FOOD SAFETY

PRESCHOOL

Singapore
Food
Agency

What is Food Safety?

- After eating the food, you will **not fall sick**

- If food is not safe, you can get **food poisoning!**

Have you had Food Poisoning before?

Eating **contaminated food** can make us ill.

How does food get contaminated?

Contaminants are harmful substances like germs and bacteria that are bad for your health!

Meet Oscar, the Food Safety Mascot!

Hello everyone,
I am Oscar the Asian Otter!

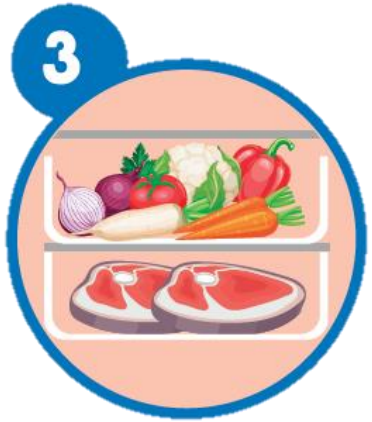
Oscar observes good food safety habits!

- Selects food carefully
- Washes his food and paws before eating

5 KEY TIPS ON FOOD SAFETY

Select your food carefully

Wash and keep clean



Separate raw and cooked food

Cook your food well

Keep food at safe temperature

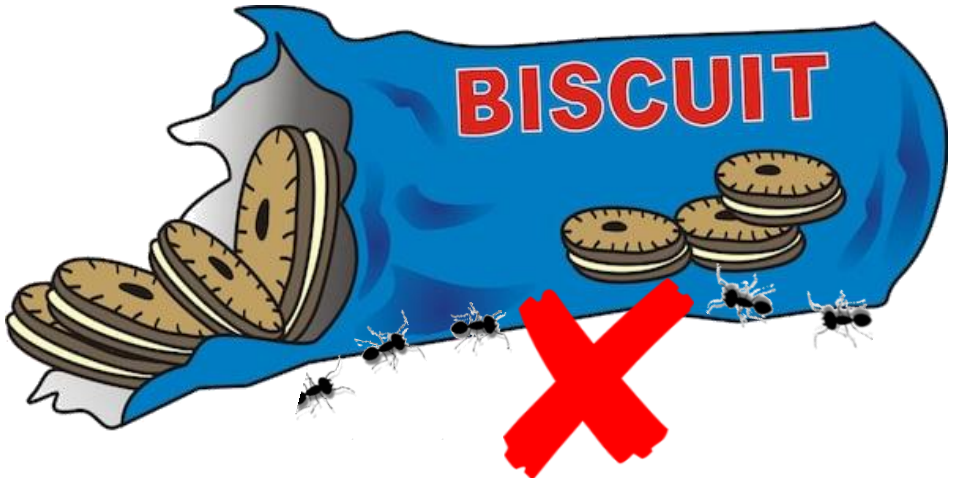
Food Safety Tip #1

Tip 1 2 3 4 5

Select the Food You Buy Carefully

Food Packaging

Which snack should I buy?



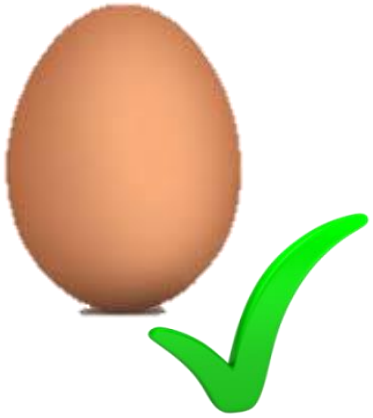
A

B

Do not buy food with torn packaging as dirt and bacteria can enter.

Eggs

Which egg should I choose?



