

Food Safety



Background Information for Teachers:

Unsafe food is a major cause of diarrhoeal disease in children and a primary vehicle for transmission of a range of toxic chemicals from the environment. In less developed countries, unsafe food and water kills approximately 1.8 million people annually, most of whom are children.

Content for the Activity:

How can food be unsafe?

Food can carry lots of germs on it. We can get rid of these germs by cleaning our food and by cooking it well. If we do not clean our food, then germs can get into our body when we eat the food. These germs will make us sick.

How can I make my food safe to eat?

- Wash your hands before handling food and often during food preparation.
- Wash your hands after going to the toilet.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect kitchen areas and food from insects, pests and other animals.
- Separate raw meat, poultry and seafood from other foods.
- Bring foods like soups and stews to boiling to make sure that they have reached 70 C. For meat and poultry, make sure that the juices are clear, not pink.
- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate promptly all cooked and perishable food.
- Select fresh and wholesome foods.
- Wash fruits and vegetables, especially if eaten raw.
- Do not use food beyond its expiry date.



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