



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



Train the Trainers in Food Safety and Nutrition



FOOD
FUNDA

I EAT SAFE AND CLEAN FOOD

**(Invisible world of microbes/ Hygienic handling of food and
Hygiene of Surroundings)**

**Module 2
Level 1 : 4 to 7 years**

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



Let me tell you what Germs are?

- Germs are tiny living creatures
- They are present everywhere
- We cannot see them
- They do not have legs or wings but can reach all places
- Germs can make us sick






**Germs ?
Who are they ?
And where are they, Dr.
Sara?**

They are everywhere Riya- on your toys, pencils, even on your food plate. They are there on our body, in our dirty clothes, hiding inside our shoes and socks, in the room, on the floor, on our dusty tables and chairs.





Dr. Sara, how do Germs
make us sick?

- They can give us colds, cough and fever.
- Our stomach aches because of these germs
- We need to go to the doctor
- When we are sick we can't even eat our favorite food



Germs Grow Very Fast

If they get food, water and warmth they grow very fast

One germ can grow and become 100 germs in less than 3 hours!



SNF Alert :

Before eating, I always wash my fruit well so that I do not fall sick. I also wash my hands with soap and water before eating to avoid any germs to enter my tummy from my unclean hands!



How are germs spread?

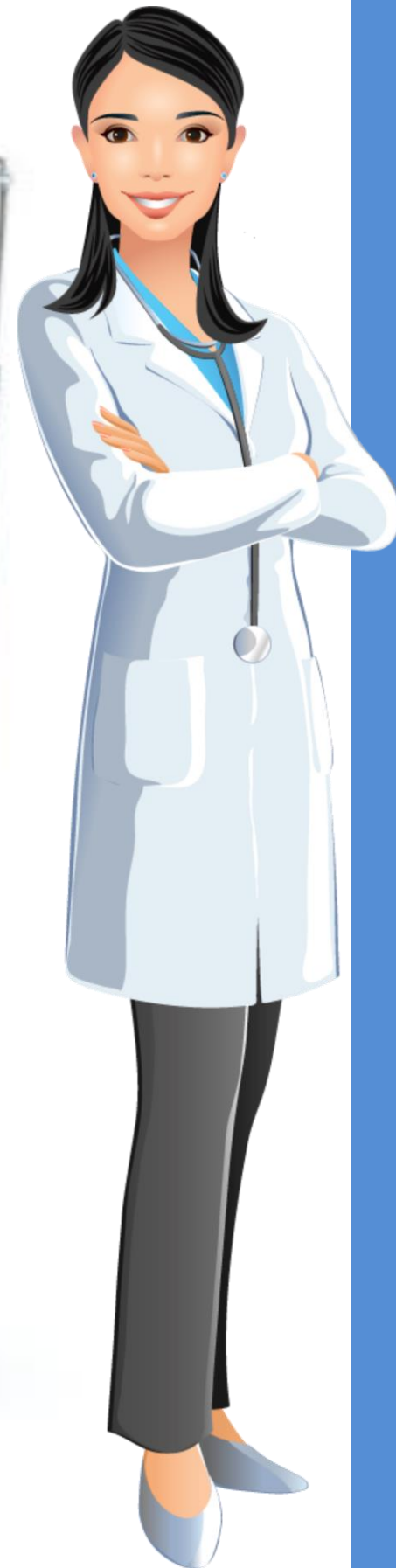
FOOD we eat has gone bad



How are germs spread?



WATER we drink is unclean



How are germs spread?

