



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



Train the Trainers in Food Safety and Nutrition



**Hygienic Handling
of
Food**





FOOD SAFETY



You may wonder what is Food Safety?



- It is an assurance that food will not cause harm to the consumer when it is prepared and/or eaten according to its intended use.

How can we achieve Food Safety?

By handling food hygienically from farm to plate



It should retain its quality and nutritive value
and be safe to eat



These are
5 Keys to
Safer Food!



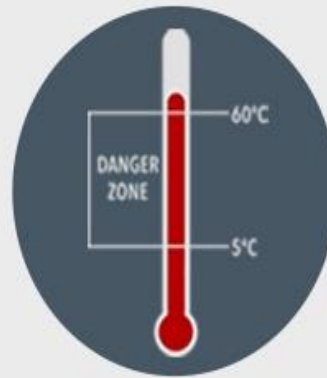
KEEP CLEAN



**SEPARATE RAW
AND COOKED**



**COOK
THOROUGHLY**



**KEEP FOOD AT
SAFE TEMPERATURE**



**USE SAFE WATER
AND RAW MATERIALS**



- **NON-PERISHABLE FOODS**

- Stay good up to a year
- Sugar, legumes, whole grains, oil, preserves like pickles
- In a cool, dry place

- **SEMI-PERISHABLE FOODS**

- Stay good up to a few weeks – few months
- Butter, cooking oil, vegetables like onions & potatoes, apples.
- In well ventilated cool rooms or fridge.

- **PERISHABLE FOODS**

- Spoil within a day or two.
- Items we consume everyday: milk, eggs, meat, fish, poultry and most fruits and vegetables specially green leafy vegetables.

What is Food Spoilage?

It is defined as decomposition & damage caused to food by various agents, making it unsuitable for consumption.



What is Food Spoilage?

The term CONTAMINATED foods is not fit to be eaten for sanitary reasons.

Although food may look, smell and taste good, it may contain harmful chemicals, non-food matter and microbes.

Contaminated food is also considered as spoilt.



What is Food Spoilage?

Spoilt food has an unattractive colour, smell, taste and looks unfit to eat.

Both spoilt and contaminated food should be discarded.



How do Foods Spoil?

- Microbiological action – souring of milk, moldy bread
- Action of insects – damage grains and food, like weevils, insect fragments
- Presence of contaminants – stones, grit



How do Foods Spoil?

- Natural enzymatic changes –over-ripening of fruits
- Physical damage – bruising, freezer burn
- Chemical reactions – rancidity in fats, hydrogen swell in cans



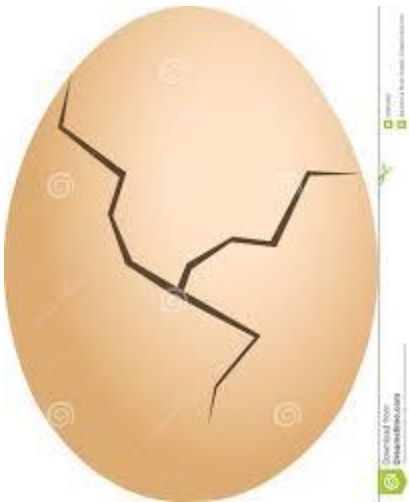
Why Foods Spoil?

- Buying more than required
- Buying poor quality food
- Not checking commodities, packaging and labels
- Not refrigerating/freezing purchased food promptly
- Refrigerators/freezers not working properly
- Using refrigerator space incorrectly





CONTAMINATION AND CROSS CONTAMINATION



What is a Contaminant?

A contaminant is anything naturally introduced into the product or intentionally added to the product during the different stages of the food chain from the farm to the table, which may cause harm to the consumer.



Contaminants are classified into three main categories namely

BIOLOGICAL CONTAMINANTS –Visible contaminants like rat droppings, beetles and weevils, insect body parts , flies and worms which can be seen in food as well as invisible contaminants, like bacteria, viruses, molds, algae, and parasites which cause food borne diseases

CHEMICAL CONTAMINANTS -like non-permissible food additives, adulterants, cleaning chemicals, packaging adhesives and inks and refrigerants, heavy metals (lead, mercury, cadmium) pesticide residues, veterinary drugs, naturally occurring toxins in food.

PHYSICAL CONTAMINANTS - glass, metal, bone, shell, hair, sticking plasters, stones, grit, feathers, cigarette stubs etc.



Cross Contamination



- Cross Contamination is the transfer of pathogens from contaminated food (usually raw) to ready- to- eat foods by direct contact ,drip or indirect contact using a vehicle such as hands or a cloth or cutting boards and knives.
- Cross contamination can happen at any stages of processing, transportation, storage, distribution or even at the stage of consumption.

What can we do to prevent Cross Contamination?



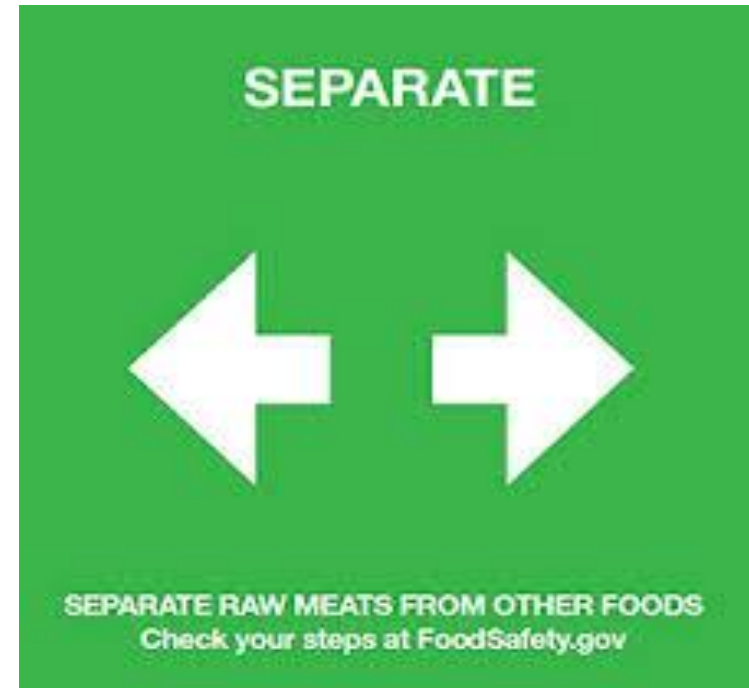
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- Keep raw and cooked food apart.
- Store cooked food above raw food in the refrigerator to prevent drip.
- Colour code chopping boards and knives
- Practice hand hygiene

