (FBD) are...



ACTIVITY 3: GERMI-CHECK MARSHALLS

Identify 5 Germi-Check Marshalls from your Class.



THEIR TASKS ARE:

- Identify hand washing related issues.
- Take corrective action.
- Maintain hand washing records.



Activity 4

GERMI-CHECK MARSHALS

WEEKLY CHECKLIST OF SCHOOL FACILITIES **Y**



N

1. Are adequate hand washing facilities provided in school?
2. Are these facilities well maintained?
3. Is liquid soap used for washing hands?
4. Are liquid soap dispensers refilled regularly?
5. Are hygienic hand drying facilities provided in hand wash area?
6. If towels are used are they changed frequently?
7. Do children wash hands well before having meals ?
8. Are finger nails clean, trimmed and unvarnished?
9. Are washbasins provided in wash rooms & outside dining area?
10. Are hands washed in sinks used for food preparation?
11. Are children observed picking nose, scratching head or face?
12. Are children encouraged to wash hands after blowing the nose?
13. Is hand sanitizer available in the washroom/class room?





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





Why do we need to bathe everyday?

- To wash away sweat and dirt.
- To get rid of the body odour.
- To get rid of the bacteria on our body.
- To get rid of dirt and invisible bacteria on the surface and between the toes.



SNF OATH :

To stay Fresh and clean, I will take a bath daily, wear clean undergarments and clothes.





The truth about hair...

- Hair is a breeding ground for bacteria if not shampooed and kept clean.
- Unclean hair causes scalp infections, dandruff and lice, and makes the scalp itch.
- Staphylococci present on the skin and scalp may get into food
- Short hair should be pinned properly while long hair need to be tied or plaited.
- Hair should not be left loose while cooking
- Covering hair with a net, scarf or cap discourages people from touching their scalp and contaminating food. It also prevents hair from falling into food.





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.



Good Habits at the time of food handling



- Avoid handling food with bare hands as far as possible.
- Do not pick up or serve food with bare hands
- Use a spoon, tongs or hand gloves while handling ready food items or serving food.
- Pick up cups by the handle or bottom, glasses by the base, cutlery by the handle and plates by the bottom or edge
- Use a disposable tissue to blow your nose, discard the tissue in the dust-bin and wash your hands thereafter
- Do not touch or pick your nose while handling food. Staphylococci are present in our nose and can cause food poisoning if transferred to food.



Did you know?



- When a person sneezes or coughs, particles of moisture containing a large number of microorganisms are expelled into the air
- Micro organisms can spread up to a radius of 1 metre or more
- When the moisture from the small droplets evaporates, microorganisms like bacteria or viruses remain suspended in the air
- Large droplets of moisture settle down on the floor and become a part of dust

SNF ALERT



Jewellery worn by the food handlers can be hazardous to the food consumers in many ways. Stones and small parts of jewellery can accidentally fall into food. Finger rings accumulate a lot of dirt and can enter food during food preparation. Bangles, bracelets and wristwatches can get heated while cooking





Do's & Don'ts (while having food)...

- Do not Cough or sneeze onto food.
- Do not blow on milk to keep cream from being poured, or on plastic bags to open them. Our mouth has many different bacteria which are transferred to food.
- Wash hands in the wash basin, not in the kitchen sink. Do not rinse your mouth or spit in the kitchen sink.
- Avoid using the kitchen cloth to wipe perspiration or wipe hands after using the toilet. Use your handkerchief or a hand towel.



Need for Rest, Relaxation and Exercise



Balance between the amount of time spent on studies and home-work, and the rest, relaxation and sleep that a child gets in order to stay in good health.