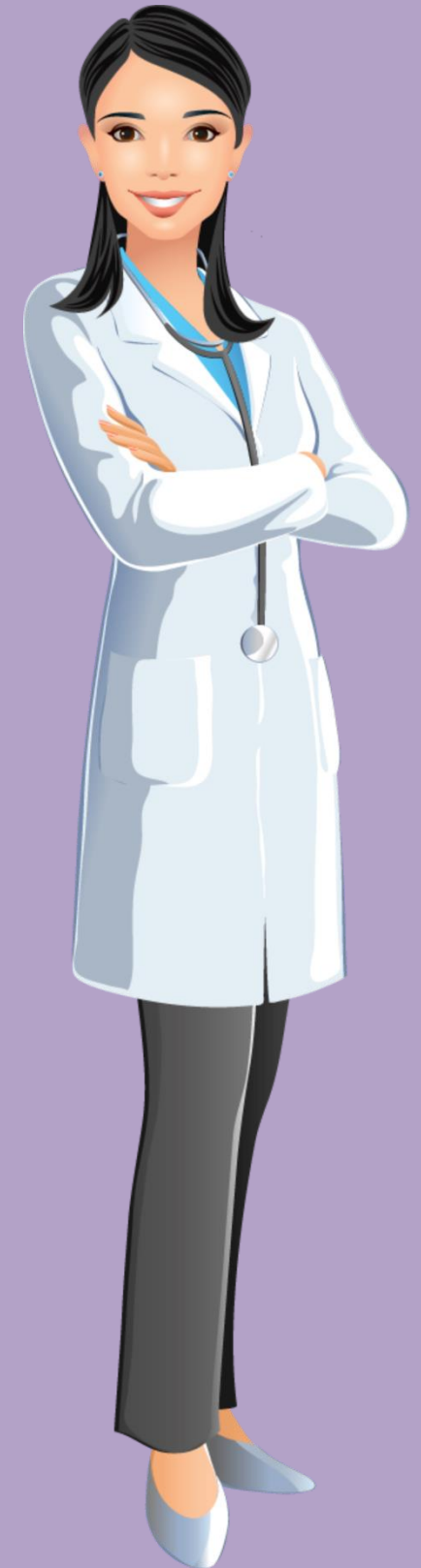
When our **FINGERS & HANDS** are dirty





How are germs spread?

Germs from faeces or unclean toilet seat remain on our unwashed hands





How are germs spread?

From FOMITES such as unclean towels, clothes, cups, spoons and more.





How are germs spread?

FLIES, COCKROACHES AND RATS TASTE OUR FOOD



Flies on the Food



Cockroaches on the Food

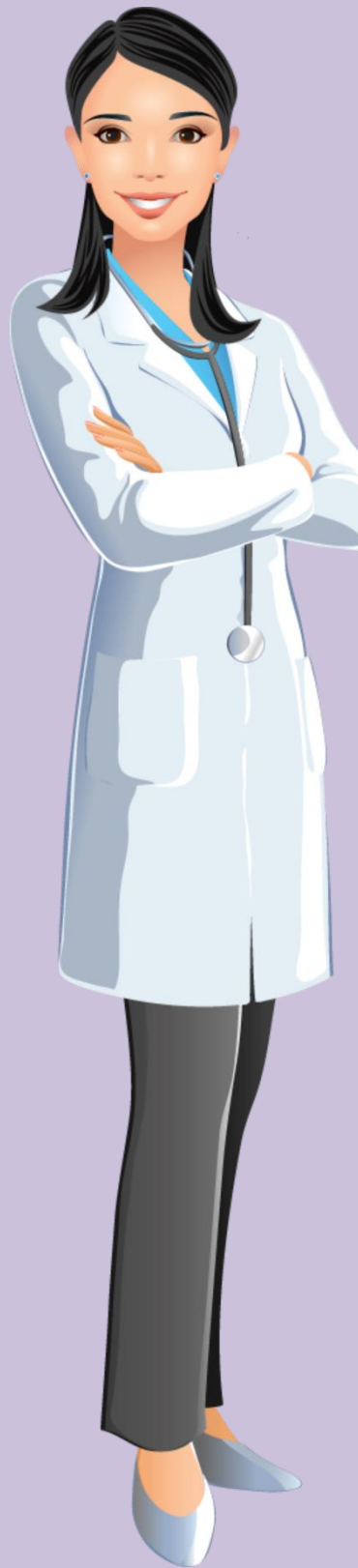


Rats on the Food

Story time!

**& FUNGU
GERMY**

Finger Puppet Story





Story time!