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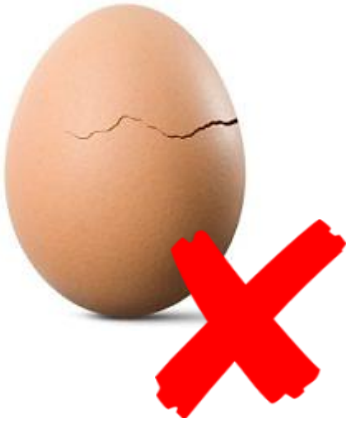
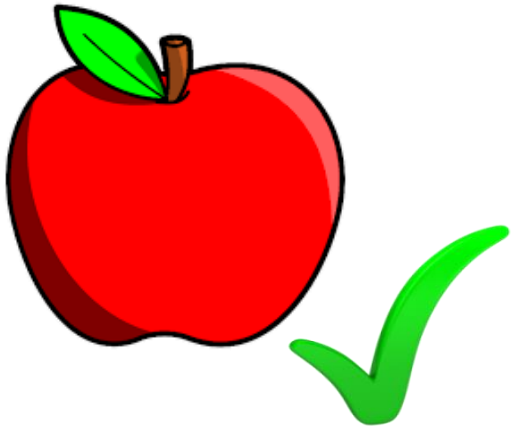


B

We should check for cracks in eggs as bacteria can enter through them.

Fruits

Which fruit should I choose?



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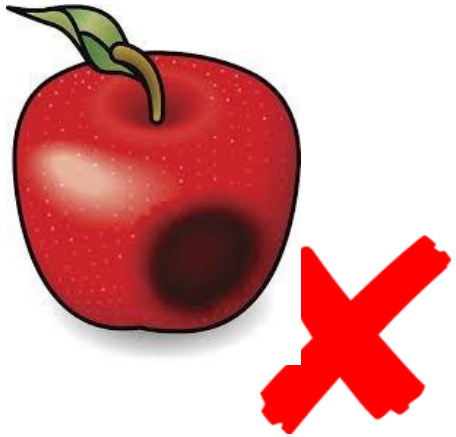
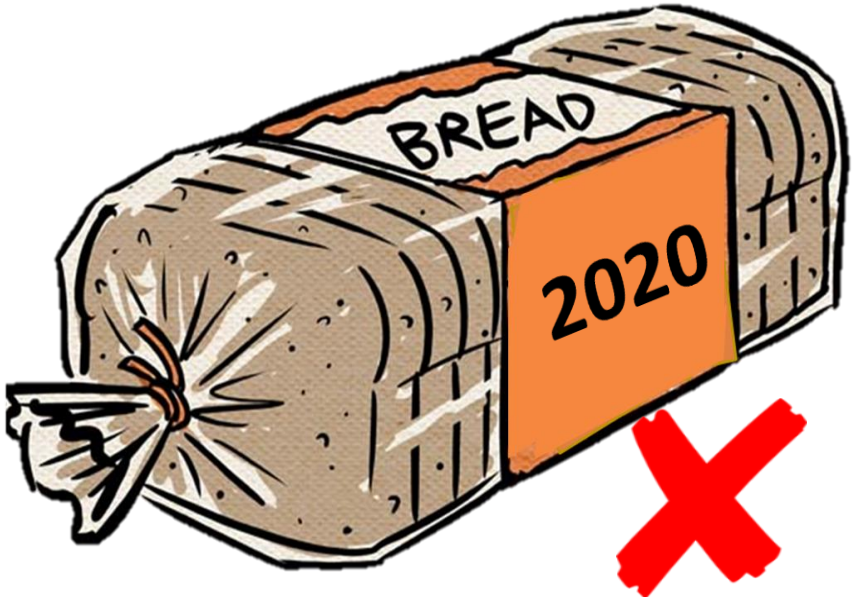


B

We should buy fresh produce, not bruised or mouldy fruits and vegetables

Expiry Date

Which bread should I buy?