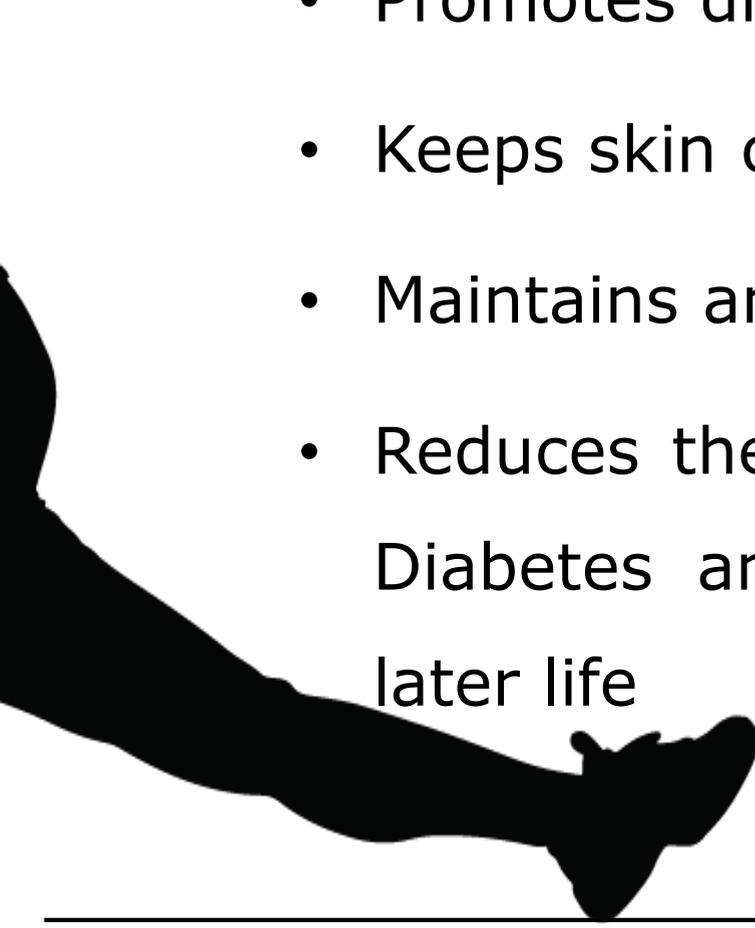
Why do we need to exercise regularly?

- Regular exercise and physical activity are important for children and adolescents to maintain a healthy weight, and develop strong bones and muscles
- Physical activity for at least 60 minutes every day in the form of sports and exercise as well as free and recreational play, and gardening
- Cycling or walking to school and helping the family in household chores should be promoted



Exercising in Fresh Air...

- Improves respiration and blood circulation
- Maintains muscle tone
- Promotes digestion
- Keeps skin clean
- Maintains an efficient nervous system
- Reduces the risk of developing NCDs like Diabetes and Cardiovascular diseases in later life



Did you know?



- Rest and relaxation revives a person, lessens psychological and physical tiredness and makes them active and alert in class
- Children need 8 to 10 hours of undisturbed sleep to feel refreshed on awakening
- Fatigue or tiredness reduces the capacity of a child to concentrate in school
- Some form of recreation is necessary for a healthy mind. It refreshes the mind just like exercise refreshes the body
- Children should pursue a hobby, listen to music, dance and be taken for outings

Sleep, Recreation and Relaxation



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HEALTH CHECK UP



Health Check-Up and Deworming Important

- All students should be in a good state of health
- A sick child is a source of infection, gets tired easily and cannot concentrate
- Students should be active and alert and for this both body and mind should be healthy
- Good health does not depend only on one's height and weight
- Children should be physically fit, mentally alert, and have ample reserve energy for recreation and sports
- Nutritious and wholesome meals are essential for good health
- Periodic health check-ups, inoculations and medication to deworm should be a part of the routine

Nutrition will be studied in the modules which follow.

