
SAFE FOOD PREPARATION

Knowledge Attitude Practice After working through this lesson participants will be able to:

1. List five keys to safer food preparation.
2. Explain each of the five points.
3. Teach others using the *Five keys to safer food preparation booklet*.

Overview for facilitators This series of lessons is based on the *Health Education Program for Developing Countries*, which is available from <http://hepfdc.info/>. The illustrated manual and lessons are also available for download or for purchase at <http://www.chenetwork.org/healtheducation.php>.

These lessons are accompanied by a series of health picture books on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens. The first part of this lesson is a review of earlier lessons on health and hygiene.

Materials

- Poster-size paper, markers, and masking tape
- Handouts-5 Keys To Safer Food Preparation booklet (2 pages, can be folded like a booklet)
- Other materials

LESSON

1 HOUR 

STARTER (20")

Instructions: The first key to safer food preparation is to "Keep clean." We have already studied most of this, so we will play a review game. Divide into teams, and alternate answering questions. Each question may have several answers but give only one answer per turn. The team with the highest number of correct answers wins.

- A. When should you wash your hands?
 1. After going to the bathroom
 2. After changing a diaper
 3. After sneezing or blowing your nose
 4. After playing outside
 5. After playing with pets
 6. Before cooking or preparing food
 7. Before eating
 8. Before shaking hands (if you have a cold or an eye infection)
 - B. Handwashing Technique: When you wash your hands, be sure to:
 1. Use running water
 2. Use soap.
 3. Clean under your fingernails
 - C. Where should you build your latrine?
 1. Close to the house
 2. At least 20 meters from the water source
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3. Far from springs or wells
- D. When do you need to use safe drinking water?
 1. To drink
 2. To wash fruits and vegetables
 3. To make ORS
 4. To brush teeth
- E. What is SODIS and how do you do it?
 1. SOLar DISinfection of water
 2. Keep a one to two liter bottle of water in the sunlight for a full day.
 3. If it is cloudy, keep the water in the sunlight for two days.
- F. What are some ways to reduce flies?
 1. Keep the latrine covered.
 2. Use a VIP latrine
 3. Bury garbage or burn it.
 4. Keep food covered until served.
 5. Wash dishes soon after meals
 6. Wash dish towels often and dry them in the hot sun.
- G. What is a VIP latrine and how does it work?
 1. Ventilation-improved pit latrine
 2. The ventilation pipe carries odors away from the latrine.
 3. Flies fly up the pipe but can't get out, so they fall back in the pit and die.
- H. What are some ways to prevent parasite infections?
 1. Always use a latrine or bathroom.
 2. Wash your hands after going to the bathroom and before touching food.
 3. Drink safe drinking water.
 4. Always wear shoes.
 5. Keep fingernails short and clean.
 6. Children should wear pajamas or underpants.
- I. How can you control mosquitoes?
 1. No standing water.
 2. Get rid of trash such as cans and bottles that can fill with water.
 3. Bury or recycle old tires.
 4. Cover all water containers.
 5. Use window screens.
 6. Use insecticide-treated bednets.
 7. Use insecticides.
 8. Wear long sleeves and long pants.

Safe Food Preparation Illustrations (15")

Instructions: Give out the *5 Keys To Safer Food Preparation Booklet*. Divide into small groups, with each group discussing one of the following points they will look for in the illustrations.

- Keep Clean
 - Separate Raw and Cooked Foods
 - Cook Food Thoroughly
 - Keep Food At Safe Temperatures
 - Use Safe Water and Raw Materials
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Answer these questions:

- What is being done? or How?
- Why is this important?

B. Keep clean.**1. What is being done? or How?**

- Wash your hands after going to the bathroom.
- Protect the food from insects and animals.
- Wash and cleanse all surfaces and tools used for preparing food.
- Cloths and sponges used for cleaning dishes should be washed in hot water and hung out in the sun to dry.

2. Why is this important?

- Dangerous germs are found in soil, water, animals, and people.
- These germs are found on hands, cutting boards, and kitchen utensils.
- Contact with these germs can cause diseases.

C. Separate raw and cooked foods**1. What is being done? or How?**

- By using separate cutting boards: one for raw fish, meat and seafood; and another for fruit and vegetables
- By using separate knives
- Use separate storage containers for raw and cooked foods
- Wash plates used for raw food. Use another plate for cooked foods

2. Why is this important?

- Raw meat, fish, and seafood (and their juices) may contain germs and parasites.