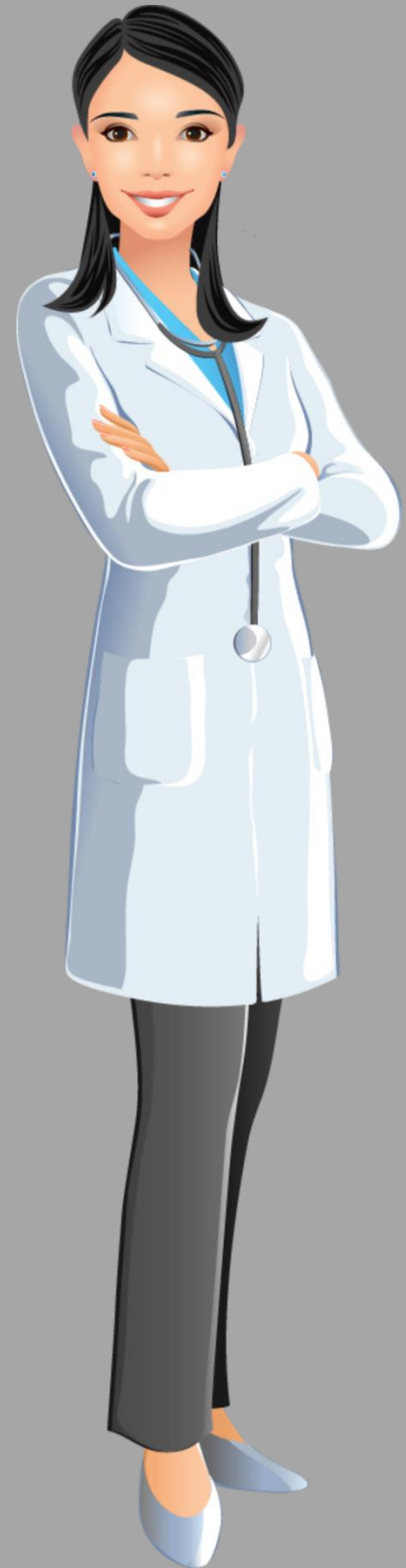
Fungu and Germy

Finger Puppet Story

Hello! I am Germy, a small germ living on a boy named Raghav. One morning a girl sneezed near Raghav. Fungu, my germ friend came flying out of her nose. He was so happy to see me. We both decided to live together on Raghav's head. At school, Raghav scratched me off his head but I stuck to his thumb. It hurt me when he started to write with his pencil!

When he ate lunch, he picked up his sandwich and popped it into his mouth. He stuffed me in too! The next day, Raghav could not go to school because he had a sore throat. That is because I was now in the back of his throat. His mom would not let him go anywhere. Days passed and Raghav had a terribly bad cold and fever. His mom gave him medicine and his fever broke. I don't like medicines! I was getting nervous because all the good germs were swallowing us, the bad germs and then multiplying. So I decided that it is now time to move on. I slowly found my way back to Raghav's mouth and when he wiped his hand on his lips, I fell on his finger. He washed his hands and I tumbled into the sink.

The next week, Raghav was feeling better and his friend, Tarun came over to play. I liked his dirty moist hands. He had eaten a chocolate. Yummy! and I rushed onto him. And now I sit here, telling you my story in the mouth of Tarun, Raghav's friend.



STORY OF FUNGU & GERMY

Raghav, Aarav and Bina are friends. One day as the three are playing, Bina sneezed and Fungu, my germ friend came flying out of her nose. He was so happy to see me. We both decided to live together on Aarav's head.



At school, Aarav scratched me off his head but I stuck to his thumb. It hurt me when he started to write with his pencil! When he ate lunch, he picked up his sandwich and popped it into his mouth. He stuffed me in too!



The next day, Aarav could not go to school because he had a sore throat. That is because I was now in the back of his throat. His mom would not let him go anywhere. The next day Raghav woke up with a terrible cold and fever. His mom had to give him many medicines and his fever broke.



I dislike medicines! This medicine had soldiers who started attacking me and other germs. I was very weak with their attack but somehow I escaped.



I slowly found my way back to Aarav's mouth and when he wiped his hand on his lips, I grabbed his fingers. He touched the tap to wash his hand and I quickly climbed onto that.