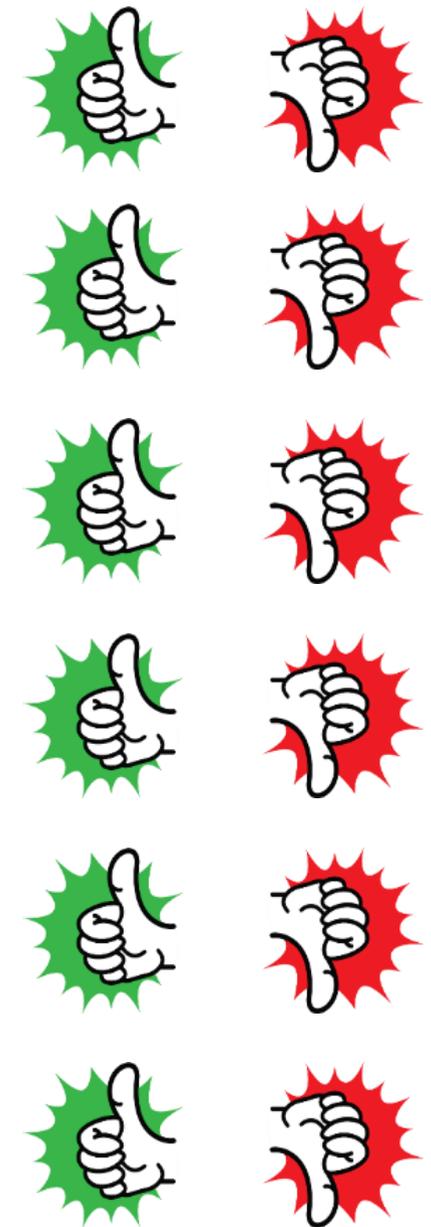


Activity 5: TICK TOCK –TICK OR CROSS!



Place a tick (✓) beside the correct statements and place a cross (x) beside the wrong statements

1. You can stop the spread of germs by using a handkerchief or a tissue when you cough or sneeze.
2. To prevent painful cavities and bad breath, brush your teeth twice a day and gargle after every meal.
3. If your hands look clean you need not wash them before a meal.
4. A soap tablet is more hygienic to use than liquid soap.
5. To avoid body odour and smell clean, bathe daily, use soap and change your clothes.
6. Regular exercise, rest and some recreation are essential for good health.



