



EU-India Capacity Building Initiative for Trade Development (CITD)



## **Train the Trainers in Food Safety and Nutrition**



# FOOD FUNDA

## I STAY CLEAN (Personal Hygiene)

**Module 1**  
**Level 1 : 4 to 7 years**



# What is Hygiene ?

Hygiene simply means

- 1.To stay clean
- 2.To stay healthy
- 3.To not fall sick
- 4.To protect ourselves from germs



# Meet SNF@School Crew



I am Dr. Sara



Hey ,  
I am Master Sehat  
your Safe & Nutritious  
Food @ School  
SUPERHERO!



Hey ,  
I am Miss Sehat  
your Safe & Nutritious  
Food @ School  
SUPERHERO!



I am Rohan



I am Riya



Germs? They make us sick and are everywhere. Am I right Dr. Sara?

Yes, Riya, they are everywhere... on your toys, pencils, food plate and even on your body!





Are there germs even on my body?  
But my hands are clean! Look, I  
don't see any germs!

Germs are so tiny, you cannot see  
them Rohan!  
You need a microscope to see them.  
That is why they are called 'Microorganisms'  
Or the "Invisible bugs"



# Why should we wash our hands?



1. Our fingers are the main vehicle by which microorganisms get transferred to different surfaces and mediums or even food.
2. Unwashed hands transfer them to food hence contaminating the food.

# Activity

## ACTIVITY DEMO 1: GLITTERY GERMS

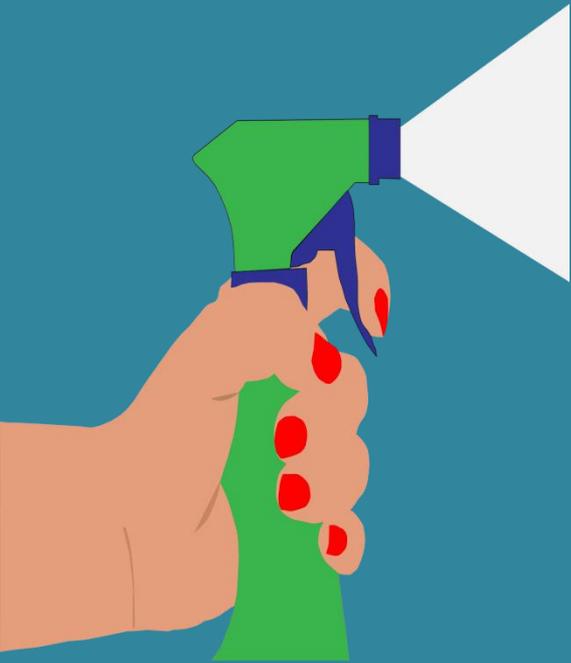


Look I'll show you...



# ACTIVITY DEMO 2: GERMS IN SPRAY

Look at this spray bottle! When I squirt it all the water droplets spread in the air. Same happens when we sneeze.



Water droplets were all over my face

Yes the droplets came on my hands and face too



# Activity

## ACTIVITY DEMO 3: GERMS IN THE AIR



Look I'll show you! Just see how long the Talcum hangs in the air and how long it takes to settle down. This is how germs spread when a person coughs. We inhale the same air we get infected!

Make sure you wash  
your hands properly  
with **SOAP AND  
WATER!**



# Let's Wash Our Hands!



*Palm to palm*



*Between fingers*



*Back of hands*



*Base of thumbs*



*Back of fingers*



*Fingernails*



*Wrists*



*Rinse and wipe dry*



**Remember to wash our hands:**



After using  
the toilet



After sneezing  
or coughing



After playing  
with pets



After sports or  
playing outside



Before eating



**So, sing along with me!**

Twinkle twinkle little star  
Look how clean my two hands are  
Soap and water, wash and scrub  
Get those germs off rub-a – dub a dub.