Soon Aarav was feeling better and his friend Tarun came to visit him. They both ate chocolate and Tarun got into the wash room to wash his sticky hands. I quickly climbed on to his hand from the tap. Now I sit here, telling you my story in the mouth of Tarun, Aarav's friend.





ACTIVITY 1: How Clean are my Hands?

If you think your hands are always clean, just dip them in a jar of clean water and see how soon the water changes colour!





To keep the Germs Away, we must follow these rules!

**Eat Clean, Healthy and
Covered Food**



Drink Clean Water



**Eat Food from a clean Plate and
bowl. And also finish your tiffin food
in the breaktime**



**If Food Falls on the ground,
do not eat it**





To keep the Germs Away, we must follow these rules!

Wash Fruits Before Eating Them



If Flies sit on food do not eat



Flush Toilet and wash your hands



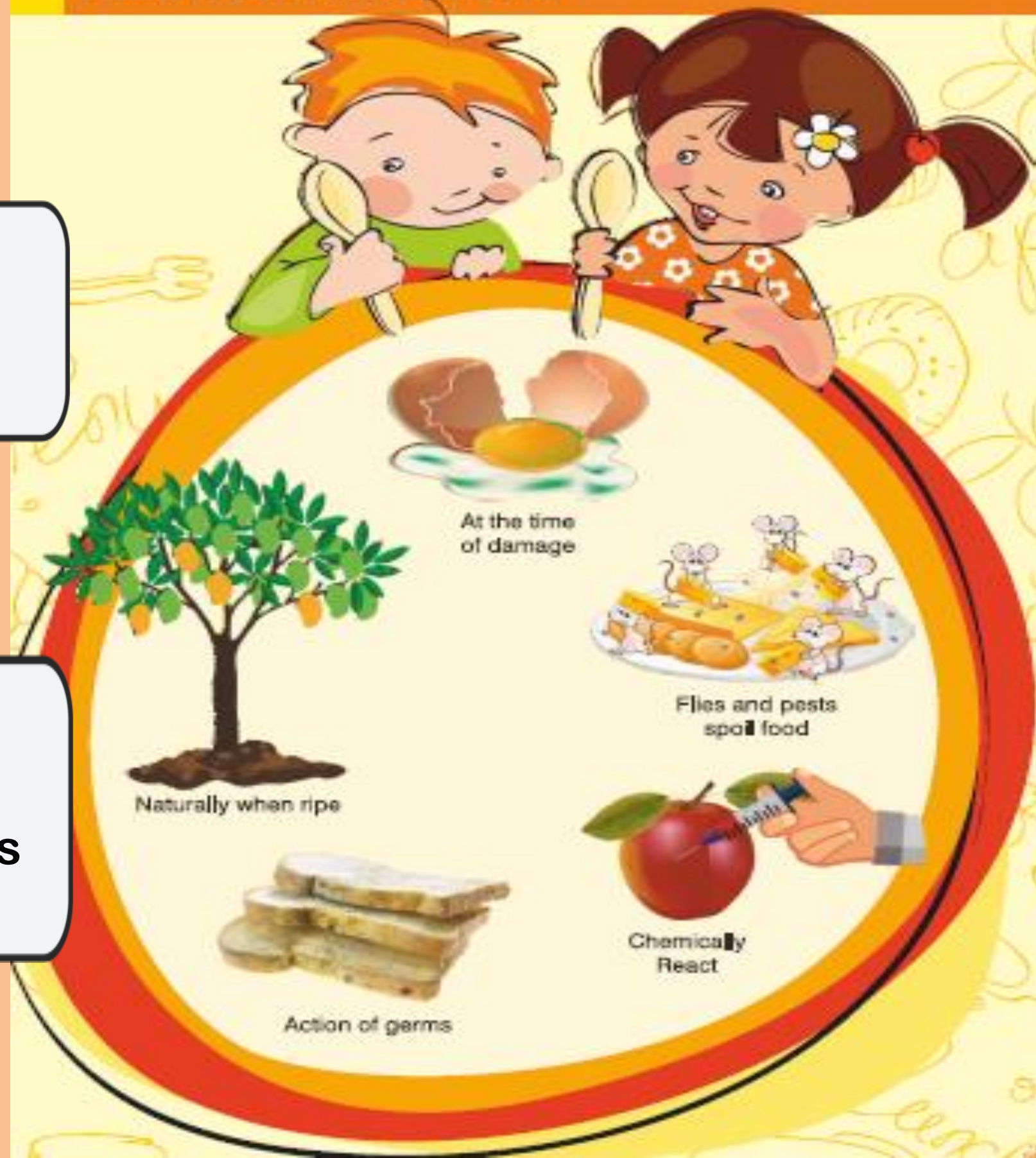
Wash and Dry Hands Properly



HOW DO FOODS SPOIL?