Keep Raw and Cooked Food Apart



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Store Cooked Food Above Raw Food



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Hazard Analysis Critical Control Point

Refrigerator RULES

HAZARDS:

- Multiplication of bacteria
- Cross-contamination

CONTROLS:

- Below 4°C
- High-risk food always on top
- All food covered
- Stock rotation
- No open cans
- Don't overfill
- Colour coding

DAILY CHECKS:

- Temperature (at least 2 times)
- Satisfactory storage
- Date labels
- Condition of food
- Cleanliness

HIGH RISK FOOD

READY TO EAT FOOD

RAW FOOD



Cross Contamination Can Be Prevented



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PREVENT CROSS CONTAMINATION

USE CORRECT COLOUR CODED
CHOPPING BOARDS & KNIVES

RAW MEAT

RAW FISH

COOKED MEATS

SALADS & FRUITS

VEGETABLES

DAIRY PRODUCTS

FOOD HYGIENE ACT 1995



Practice Hand Hygiene



Hand washing is the single most effective means of preventing the spread of bacteria during food preparation

Remember To Wash Your Hands

- Before commencing work
- Before handling food
- After visiting the toilet
- After handling raw food
- After using a handkerchief or nasal tissue
- After handling garbage
- After touching ears, nose, hair, mouth, or other parts of the body
- After smoking
- After every break
- After handling money





FOOD POISONING, FOOD INFECTION AND FOOD ALLERGIES



Food Poisoning and Food Infection, Food Allergies

A food borne illness/disease is a general term applied to all types of illnesses caused by microorganisms, substances or any kind of material present in the food we have eaten.

It includes:

Food Poisoning

Food Infections and

Food Allergies



Food Poisoning

- Food poisoning or food intoxication is an illness caused by toxins present in contaminated food.

The toxin maybe:

- A poisonous chemical intentionally or accidentally added to food.
- A naturally occurring poison or
- A toxic metabolite excreted by bacteria.



Food Poisoning

- Toxin is produced during growth of bacteria in the contaminated food.
- On consumption, the toxin irritates the lining of the GI tract causing symptoms such as vomiting, abdominal pain and diarrhoea.
- Symptoms appear in one to six hours after consuming food.
- Food may not contain any living bacteria, which may have been destroyed during reheating.



Some Types of Bacterial Food Poisoning



Clostridium perfringens

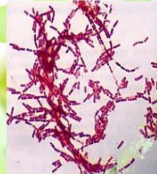




Botulism: *Clostridium botulinum*

- It is a gram positive anaerobic spore bearing bacilli that is widely distributed in soil, sediments of lakes and ponds, and decaying vegetation.



Clostridium botulinum

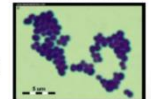
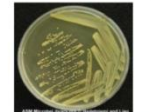
<i>Bacillus cereus</i>		<p><i>Bacillus cereus</i></p> <ul style="list-style-type: none"> • Large, motile, saprophytic bacillus • Heat resistant spores • Pre-formed heat and acid stable toxin (Emetic syndrome) • Heat labile enterotoxin (Diarrheal disease) 
EMETIC FORM	DIARRHEAL FORM	
 <p>Incubation period < 6 hours Severe vomiting Lasts 8-10 hours</p>	 <p>Incubation period > 6 hours Diarrhea Lasts 20-36 hours</p>	

Bacillus cereus



Staphylococcus Aureus

- Macroscopic
 - opaque, smooth, circular
 - white cream
- Microscopic
 - Gram stain
 - Gram-positive cocci in clusters



Staphylococcus aureus

Did you know? Toxins need higher temperatures and more time to be destroyed than the bacteria which produce them.

Food Infection

- A food infection is an illness caused by microbes.
- It happens when we consume food which contains living bacteria.
- The bacteria multiply in our body and cause infection.
- Symptoms of infection occur when our body reacts to the presence of large number of bacteria or their metabolites.



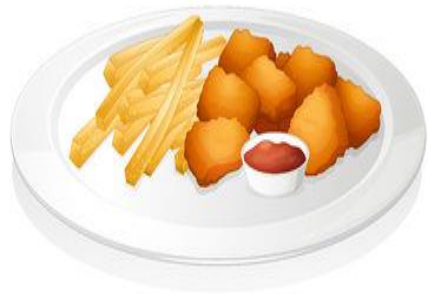
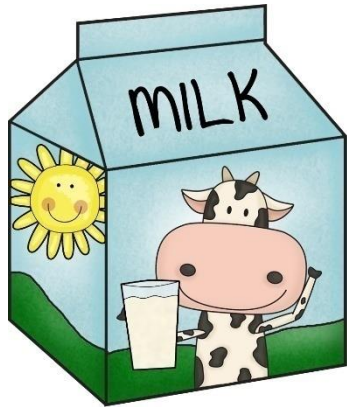
Symptoms of Food Infection

- Nausea
- Diarrhoea
- Abdominal pain
- Vomiting
- Fever
- The incubation period is longer, approximately 12 to 24 hours.

Did you know? For bacterial food poisoning or food infection to occur, approximately one million or more bacteria must be present in food.



