

Objectives

- To explain the concept of food safety and safe food practices.
- To discuss about five key steps to safer food.
- To learn Dos and DON'Ts of handling food.
- To learn food safety while purchasing food.
- To learn safe storage of food.
- To know the safety while cooking/serving/packaging food.

HOW MANY OF YOU HAVE EVER FACED THIS IN LIFE? DO YOU KNOW THE REASON?



STOMACHACHE



VOMITING



DIARRHOEA



HOSPITALIZATION DUE TO FOOD POISONING/JAUNDICE/TYPHOID

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What is Food Safety

Handling ,Preparing and Storing food in a way to best reduce the risk of individuals becoming sick from food born illness.

DO YOU KNOW ?

Q1: WHAT IS FOOD SAFETY?

Q2: WHY IS IT IMPORTANT TO ENSURE FOOD SAFETY AND SAFE FOOD PRACTICES?

Q3: FIVE KEY STEPS OR FIVE "Cs" OF ENSURING FOOD SAFETY?

Q4: VARIOUS KEY STAGES DURING WHICH WE CAN PREVENT CONTAMINATION OF FOOD?

Q5: WHAT ARE THE DO'S AND DON'TS OF HANDLING FOOD?

Q6: HOW TO ENSURE THAT THE FOOD COMMODITIES THAT WE ARE BUYING ARE SAFE FOR CONSUMPTION?

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JOURNEY OF FOOD FROM FARM TO PLATE

KEY STAGES DURING WHICH WE CAN PREVENTS CONTAMINATION OF FOOD?

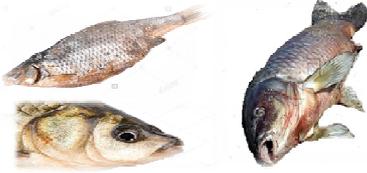
- HARVEST/SLAUGHTER
- STORAGE
- TRANSPORTATION
- PREPARATION
- SERVING AND EATING

LET'S BUY SOME GROCERY

1. Bittu Fruit Wala		2. Rimjhim Meat Shop	
 (a) Rs 35/kg	 (b) Rs 40/kg	 (c) Rs 45/kg	 (a) Rs 100/kg
 (d) Rs 45/kg			 (c) Rs 80/kg
 (a) Rs 60/dozen			 (b) Rs 70/kg
 (b) Rs 65/dozen			 (d) Rs 90/kg
 (c) Rs 65/dozen			 (a) Rs 150/kg
 (a) Rs 60/kg			 (b) Rs 160/kg
 (b) Rs 30/kg			 (c) Rs 130/kg
 (c) Rs 55/kg			 (d) Rs 120/kg

Q5: HOW TO ENSURE THAT THE FOOD COMMODITIES THAT WE ARE BUYING ARE SAFE FOR CONSUMPTION?			
COLOUR	TEXTURE	SMELL	PESTS/WORMS/FLIES
BACTERIAL/FUNGAL/MICROBIAL GROWTH		EXPIRY DATE ON PACKAGING	
FOOD COMMODITIES	DO BUY/USE	DON'T BUY/USE	
FRUITS			
VEGETABLES			
DAIRY PRODUCTS			
CEREALS AND GRAINS			

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FOOD COMMODITIES	DO BUY/USE	DON'T BUY/USE	
MEAT			
FISH			
EGGS			
PACKAGED FOOD ITEM			

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LOOK FOR THESE LOGOS

 <p>FSSAI MARK ON ALL PACKAGED FOODS AND BEVERAGES</p>	 <p>ISI MARK FOR FOODS SUCH AS MILK AND SKIMMED MILK POWDER</p>	 <p>AGMARK FOR ALL AGRICULTURAL PRODUCTS SUCH AS VEGETABLE OIL, PULSES, CEREALS, SPICES, HONEY, FRUITS AND VEGETABLES</p>
  <p>FORTIFIED SAARPHONA PROGRAM SWASTHE JEEVAN</p> <p>फोर्टिफाइड स्वास्थ्य जीवन</p> <p>LOGO FOR FORTIFIED FOOD</p>	 <p>GREEN COLOUR FILLED CIRCLE INSIDE THE SQUARE WITH GREEN OUTLINE FOR VEGETARIAN FOOD</p>	 <p>BROWN COLOUR FILLED CIRCLE INSIDE THE SQUARE WITH BROWN OUTLINE FOR NON-VEGETARIAN FOOD, INCLUDING EGG</p>

Collateral No 10: Poster 6.1, Page No. 52 of Eat Right Handbook

HOW TO PREVENT GROWTH OF GERMS?

We must follow these rules to keep germs away.

<p>Before eating, wash hands with soap and water. Dry your hands using a clean towel/cloth.</p> 	<p>Do not eat food that has flies on it.</p> 
<p>Drink clean water.</p> 	<p>Wash fruits and vegetables properly before eating them.</p> 
<p>Eat food in clean utensils.</p> 	<p>If food falls on the ground, do not eat it.</p> 
<p>Keep food and water covered.</p> 	












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FILL THE GAPS-----?