You should watch out for food spoilage

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



Would you buy or eat food which looks like this?



SIGNS OF FOOD SPOILAGE

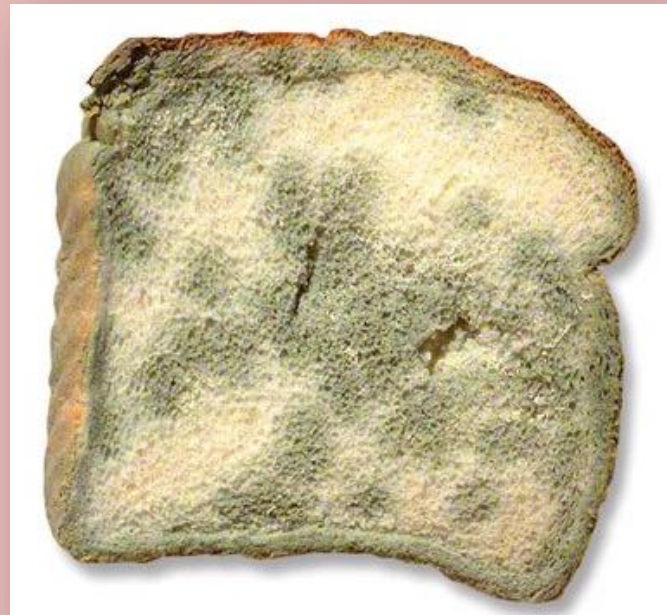
FUN ACTIVITY 3.1

FUN TIME ACTIVITY
Circle the food you will not eat.



Signs of Spoilage

Microorganisms spoil food in 2 ways!



VISIBLE SPOILAGE – You can easily see



INVISIBLE SPOILAGE – You cannot see

Watch this video on how Food gets Contaminated



- <https://www.youtube.com/watch?v=DYKADcR34Y8>

FOOD POISONING AND FOOD INFECTIONS

Sometimes we eat food that are already spoiled by Microorganisms hiding inside the food. When WE eat this food, we fall sick.



Symptoms of Food Borne Diseases

This is what happens when you eat spoiled food!



Food Allergies

MOST COMMON FOOD ALLERGENS



TREE NUTS



SOY



FISH



PEANUTS



SHELLFISH



EGGS



WHEAT



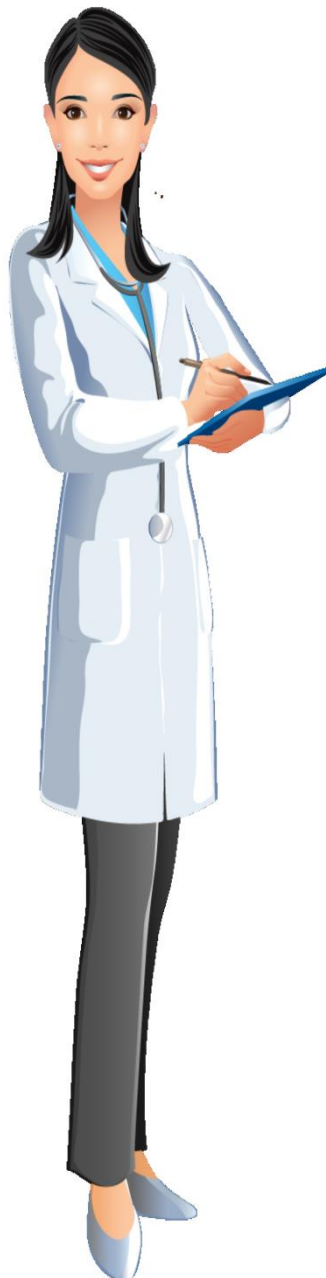
DAIRY

What is Food Allergy?