Potentially Hazardous Foods

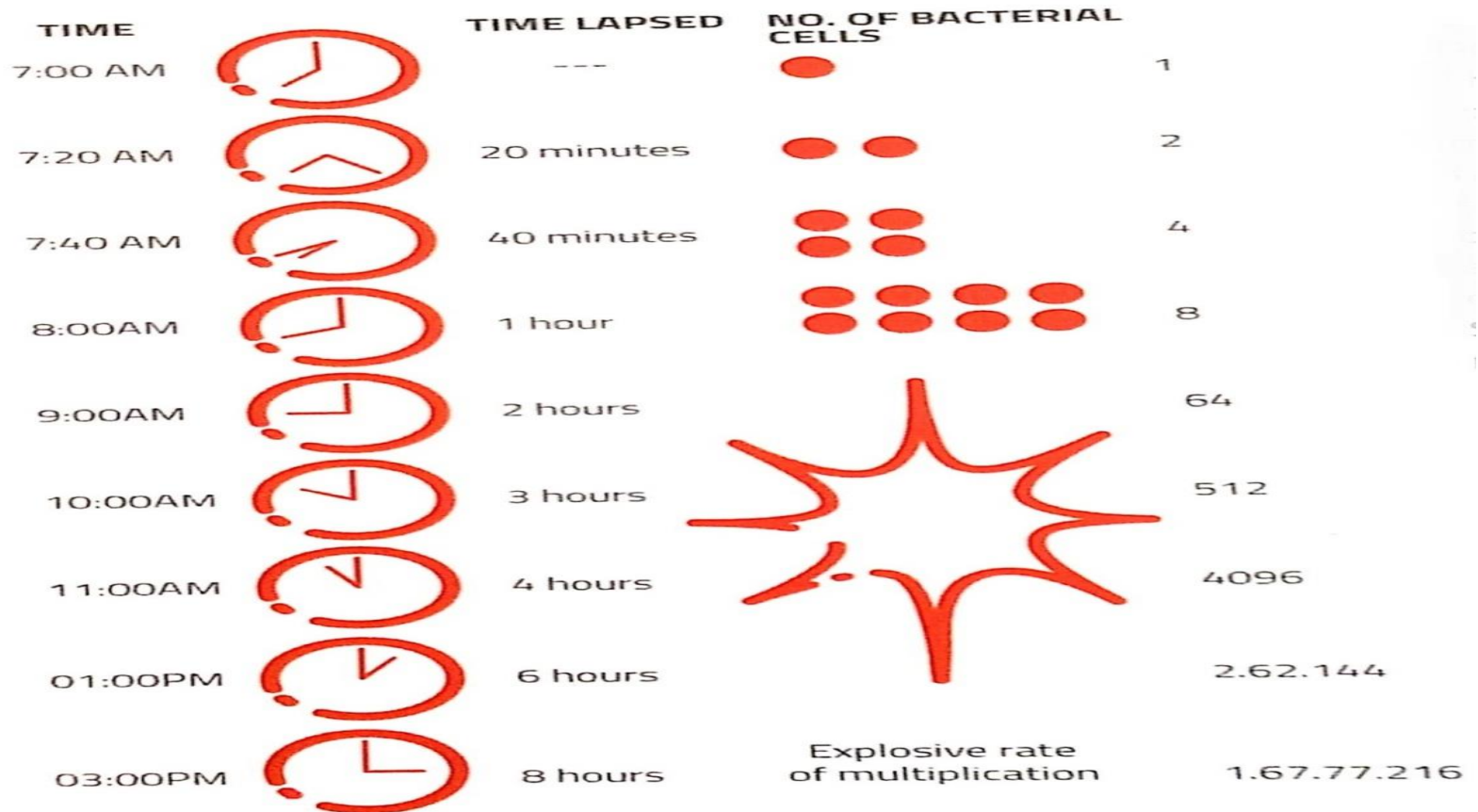


Did you know? Gastric juice present in our stomach is acidic and destroys some bacteria. We are more likely to contract a food borne illness when we over eat.



Bacterial Growth

ACTIVITY 3: Bacterial Growth



Golden Rules of Handling Food

- **Prevent Contamination**
- **Prevent Multiplication**
- **Prevent Survival**





FOOD ALLERGIES

Food Allergens

ALLERGEN ALERT

This item contains the following Allergens:

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Cereals containing Gluten |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Celery and Celeriac |
| <input type="checkbox"/> Lupin | <input type="checkbox"/> Sulphur Dioxide (preservative found in some dried fruit) |
| <input type="checkbox"/> Milk | |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Crustaceans (i.e.: prawns, crabs, lobster & crayfish) |
| <input type="checkbox"/> Peanuts | |
| <input type="checkbox"/> Sesame | <input type="checkbox"/> Molluscs (i.e.: clams, snails, mussels, whelks, oysters & squid) |
| <input type="checkbox"/> Soya | |
| <input type="checkbox"/> Tree Nuts | <input type="checkbox"/> Other _____ |

What is a food Allergy?

An allergy is defined as a special reaction of an individual to some ingredient in food. Some people show abnormal sensitivity to certain foods which are otherwise harmless to people.

Substances which cause allergies are called 'Allergens'.



What is Food Allergy?

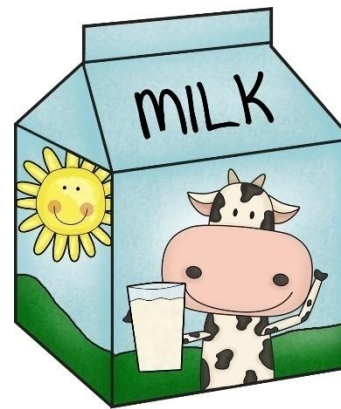
- True food allergies are abnormal responses of the immune system of an individual to components of certain foods.
- Food allergy is different from food intolerance.
- Food intolerance or non-allergic food hypersensitivity, refers to difficulty in digesting certain foods.
- Food allergies trigger the immune system, while food intolerance does not. Some people suffer digestive problems after eating certain foods, even though their immune system has not reacted - there is no histamine response.
- Food sensitivities – a general term which includes both food intolerances and food allergy.