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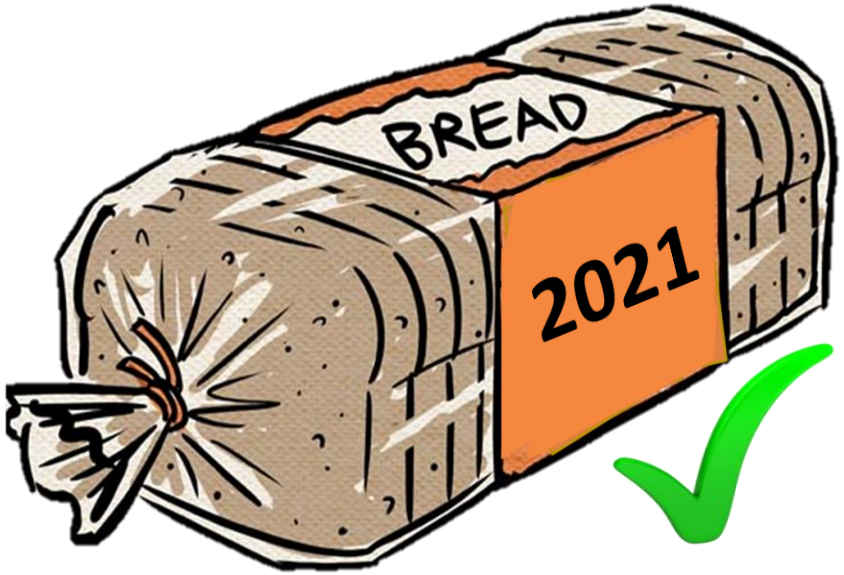


B

Always check the expiry date. Do not buy food that has expired.

Food Safety Tip #2

Wash and Keep Clean

1 Tip 2 3 4 5

Select the Food You Buy Carefully

Wash Hands

Always remember to wash your hands with soap!

Before touching food

After touching pets/animals

After using the toilet

Keep Your Food Clean

Wash your fruits and vegetables before eating

Keep your water bottle covered after drinking

Do not eat food that has dropped onto the floor or table!

Food Safety Tip #3

Wash and Keep Clean

1 2 **Tip** 3 4 5

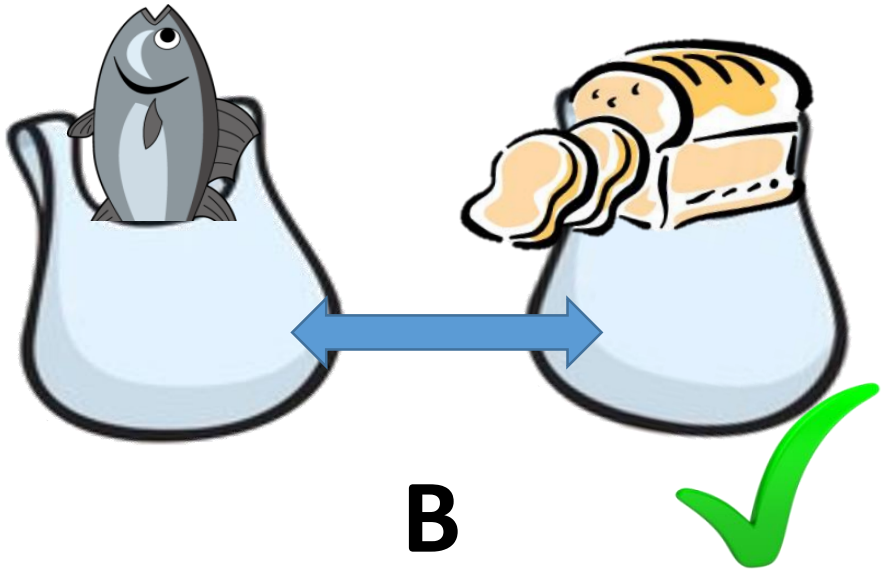
Select the Food you Buy Carefully

Separate Raw from Cooked Food

Separate Raw and Cooked Food

Can raw fish and bread be put together?

A



B

Separate raw food from cooked food to prevent the juices from raw food from contaminating the cooked food.