WASH YOUR HANDS WITH SOAP AND CLEAN WATER TO KILL -----?

Options:
a. Insects
b. Germs
c. Flies

WASH WHOLE SOME FRUITS/VEGETABLES ----- CONSUMPTION

Options:
a. Before
b. After
c. During

WASH DISHES WITH - ----- & ----- TO KILL GERMS

Options:
a. Ashes and water
b. Mud and water
c. Soap and water

----- YOUR FOOD TO PROTECT IT FROM FLIES

Options:
a. Heat
b. Cool
c. Cover

IF FOOD FELS ON GROUND, DON'T EAT IT, IT GETS -----

Options:
a. Contaminated
b. Healthier
c. Scattered

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CORRECT ANSWERS?

WASH YOUR HANDS WITH SOAP AND CLEAN WATER TO KILL -----?

GERMS

WASH WHOLE SOME FRUITS/VEGETABLES ----- CONSUMPTION

BEFORE

WASH DISHES WITH ----- & ----- TO KILL GERMS

SOAP & WATER

----- YOUR FOOD TO PROTECT IT FROM FLIES

COVER

IF FOOD FELS ON GROUND, DON'T EAT IT, IT GETS -----

CONTAMINATED

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Collateral No 11: Poster 6.2, Page No. 52 of Eat Right Handbook

Eat safe.. Serve safe !

- It is important to serve and pack food in safe packaging and serving materials.
- Use of packaging materials such as newspaper, plastic, thermocol for heated foods can have negative health effects in the long term.
- The contact of heated food with these packaging material can cause cancer and brain disorders. Therefore, it is important to serve/pack food in safe packaging material.

Serving and packing material

  <p>Newspaper</p>	<p>Roti, Parantha, Samosa, Pakore etc.</p>	  <p>Plain paper/ Tissue paper/ Clean Cloth/ Paper Napkin</p>
  <p>Plastic Containers</p>	<p>Vegetable, Curry, Dal, Rice, Other Hot Cooked Foods etc.</p>	  <p>Steel/Glass Containers</p>
  <p>Plastic/ Thermocol Cups and Polythene</p>	<p>Tea/Coffee</p>	  <p>Steel/Glass/Earthen Container</p>



FIVE KEYS TO SAFER FOOD



KEY 1
KEEP YOUR
HANDS CLEAN

KEY 2
SEPARATE
RAW AND
COOKED FOOD

KEY 3
COOK
THOROUGHLY

KEY 4
KEEP FOOD AT
SAFE
TEMPERATURE

KEY 5
USE CLEAN
WATER FOR
DRINKING

DO YOU KNOW ?		
Q1: WHAT IS FOOD SAFETY?		
HANDLING, PREPARING AND STORING FOOD IN A WAY TO BEST REDUCE THE RISK OF INDIVIDUALS BECOMING SICK FROM FOOD BORNE ILLNESS		
Q2: WHY IS IT IMPORTANT TO ENSURE FOOD SAFETY AND SAFE FOOD PRACTICES?	Q3: VARIOUS KEY STAGES DURING WHICH WE CAN PREVENT CONTAMINATION OF FOOD?	
<ol style="list-style-type: none"> 1. PREVENTING FOOD BORNE DISEASES SUCH AS FOOD POISONING, TYPHOID, JAUNDICE, DIARRHOEA etc. 2. TO ENSURE GOOD HEALTH AND WELL-BEING 	<ol style="list-style-type: none"> 1. HARVEST/SLAUGHTER 2. STORAGE 3. TRANSPORTATION 4. PREPARATION 5. SERVING AND EATING 	
Q4: FIVE KEY STEPS OF ENSURING FOOD SAFETY?	Q5: WHAT ARE THE DO'S AND DON'TS OF HANDLING FOOD?	
<ol style="list-style-type: none"> 1. KEEP HANDS CLEAN 2. SEPARATE RAW AND COOKED FOOD 3. COOK THOROUGHLY 4. KEEP FOOD AT SAFE TEMPERATURE 5. USE CLEAN WATER FOR DRINKING AND FOR WASHING EATABLES. 	DO'S <ul style="list-style-type: none"> • KEEP NAILS SHORT. • TIE OR COVER YOUR HAIR. • WEAR CLEAN CLOTH WHILE COOKING. • PROPERLY TUCK YOUR DUPATTA /PALLU 	DON'TS <ul style="list-style-type: none"> • AVOID LONG NAILS AND NAIL PAINT. • AVOID LOOSE HAIR AND COMBING IN KITCHEN • LOOSE CLOTHES
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ITS LUNCH TIME NOW.
I HOPE WE ALL WILL HAVE CLEAN AND HEALTHY FOOD AND WILL FOLLOW SAFE FOOD PRACTICES.
THANK-YOU
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