Food Intolerance



Lactose intolerance



Foods most commonly associated with food intolerance include dairy products, grains that contain gluten, and foods that cause intestinal gas build up, such as beans and cabbage.

Which food causes Allergic Reactions?

Foods which commonly contain allergens include

- Nuts – Peanuts (groundnuts), all types of tree nuts such as walnut, pistachio, brazil nut, cashew nut, hazel nuts.
- Milk and milk products
- Eggs
- Fish and Shellfish
- Soya and its products like Tofu, bean curd, soya milk
- Cereals containing gluten like wheat
- Sesame seed, Mustard, celery



What are the symptoms of an allergy?

Symptoms of allergy vary and include:

- General flushing of the skin
- Swelling of throat and mouth
- Severe breathlessness
- Sudden feeling of weakness
- Fall in blood pressure
- Urticaria or rashes on the body
- Difficulty in swallowing and speaking
- Abdominal pain, nausea and vomiting,
- In some cases the person may collapse and lose consciousness



Why allergies should be taken seriously?

Why should allergies be taken seriously?

Allergens cause the body's immune system to react often within minutes, but sometimes within hours.

In serious cases the person may go into life threatening anaphylactic shock.



How can Food Allergies be Controlled?

- Read the ingredients on the food label of RTE food carefully.
- The label should mention whether the same processing plant is used for processing foods containing likely allergens.
- If you have an allergy read the menu description before ordering food in restaurants, and ask the waiter about the basic ingredients used.
- In case of severe symptoms seek immediate medical attention.
- If you have an allergy, make sure that you communicate it effectively to your school.
- All food handlers in school should know the basic ingredients in each recipe and should be briefed regarding allergens and its control.





COMMON FAULTS IN FOOD PREPARATION AND SERVICES



Common Faults in Food Preparation and Services

- Preparing food much before serving time
- Storing perishable food at room temperature beyond four hours
- Slow cooling of surplus food at room temperature before refrigerating it.
- Inadequate storage facilities and improper reheating of leftover food
- Cooking frozen meat/fish/poultry without thawing it.
- Cross contamination from raw to cooked food and using cooked food contaminated with bacteria.
- Undercooking meat and poultry
- Holding hot food below 63⁰C during service
- Infected food handlers
- Preparing surplus food and not checking quality before consumption





7 C's- TO PREVENT CONTAMINATION OF FOOD AND FOOD BORNE ILLNESSES



How can we prevent Contamination of Food?

Remember the 7 C's:

- CHECK
- CLEAN
- COVER
- CROSS CONTAMINATION
- COOK
- COOL/CHILL
- CONSUME



Check

Check all commodities for quality parameters before purchasing from reliable outlets.

- Select wholesome food at right stage of maturity.
- No signs of visible contamination.
- If frozen, at right temperature.
- If packaged, check 'Best before date', packaging intact



Clean

- Wipe all packages, tins, bottles etc. before storing them in appropriate storage area.
- Pick and clean green leafy vegetables to remove spoilt leaves, inedible stalks and roots.
- Wash whole fruit, vegetables and eggs and drain/dry before storing in refrigerator.



Cover

- Keep all food covered in storage area or during preparation and service to keep away pests and dust.
- Store stable foods in clean, dry, covered containers in dry food store.
- If lids are unavailable, use cling film or aluminium foil.
- Even food kept in refrigerator should be covered to prevent contamination, drying out and absorbing odours.



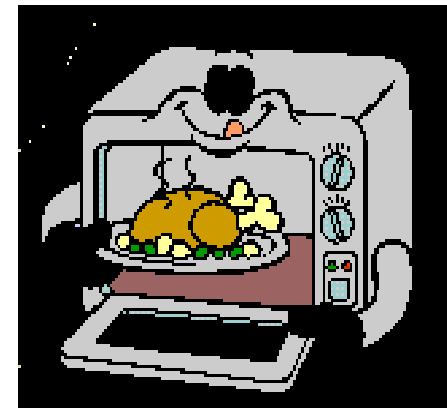
Cross Contamination

- Wash hands well before handling food.
- Keep raw and cooked food apart.
- Use separate chopping boards and knives for raw and cooked food.
- Store raw food below cooked food.
- Wash hand often to prevent cross contamination



Cook

- Cooking destroys pathogenic organisms
- Improves digestibility
- Increases taste, flavor and aroma
- Improves appearance and prevents enzymatic browning
- Increases shelf-life
- Thaw frozen foods before cooking them
- Cook food thoroughly
- Check internal temperature is 70°C with probe thermometer
- Reheat leftovers thoroughly
- Stir food in Microwave oven for even cooking/heating



Cool/Chill

- Cool food within 1 ½ to 2 hours if food is perishable/ potentially hazardous, and is to be served later.
- Cool food in shallow containers or in a water/ice bath.
- Cool in small portion sizes to cool faster.
- Refrigerate/freeze food within 1 ½ to 2 hours



Consume

- Serve food in a clean environment in clean crockery and cutlery.
- Eat freshly prepared food as far as possible.
- Hot hold above 63⁰C and keep perishables out of 'Danger zone'.
- Do not reuse single service items .
- Do not waste food, serve only what you can eat.
- Segregate plate waste and plastic waste in bins and recycle
- Rinse/wash dishes/tiffin boxes well after the meal is over.





HYGIENIC STORAGE OF FOOD

Hygiene Storage of Food

There are three main storage areas for food on the basis of temperature:

- The dry food store or storeroom – room temperature
- The refrigerator – 1⁰C to 4⁰C – chilled storage
- The deep freezer – Temperature - 18⁰C – Frozen storage



The Dry Food Store

- Used to store stable or non-perishable food for long periods.
- Airy, well-lit, clean, protected from pests and dampness.
- Keep food cool, clean and covered.
- Rotate food supplies using the first-in, first -out (FIFO) principle.
- Place food or bins on racks or shelves at least 15 cm off the floor.
- Bins or containers should have well fitted lids with a scoop to remove contents.
- Inspect commodities once a week for signs of spoilage like weevils, clumping of grains etc.