**Scrub time : 20 Seconds**



# TEAM SEHAT's Fact File



1

- Germs spread from one dirty hand to the other

2

- You must wash hands with soap and water

3

- Germs are dangerous, especially because you cannot see them

# SNF Hand Washing Champ

## CERTIFICATE OF ACHIEVEMENT

THIS IS TO CERTIFY THAT \_\_\_\_\_ IS THE  
“HAND WASHING CHAMP”



**SNF Fact File :**  
**15<sup>th</sup> Oct is**  
**celebrated as**  
**Global Hand**  
**Washing Day**



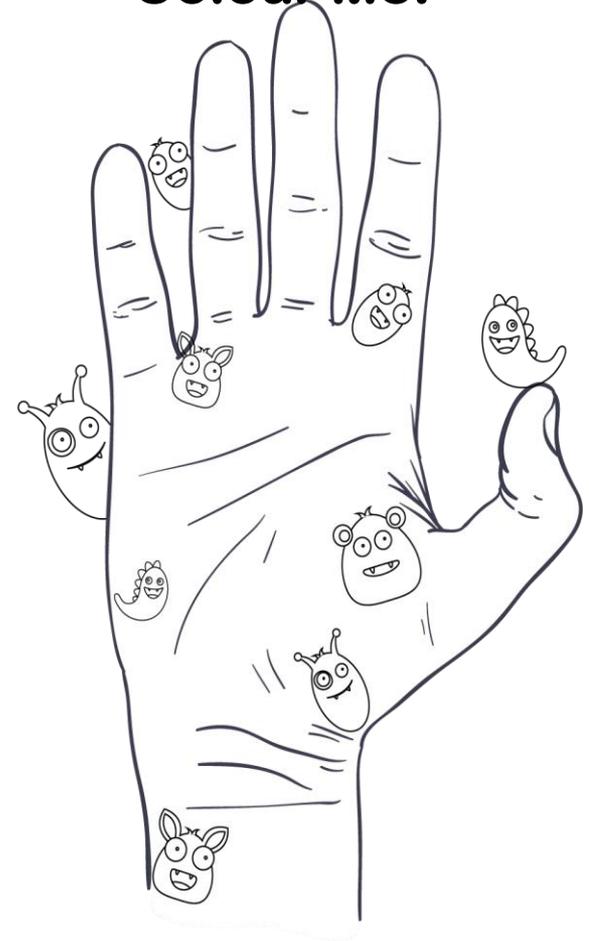
# Activity 4 : Germs Hideout!

## GERMS HIDEOUT



**Locate and colour the  
places germs can hide  
in your hand**

### Colour Me!



# What Does Personal Hygiene Include?



1. Washing our hands properly after going to the toilet



2. Having a bath every day



3. Wearing clean clothes and clean shoes



# What Does Personal Hygiene Include?

4. Washing, combing and tying our hair neatly



5. Washing our eyes and ears while bathing



6. Brushing our teeth twice a day



# What Does Personal Hygiene Include?

7. Cleaning & clipping nails regularly



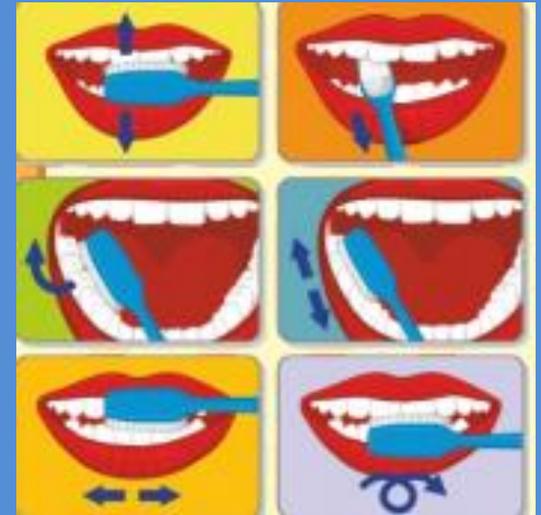
8. Applying ointment and bandaging the open cuts