An allergy is a visible reaction some people show to some foods.

These reactions could be serious. These foods are otherwise harmless to most people.

Substances causing allergies are called Allergens

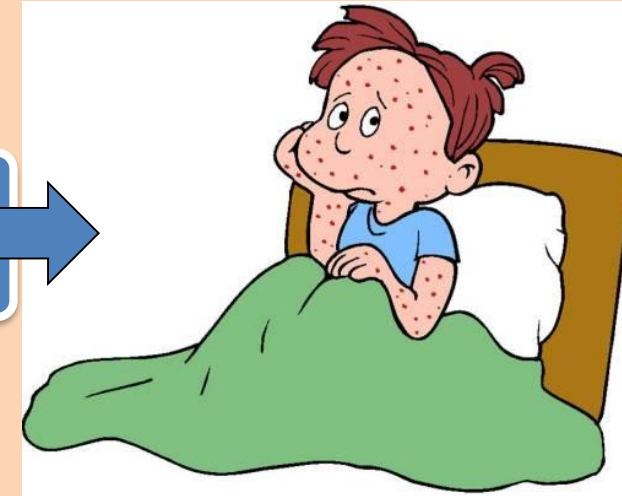


Allergies must be taken seriously because...



Swelling of throat & mouth

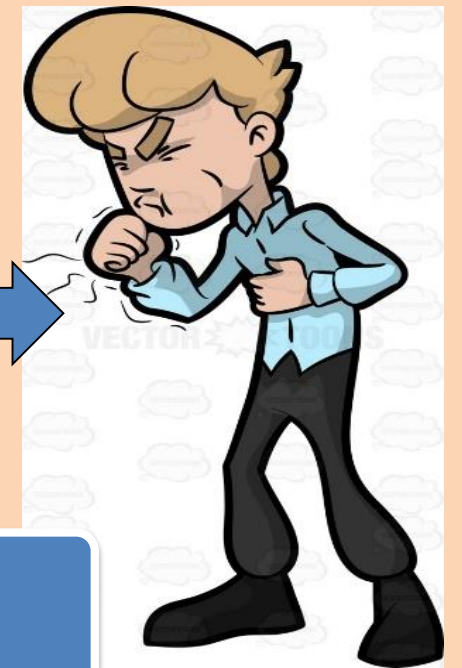
Rashes on the body



Abdominal pain, nausea & vomiting

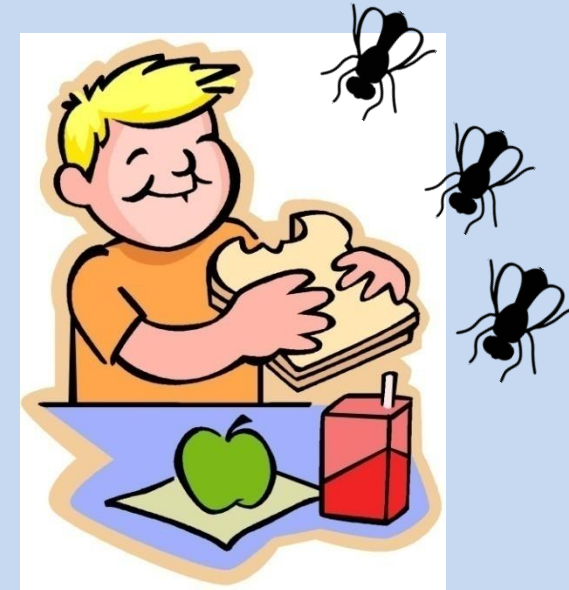
Breathlessness & sudden weakness

Difficulty in swallowing & speaking



HOW TO SELECT HYGIENIC FOOD

Do not eat food that is uncovered and has flies on it



Do not eat food that looks spoilt, damaged or cracked



Do not eat packed food that is swollen, open or has fungus growing in it



Do you know where food is stored after buying from the market?