The Refrigerator

- Used for short term storage of perishable food including surplus cooked food.
- Food preserved by circulation of cold air, hence do not overcrowd or open door often.
- Do not store hot food or cool it in the refrigerator.
- Cover all milk and milk products as they absorb smells.
- Store raw food, specially flesh foods below cooked food to prevent drip or contamination from raw to cooked food.



The Deep Freezer



- Used for long term storage of perishable food and frozen food items.(Ideal temperature is -18°C).
- Unlike the refrigerator, it should be well stacked to maintain low temperatures.
- Wrap food well to prevent freezer burn, cross contamination and absorption of odour and flavor.
- The food package should have the date and contents labeled neatly on the package.
- Frozen foods should be thawed before use. Once thawed, use immediately, do not refreeze.

Frozen Foods can spoil if Freezer Temperatures are not Maintained



DID YOU KNOW?

Food can remain frozen in a deep freezer for up to 24 hours provided the door/lid of the freezer is not opened. This is the reason why ice cream vendors do not open the display cabinet and do not sell ice cream during power cuts.



DID YOU KNOW?

Some shop keepers switch off the deep freezer to save on power. Foods often thaw and refreeze. Reject food which has a large number of ice crystals in the packet

Thawing

- Thawing is the stage when a frozen food reaches an unfrozen state i.e., when ice crystals formed during the freezing process, melt and the food can be cooked.
- Thaw frozen food before it is cooked unless otherwise specified on the label.
- Never refreeze thawed food.
- Thaw or defrost frozen food:
 - In the refrigerator below 4°C
 - Under cold potable running water while it is still in the packet
 - In the microwave oven if you are cooking it immediately



Use a Probe Thermometer to check Internal Temperature of Cooked Food

“Is it *done* yet?”

You can't tell by *looking*. Use a *food thermometer* to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Steaks & Roasts
145 °F

Ham
145 °F

Pork
160 °F

Round Beef
160 °F

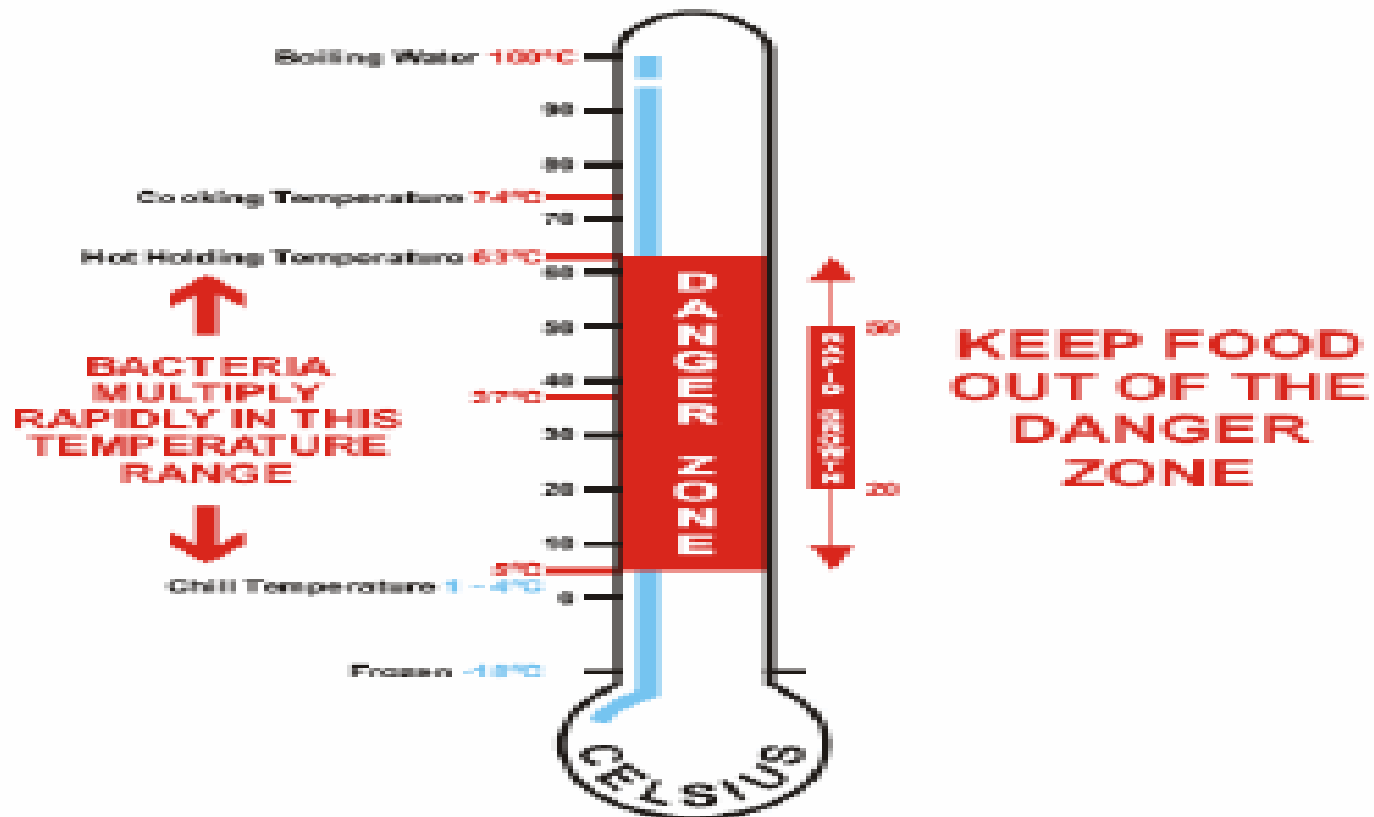
Egg Dinner
160 °F

Chicken Breast
165 °F

Whole Poultry
165 °F



Temperature Control



KEEP HOT FOOD HOT

KEEP COLD FOOD COLD



POTABLE WATER



Potable Water

Potable water is drinking water, free from harmful pathogens and toxic chemicals.