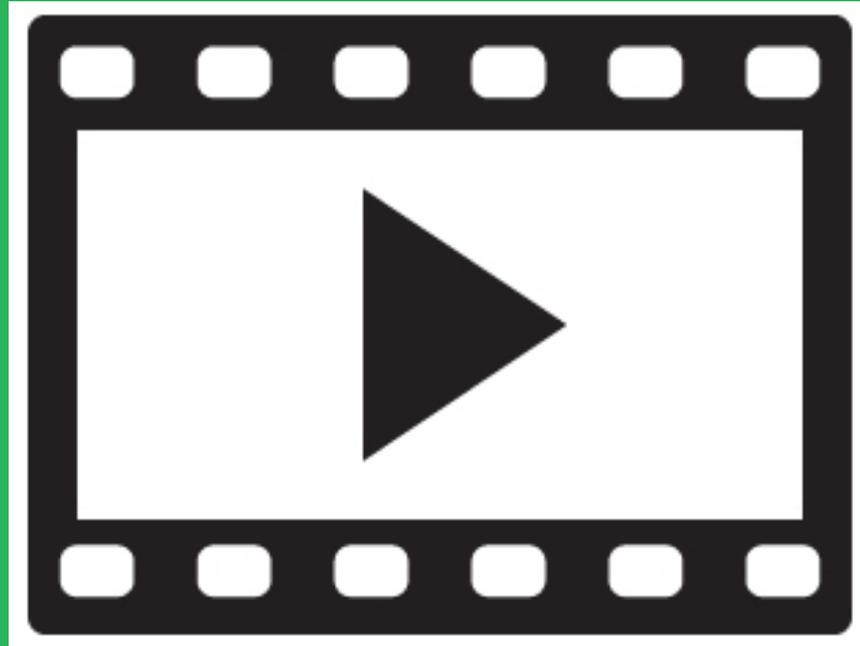
# Activity Demo 6

## SMILE PLEASE!

Materials required:  
Empty Carton of Eggs , Tooth brush, paint



Let's see how we brush our teeth





**Don't forget to clean your tongue**

**But why do I need to clean my tongue if I brush my teeth well**



**Riya, there are over 600 types of germs living just on our tongue**



# Close up of Tongue





# Toilet Habits

1. Visit the toilet, preferably every morning.
2. Flush the toilet after use and keep the toilet clean and dry.
3. Wash hands well in the wash basin with soap and water after using the toilet.
4. Dry hands well using a hand towel or disposable paper tissue.
5. Germs can grow on wet hands so do not forget to wipe your wet hands with a clean cloth.

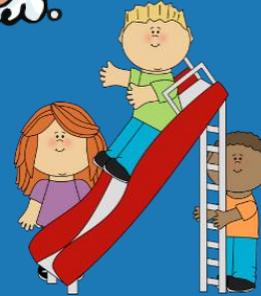




Wash your hands ...



After touching your  
pets



After outdoor play



After using the toilet,  
urinal or anytime you  
visit the restroom for  
any reason



After sneezing,  
coughing or  
scratching any  
part of your body.





## SNF Alert !



- Inform your teacher if you are not feeling well
- Stay back home in case of cold & cough or vomiting & diarrhea



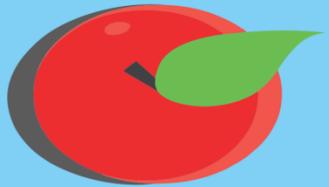
# Activity 7

## Toilet Habits



Let's see how much is your score on Toilet Habits

- I visit the toilet regularly to remove indigestible toxic waste from the body  Y  N
- I make it a habit to evacuate my bowels every morning  Y  N
- I flush the toilet after use and keep the toilet clean  Y  N
- I wash hands well in the wash basin with soap and water  Y  N
- I dry hands well using a hand clean hand towel or disposable paper tissue  Y  N
- I follow the 20/20 rule for washing and drying hands-20 seconds washing / 20 seconds drying  Y  N



# How can we stay healthy ?



- Play outdoor games
- Play indoor games
- Take part in all activities
- Eat Healthy food
- Sleep for 8 -10 hours at night





**FOOD**  
**FUNDA**

**Thank You**