D. Cook food thoroughly**1. What is being done? or How?**

- Cook meats, fish, seafood, and eggs thoroughly.
- If you have a meat thermometer, the temperature should reach 70° C.
- Bring soups and stews to boiling.
- Make sure meat is not pink and meat juices are clear.
- Reheat cooked food thoroughly

2. Why is this important?

- Cooking food thoroughly kills all the germs.
- Raw or uncooked meat and fish may contain parasites.

E. Keep food at safe temperatures**1. What are safe temperatures?**

- Between 5° and 60° C.

2. How do we do this?

- After eating, put cooked food in the refrigerator.
- Do not leave cooked food at room temperature for more than 2 hours.
- Keep cooked food very hot.

3. Why is this important?

- Germs grow quickly at room temperature, So food must be kept very cold or very hot.
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F. Use safe water and raw materials

1. What is being done? or How?

- Use safe water (boiled, purified, SODIS).
- Select fresh foods.
- Do not use food from cans that are swollen or that squirt when opened.
- Use pasteurized milk.
- Soak fruits and vegetables in water with iodine.
- Wash fruits and vegetables thoroughly.
- Wash, peel, or cook all raw fruits and vegetables.
- Do not use foods beyond the expiration date.

2. Why is this important?

- Raw foods may contain germs or chemicals.
 - It is important to use safe water that does not contain germs and parasites.
 - Cans that are swollen may be full of germs.
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Practice Teaching The 5 Keys (20")

Instructions: Divide into pairs.

- A. Practice Teaching-Practice teaching each other the *5 Keys To Safe Food Preparation*
 - B. Home Visits-During the week, visit your friends and neighbors to teach about safer food preparation using the teaching booklet.
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References:

Foundation for His Ministry, <http://www.ffhm.org/products/?catid=18>

Handbook, Health Education Program for Developing Countries. 2007. Available from <http://hepfdc.info/Page2.html>

Illustrations, Health Education Program for Developing Countries. 2009. Available from: <http://hepfdc.info/Page2.html>

World Health Organization. 2006. *Five keys to safer food preparation.* Available from:

http://www.who.int/foodsafety/publications/consumer/manual_keys.pdf

SAFE FOOD PREPARATION – HANDOUT

5 Keys To Safer Food Preparation Booklet

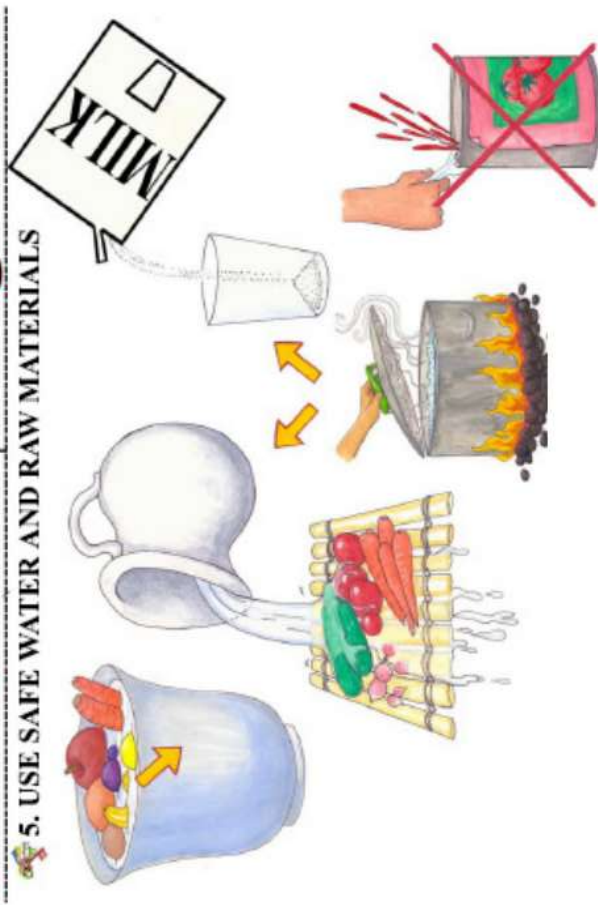
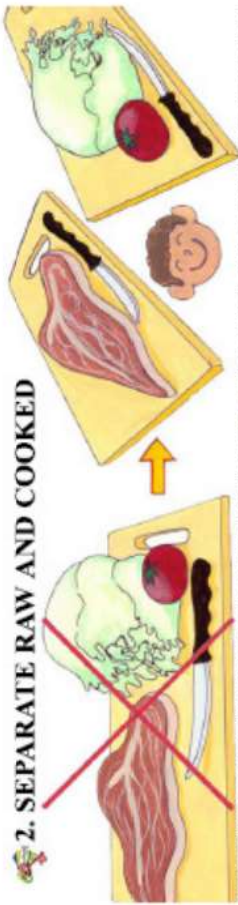
FIVE KEYS TO SAFER FOOD PREPARATION