The methods of purification include –
Chlorination,
Membrane/micro filtration
Reverse Osmosis (RO)
UV filtration
Boiling



- Potable water is essential for food preparation, for drinking and for cleaning food contact surfaces and equipment.
- Safe and clean water should be available in sufficient quantity in school.



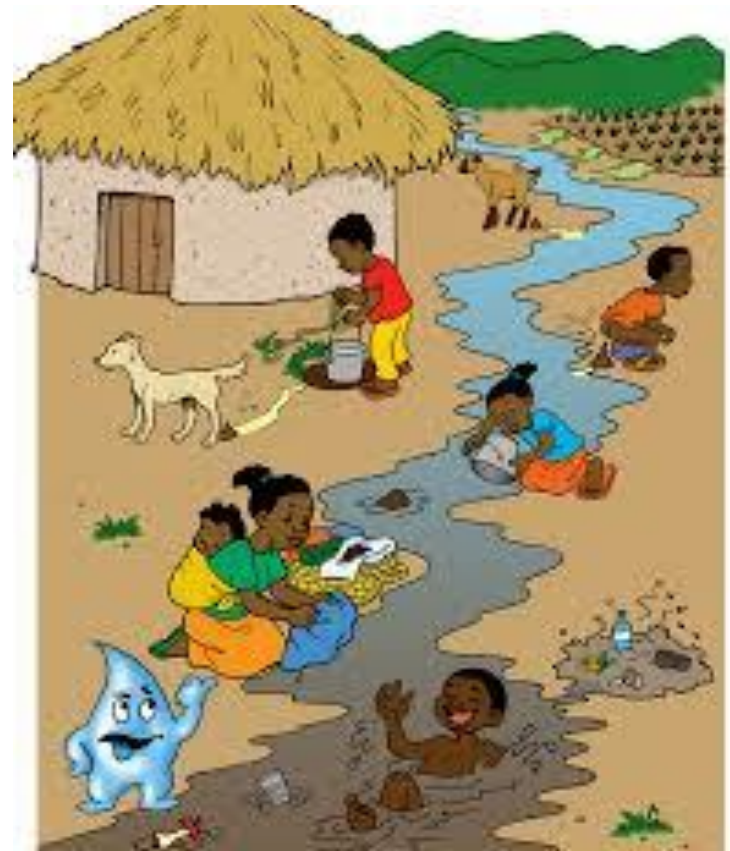
Prevent contamination of water in the kitchen?

- Store drinking water in a clean, covered container.
- Clean the water container every day.
- If it is not fitted with a tap, use a long handled glass for taking out water.
- Do not dip hands or any container in the water.
- If doubtful about water quality, bring water to a boil, simmer for 10 minutes, cool and use.
- Clean overhead tank and sump once in 6 months and cover with well fitted lids which will not blow off.
- Make ice from potable water only or purchase from reliable sources.
- Use clean tongs/spoon to pick up ice.

How Does Water get Contaminated?

From:

- soil,
- environment,
- sewage,
- industrial wastes, toxic chemicals, and
- mishandling of water sources by people.



IMPORTANCE OF FOOD LABELS



What's in a label?



Why should Food Be Labelled?

DID YOU KNOW?

All prepackaged foods must be labeled before they are sold

Why should foods be labeled?

Labeling tells the consumer what they are purchasing in terms of nutritive value. It helps them make a conscious selection. It helps them compare food products by value for money

DID YOU KNOW?

IT IS MANDATORY TO MENTION ADDITIVES AND LIKELY ALLERGENS WHICH MAY HAVE ACCIDENTALLY ENTERED FOOD, ON THE LABEL.



What should the label be like?

What should the label be like?

The label should:

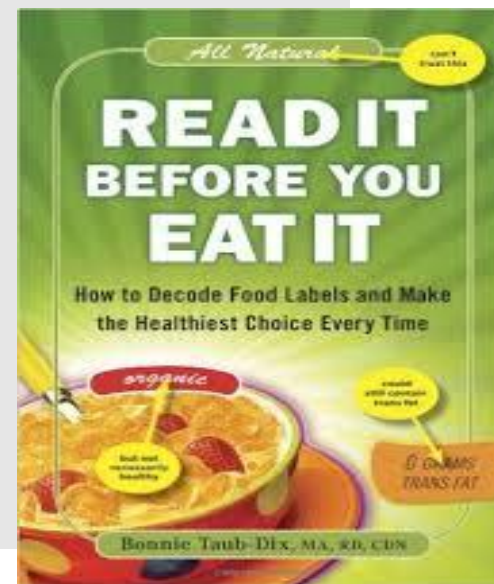
- Be clearly visible
- Be legible
- Properly adhere to the container

Provide all necessary information as notified by the Government.



What information should be displayed on the label?

- Name of the food product
- List of ingredients in descending order of weight
- Symbol for vegetarian/non-vegetarian food
- Nutritional facts
- Food additives and their class/numerical identification number of colours
- Name and address of manufacturer and manufacturing unit
- Net weight of contents and drained weight
- Lot/Code/Batch identification no.
- Date of manufacture dd/mm/year
- Best before date
- If irradiated mention particulars
- Country of origin for imported food
- Instructions for use & disposal of packaging
- Licensing authority and license number
- The label may have pictures and graphics on it



What information should be displayed on the label?

Serving size: The first place to start when you look at the Nutrition Facts is the serving size. The label on the container is based on a serving.

Amount per serving: This line tells you the number of calories per serving and the number of calories from fat.

Calories: This is the amount of calories in one serving. A calorie is a measure of the fuel you get from the food you eat.

Percent daily values: The percent daily values are based on a 2,000 calorie diet, which has 30% or less calories from fat a day. Knowing the individual value allows you to look at the information in the left column and decide whether or not these numbers fit into your daily allowance for that nutrient.

