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Clean food

OVERVIEW



Dirty food can transmit disease and help spread epidemics. Germs in food that is not clean and kept covered can help spread diarrhoea (both watery and bloody) and other diseases such as polio and hand, foot and mouth disease.

What you need to KNOW

- ➔ Food can carry germs and cause people to get sick if it is not well cleaned and cooked.
- ➔ Unclean food can transmit diseases and help spread epidemics.
- ➔ Families and other members of the community need to learn the importance of food hygiene so that they can protect themselves and their families from getting sick.

Food hygiene

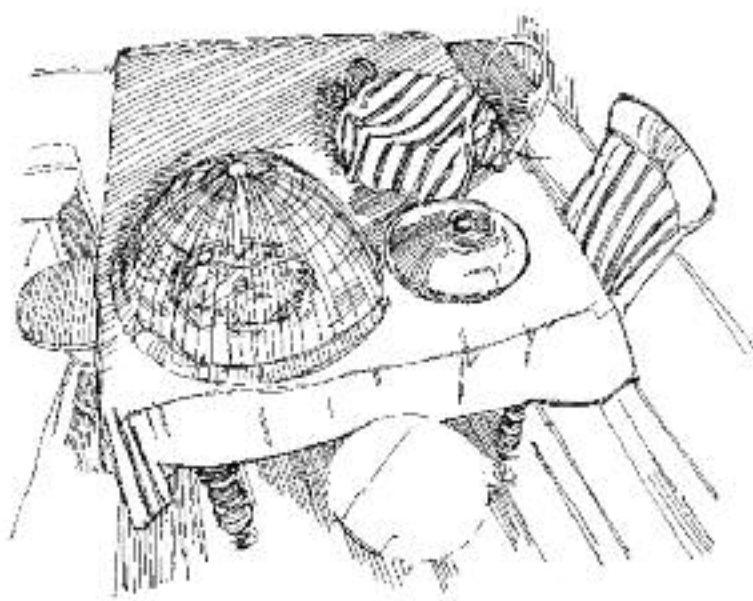
- ➔ Cook meat and other animal products such as eggs very well to kill germs.
- ➔ Wash vegetables and fruits thoroughly with clean water.
- ➔ Wash utensils (plates, cutlery, etc.) with clean water and soap. If possible, use a dish rack to dry them.
- ➔ Cover food to protect it from insects and animals.
- ➔ If using firewood or charcoal to cook food, make sure there is enough ventilation in the room where the cooking is done.

Use community message(s): 4, 12

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Community messages

- ➔ All kinds of meat should be cooked thoroughly before eating to kill all the germs.
- ➔ Vegetables should either be cooked thoroughly or washed well with water.
- ➔ Raw fruits and vegetables should be washed with clean water.
- ➔ Cooked food should always be stored properly and covered to keep out insects and animals.
- ➔ Wash hands with water and soap before preparing food and before and after eating.



Always store food properly to prevent contamination.