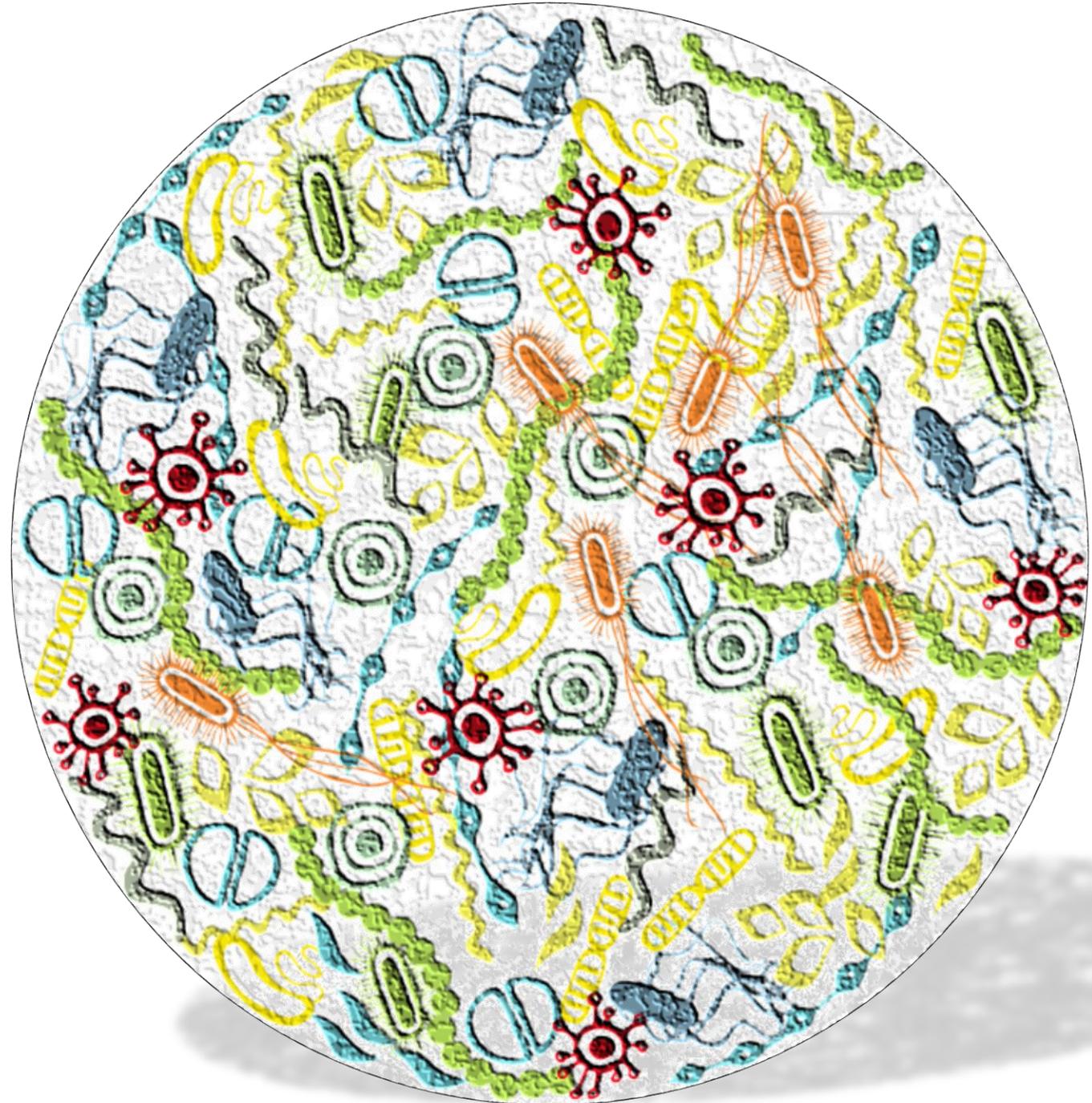
Activity 6 –LET US FIND THE MICROBES!

Demonstrate the presence of microbes

- In the air
- In coughs and sneezes
- On unwashed hands
- On washed hands

Material required

- Sterile petri-plates with culture media – 4
- Autoclave
- Inoculating chamber/bunsen burner
- Incubator
- Glass marking pencil



Activity 6 - Continued



Procedure

- Mark all 4 plates with the glass marking pencil.
- Open one petri-plate and leave it exposed to air for 30 minutes
- Ask any person suffering from a cough or cold to cough onto the second plate and shut the lid.
- Lightly touch the surface of the third plate with unwashed hands leaving an imprint of the thumb and all four fingers.
- Lightly touch the surface of the fourth plate after washing hands as per correct procedure and leave an imprint of the thumb and all four fingers.
- Keep the petri-plates in an incubator at 37°C for 24 to 48 hours or in a warm place in the laboratory.
- Observe the colonies formed on all plates and co-relate the findings with the source of microbes.
- Observe the differences in the plates with washed and unwashed hands.
- Draw the petri-plates with microbial colonies. highlighting the fact that each colony or dot which appears on the plate has been formed from a single microbe.
- If a microscope is available, prepare a slide, stain it and observe microbes under the microscope.



Activity 6: CONTINUED



Highlight the following observations:

- Each colony or dot which appears on the plate has been formed from a single microbe.
- Microorganisms are present in the air, therefore keep food covered.
- Unguarded coughs and sneezes transfer hundreds of microbes on to our food.
- Unwashed hands are loaded with microbes from all the surfaces they have come in contact with.
- Washing hands reduces the microbial load drastically.
- Good habits and personal hygiene can minimize the microbial load and help us stay healthy.





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Thank you