Nutrition Facts			
Serving Size 1 cup (228 g)			
Servings per Container 2			
Amount Per Serving			
Calories	250	Calories from Fat	110
		% Daily Value	
Total Fat	12g		18%
Saturated Fat	3g		15%
<i>Trans</i> Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4 %
Vitamin C			2 %
Calcium			20%
Iron			4 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
		Calories	
		2,000	2,500
Total Fat	Less Than	65mg	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Servings per container: This lets you know how many servings are in the package. This number is very important and must be taken into account whenever you buy something that contains more than one serving. To find out how much you eat, multiply the amount in one serving and the number of servings you eat.

Vitamins & Minerals: The food manufacturers are required to list the amount of vitamin A, vitamin C, calcium and iron that are in this product.



All measures per 100g	LOW a healthier choice	MEDIUM most of the time	HIGH eat occasionally
Sugars	5g or less	5.1g - 15g	More than 15g
Fat	3g or less	3.1g - 20g	More than 20g
Saturates	1.5g or less	1.6g - 5g	More than 5g
Salt	0.3g or less	0.31g - 1.5g	More than 1.5g

TRAFFIC LIGHTS

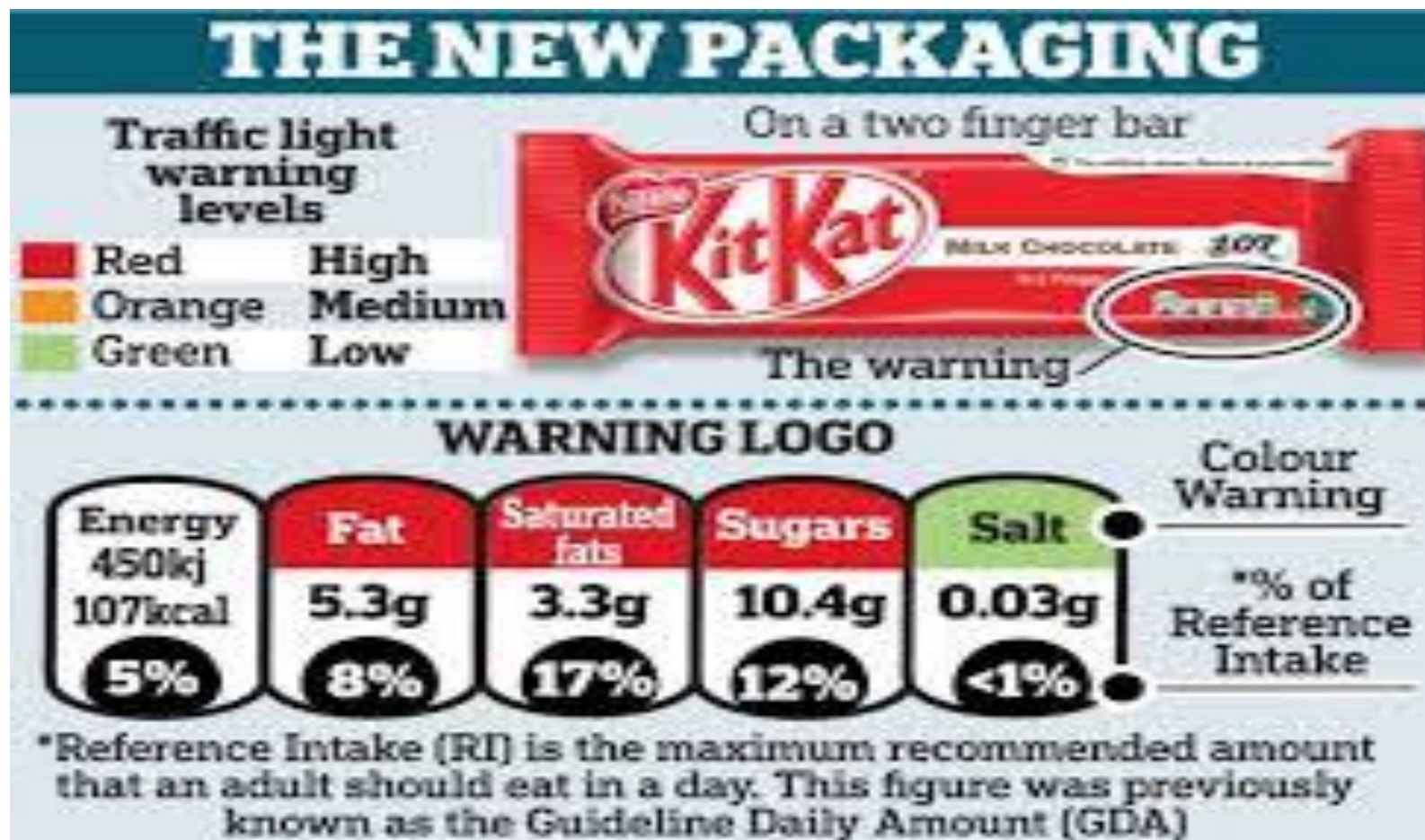
Warn you about foods harmful to health

TAKE HEED OF THE SIGNALS

IF YOU HAVE ANY HEALTH RELATED ISSUES, MAKE SURE YOU SELECT FOODS WHICH SHOW THE GO AHEAD SIGNAL

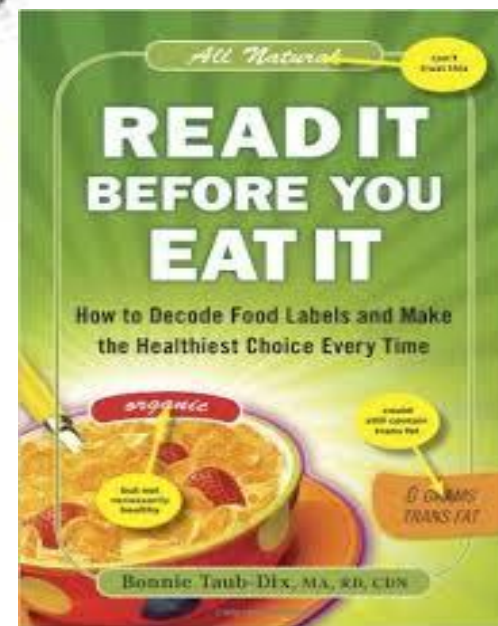


To make Food choices simpler, the new labels warn you about the levels of sugar, salt and fats in the Package



What information should be displayed on the label?