Some foods that spoil easily in the Fridge, some in the dry pantry



The dry food store



The refrigerator



The deep Freezer

Activity 2- Grocery Bag

Let us help store the food in the right place

Show bag with Food pictures or empty cartons of the following:

- EGGS
- FISH
- ICE CREAM
- WHEAT FLOUR
- DAAL
- APPLES
- ONIONS



CLASSROOM SET UP: PLACE A VEGETABLE BASKET, A FRUIT BASKET, REFRIGERATOR PICTURE AND A DRY STORAGE SHELF LIKE AREA



Pest Control

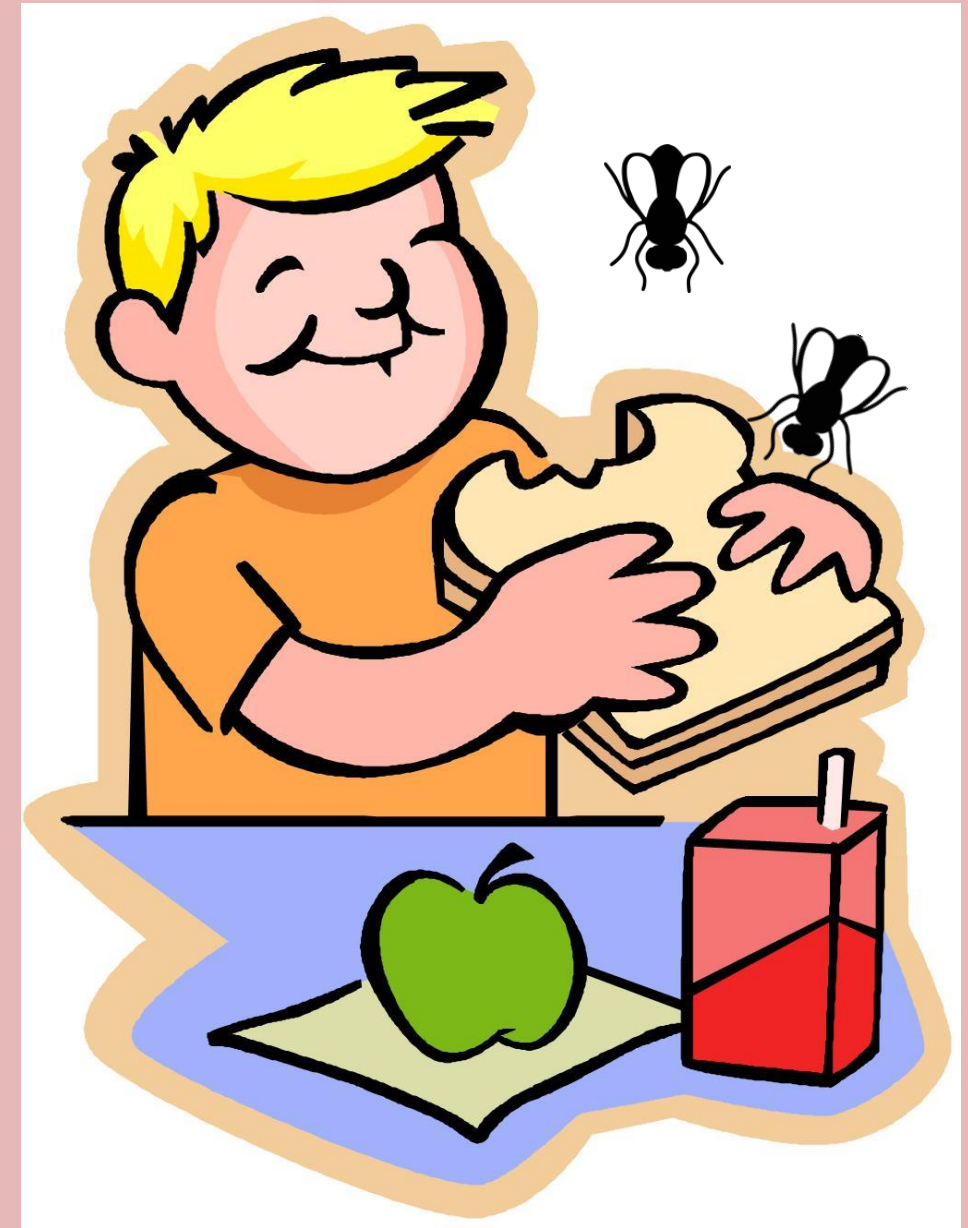


What are Pests?