World Health Organization

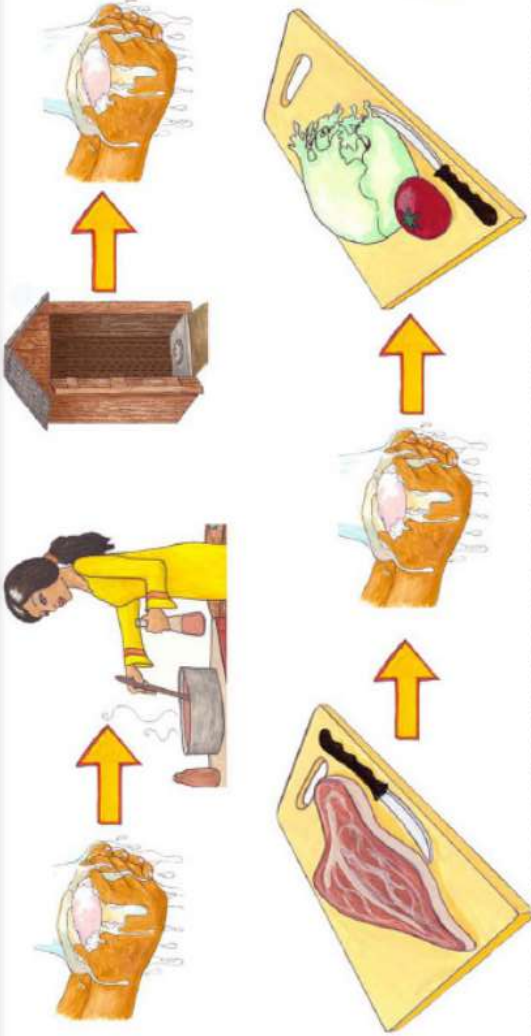
1. Keep clean.
2. Separate raw and cooked foods.
3. Cook food thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and raw materials.

Source of illustrations: Health Education Program for Developing Nations. Available from: <http://www.hepfdc.info/>

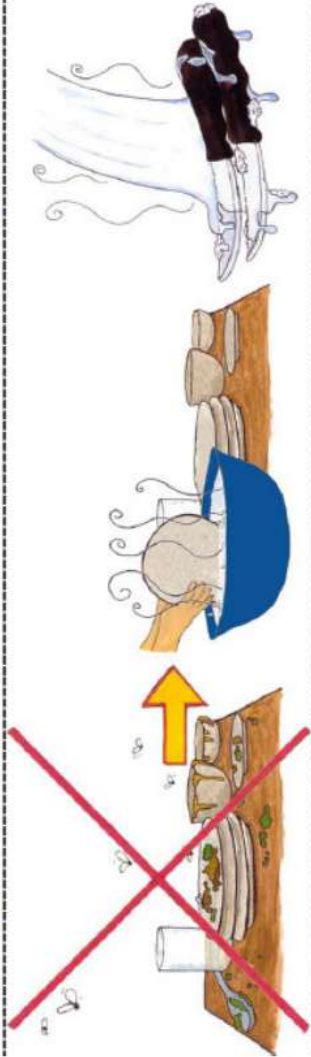


1. KEEP CLEAN.

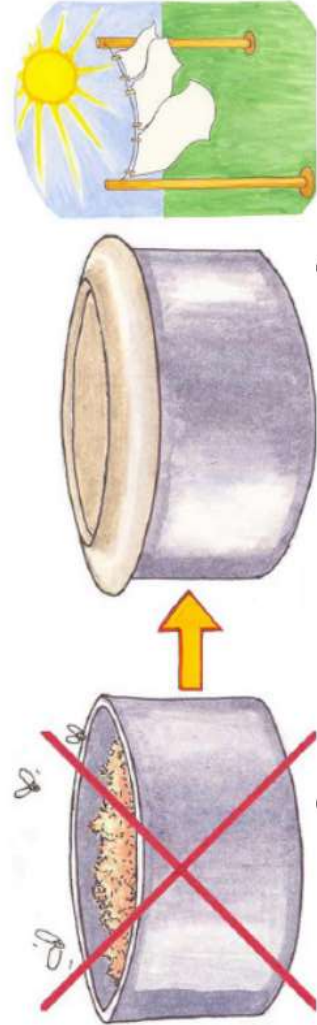
When should you wash your hands?



How do you keep flies away?



Why is the food covered?



Why are the dish towels drying in the sun?