What's in a Label?



THERE IS A LOT OF VALUABLE INFORMATION ON A FOOD LABEL

Activity 1

Can you help Geeta to classify the following contaminants as Biological, Chemical or Physical?

Rat droppings

Moldy peanuts

Staphylococci

Washing soda

Hair

Stapler pin

Glass

Pesticide



Activity 1-Answers

Can you help Geeta to classify the following contaminants as Biological, Chemical or Physical?

Rat droppings: **Biological, physical**

Moldy peanuts: **Biological, chemical**

Staphylococci: **Biological**

Washing soda: **Chemical**

Hair: **Physical, biological**

Stapler pin: **Physical**

Glass: **Physical**

Pesticide: **Chemical**



Activity 2

REVISION ACTIVITY

- In Module 1 on 'The Invisible World of Microbes' we have learnt how fast bacteria multiply under favorable conditions in food.
- We have also been taught that bacteria are present everywhere and are present in large numbers.
- Assuming 100 food poisoning bacteria are present in a perishable food, how much time would it take for the bacteria to multiply and render the food harmful to health under favorable conditions.

(Hint – You may refer to the chart on Bacterial growth)



Activity 2 with answers

- Time required is less approximately 5 hours.

(At least 1 million bacteria are required to be present in food to cause Food poisoning.)



Activity 3

Match the foods in Column 1 with their description in Column 2. Items listed in Column 2 may be used more than once.

Column 1

- Milk
- Potatoes
- Vegetable burger
- Wheat
- Apples
- Canned food
- Tandoori chicken
- Jaggery

Column 2

- Semi-perishable
- Ready -to- eat
- Perishable
- Non-perishable



Activity 3- answers

Match the foods in Column 1 with their description in Column 2. Items listed in Column 2 may be used more than once.

Column 1

- Milk
- Potatoes
- Vegetable burger
- Wheat
- Apples
- Canned food
- Tandoori chicken
- Jaggery

Column 2

- Perishable
- Semi-perishable
- Ready-to-eat
- Non-perishable
- Semi-perishable
- Non-perishable
- Ready -to- eat
- Non-perishable



Activity 4

WHERE WILL YOU STORE THE FOLLOWING FOODS Select the correct storage space

FOOD

- Ice-cream
- Bananas
- Strawberries
- Eggs
- Biscuits
- Frozen green peas
- Spinach
- Paneer

STORAGE SPACE

- Fruit basket
- Freezer
- Refrigerator
- Store cupboard

Activity 4 - answers

WHERE WILL YOU STORE THE FOLLOWING FOODS Select the correct storage space

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- Ice-cream
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- Eggs
- Biscuits
- Frozen green peas
- Spinach
- Paneer

STORAGE SPACE

- Freezer
- Fruit Basket
- Refrigerator
- Refrigerator
- Store cupboard
- Freezer
- Refrigerator
- Refrigerator



Activity 5

Match the items in Column 1 with a suitable answer from Column 2. Items in Column 2 may be used more than once.

Column 1		Column 2	
A	Food Poisoning	1	Curdled milk
B	Food infection	2	Botulism
C	Allergy	3	Tree nuts
D	Worm infestation	4	Hepatitis A
E	Food spoilage	5	Trichinella
		6	Pasteurized milk
		7	Banana
		8	Olive oil



Activity 5- answers

Match the items in column 1 with a suitable answer from Column 2

Column 1		Column 2	
A	Food Poisoning	1	Curdled milk
B	Food infection	2	Botulism
C	Allergy	3	Tree nuts
D	Worm infestation	4	Hepatitis A
E	Food spoilage	5	Trichinella
		6	Pasteurized milk
		7	Banana
		8	Olive oil



Activity 6

Put a tick mark on the right practices-

- Cutting raw and cooked food on the same chopping board.
- Cooling hot food in the refrigerator.
- Making maximum use of refrigerator space by over-stacking it.
- Cooking frozen chicken after it has been thawed.
- Opening the refrigerator door often for proper ventilation.
- Holding hot foods above 63 C and cold foods below 5 C.



Activity 6- answer

Put a tick mark on the right practices-

- Cutting raw and cooked food on the same chopping board.
- Cooling hot food in the refrigerator.
- Making maximum use of refrigerator space by over-stacking it.
- Cooking frozen chicken after it has been thawed. ✓
- Opening the refrigerator door often for proper ventilation.
- Holding hot foods above 63°C and cold foods below 5°C. ✓



Activity 7

Mrs Kapoor has purchased a new refrigerator and has put food items in it. Can you guide her and tell her where she has gone wrong while placing food in the refrigerator?



- 1.
- 2.
- 3.
- 4.
- 5.

Activity 7 with answers

Mrs Kapoor has purchased a new refrigerator and has put food items in it. Can you guide her and tell her where she has gone wrong while placing food in the refrigerator?



1. Do not store ready to eat foods and raw food side by side
2. Store raw food below cooked food
3. Keep all food items covered
4. Do not store bananas and apples in refrigerator
5. Keep vegetables in the crisper

Activity 8

Visit the processed/packaged food section in any Supermarket/Food Mall. Check at least 6 food labels of your favourite foods and answer the following questions:

- Are number of servings mentioned on the label?
- How many grams of sugar is present in one serving?
- How many grams of fat does the food contain/serving?
- How much saturated fat is present in one serving?
- How many grams of salt does the food contain per serving?
- Does the food make any special nutritional claims?
- Based on the traffic light system of labeling food, how would you rate the food?





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Thank you