Food Safety Tip #4

Wash and Keep Clean

Cook Your Food Well

1 2 3 Tip 4 5

Select the Food You Buy Carefully

Separate Raw from Cooked Food

Cook Your Food Well

Barbeque

Food must be fully cooked so you would not get tummy ache

Steamboat, Soups

Soups must be boiling hot

Food Safety Tip #5

Wash and Keep Clean

Cook Your Food Well

1 2 3 4 Tip 5

Select the Food You Buy Carefully

Separate Raw from Cooked Food

Keep Food at Safe Temperatures

Keep Cold Food Cold

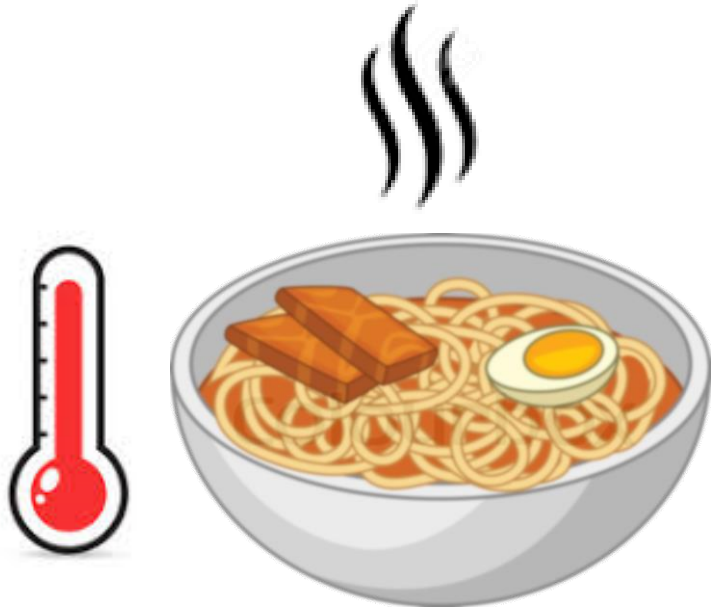
Outside

Keep food cold in cooler bag

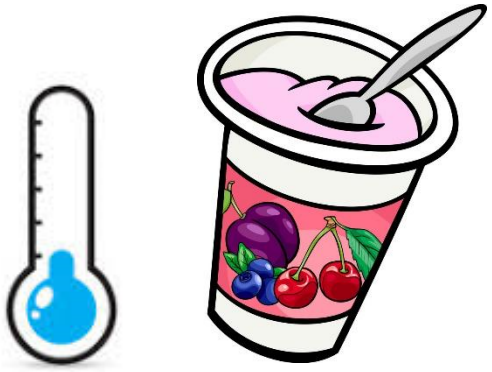
At home

Store food in fridge

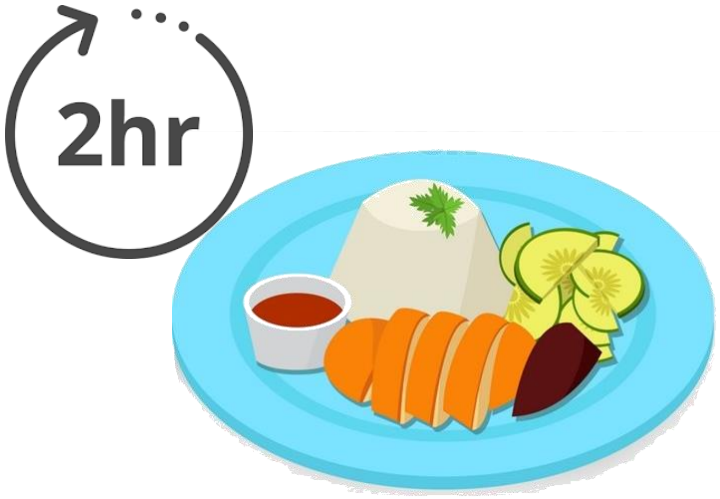
Meal Times



Check that hot food is served hot!



Check that cold food is cold in fridge!



Eat your food within 2 hours!

Recap:

Wash and Keep Clean

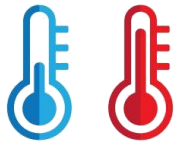
Cook Your Food Well

Tips

1. Select the Food You Buy Carefully

2. Separate Raw from Cooked Food

3. Keep Food at Safe Temperatures



Food Safety is a Joint Responsibility

EVERYONE has a part to play!

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