Creatures which spoil our food and cause food borne diseases are Pests



How do Pests Transmit Disease?



Do not let the fly have its meal
before you!



Keeping Classroom Clean



If your classroom is not Well-lit, Well ventilated, Airy and clean

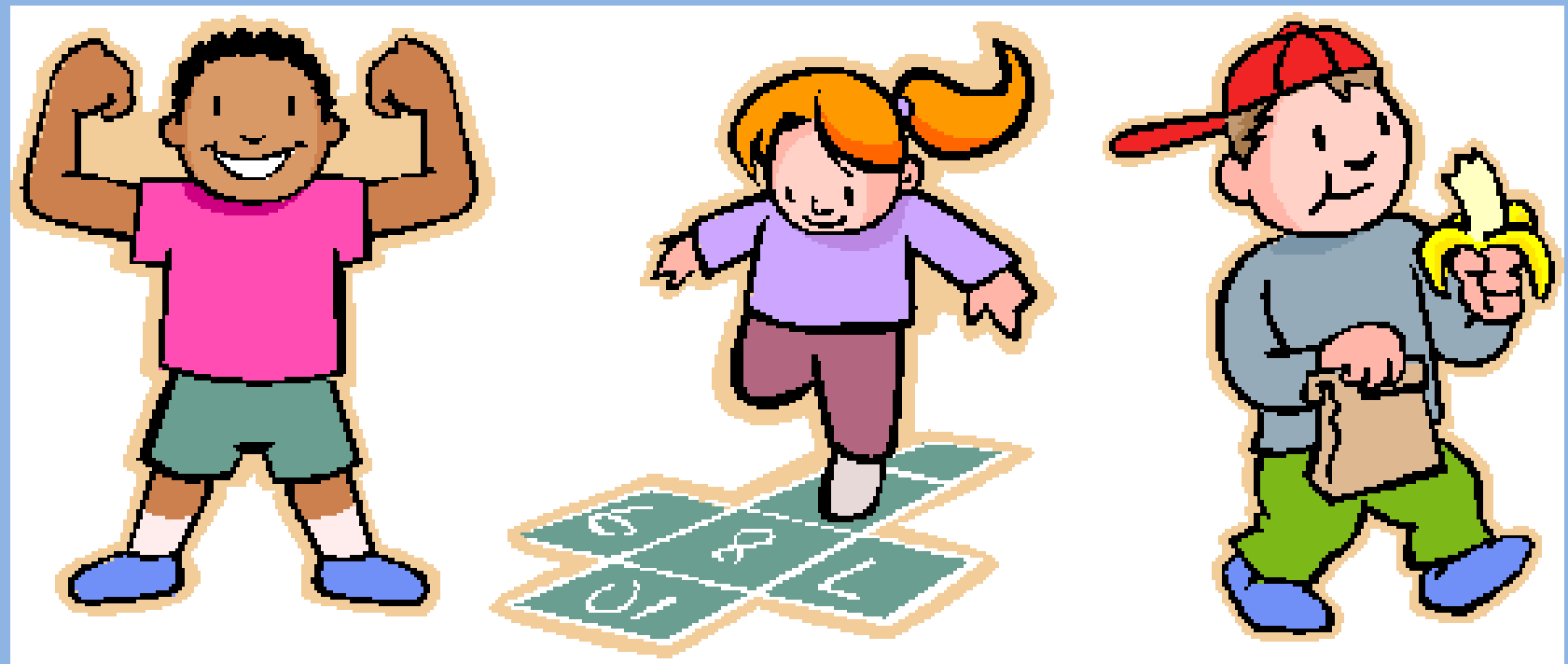
You feel like this!



Keeping Classroom Clean



If your classroom is clean and airy, then you will feel happy and full of energy!





FOOD
FUNDA

Thank You