

FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

Food Safety for Children

Food should be safe and hygienic for everyone

YOUR
FRIENDS

YOUR
FAMILY

YOU

YOUR
TEACHERS

ALL
OTHERS
YOU KNOW

Why only safe food should be eaten?

- Protects health
- Prevents infections that cause diarrhoea, stomach upset, dysentery etc.
- Makes you feel healthy, alert, active and energetic
- You do better in everything you do like studies, games, activities etc.

**DO NOT EAT FOOD WHICH DOES NOT
LOOK NORMAL TO YOU**



Food Safety and Standards Authority of India

FDA Bhawan, Kotla Road, New Delhi- 110002

Website: www.fssai.gov.in Toll Free No. 1800112100

 <https://www.facebook.com/fssai>

fssai

How does food get contaminated?

Physically

PHYSICAL CONTAMINATIONS

Any foreign material like stone, stems and seeds, feathers, sand, nails, dust, dirt, straw, hair etc.

HOW TO DETECT

Observe carefully, Feel with hands and Check by washing, sieving etc.

Chemically

CHEMICAL CONTAMINATIONS

- Non permitted additives like food colours, preservatives
- Permitted additives added beyond safety limits
- Pesticide residues
- Insecticides
- Reused oil
- Adulterants
- Cleaning Chemicals etc.

HOW TO DETECT

- Look for unusual colour, odour and taste
- Fresh oil and used oil- not being mixed
- Special detection test can be done

Microbiologically

MICROBIOLOGICAL CONTAMINATIONS

- INVISIBLE: bacteria, yeast, protozoa, mold, viruses
- VISIBLE: flies, worms, cockroaches, weevils, caterpillars etc.

HOW TO DETECT

- Observe change in texture, odour and colour
- Special tests are available for each

Your very own safety codes!

- Wash your hands vigorously with soap and clean water for 20 seconds before and after eating, after placing refuse in dustbins, using bathrooms, touching animals, coughing, sneezing etc.
- Throw garbage right into a covered garbage bin
- See that the cooking and eating areas are clean
- Keep raw foods physically separated from cooked foods
- Cover food during dusting and sweeping
- Refrigerate food promptly
- Wash all fruits properly under running water before use
- Do not eat if the food does not look, taste, smell or feel fresh and normal
- Do not touch body parts while having food
- Do not pick up food from ground
- Wipe your shoes on a door mat before coming to the food serving areas
- Do not touch money, mobile, etc. after washing hands, before eating
- Do not keep your school bags, pets, etc. in food handling areas
- Do not keep your spoon or fork or your hand on the desk or the floor while eating
- Discard any packaged food if you find it tampered with
- Do not keep food directly on your desk
- Do not eat leftover food
- Do not eat uncovered food

**REPORT ANY UNNATURAL BEHAVIOUR OF A FOOD HANDLER
IMMEDIATELY TO YOUR TEACHER OR ANY ELDER ESCORT**



Safe food- what should you look for?

THE FOOD HANDLER

1. Looks healthy and pleasant not sneezing, coughing etc.
2. Wears clean clothes
3. Has clean hands and trimmed nails
4. Has neat and tidy hair
5. No jewellery on fingers or wrist
6. Serves using clean spatula/spoon
7. Do not touch or scratch the body, mobile or money before touching food
8. He has no cuts, open sores or skin infections. If he wears gloves, it should be changed often
9. Does not smoke or chew tobacco while handling food

THE FOOD

1. Covered
2. Properly heated before use
3. Not kept in room temperature for more than 2 hours
4. Not touched without washing hands properly
5. Look, feel, smell and taste fresh and normal
6. Frozen food like ice cream is properly frozen
7. Free from all physical impurities
8. Pack seals are intact for packaged food
9. Products are marked under 'best before', 'expiry' or 'use by' date
10. Avoid mixing leftovers with freshly prepared food
11. Nutritious

THE WATER

1. Running potable water used
2. Covered container with a side tap for drawing water

THE ICE

1. Prepared using potable water
2. Stored hygienically in clean and leak proof containers
3. Handled hygienically using clean spoons
4. Ice for storage not to be added to beverages for consumption

THE UTENSILS FOR STORING AND SERVING

1. Clean and intact utensils are used
2. Reusable serving utensils/items are washed, cleaned and disinfected after each use
3. Single use/disposable items are not reused
4. Clean and non toxic material is used for packing of food
5. Printed paper is not used for wrapping/storing/serving food
6. Tables and food serving counters are kept clean

ENVIRONMENT

1. Clean- no open drain, garbage dump or toilets nearby
2. Airy, well lighted, not crowded and comfortable
3. Properly disinfected



Washing hands often is the Key to keep food Safe...

Because...

Food borne pathogens are widely found in soil, water, animals and people. These pathogens are carried on hands, wiping cloth, utensils, which can transfer them to food during preparation and handling.

When to wash hands?

- Hands should be washed before, during and after preparing a meal
- Wash hands before eating
- Wash hands after using the rest room
- Wash hands after blowing your nose, coughing or sneezing
- Hands should be washed after handling poultry, raw meat or seafood
- Wash hands after touching garbage, pets or any other animals



Healthy Tiffin, Healthy Children

- The key to a child's healthy day is a balanced, healthy tiffin
- A balanced tiffin keeps children energetic the whole day helping them concentrate on studies
- Involve children in deciding their tiffin menu. This will encourage them to finish their meal and enable you to keep track of their nutrition
- Fruits are an important part of a child's meal. Fruits provide adequate nutrition and vitamins
- Sugar content in a child's tiffin should be low



fssai Essentials for a healthy tiffin

 Pick a different vegetable for each day of the week	 Two fruits for Tiffin everyday	 Healthy cereal for lunch	 Limit sugar rich food for Tiffin	 Healthy Tiffin
---	---	---	---	--

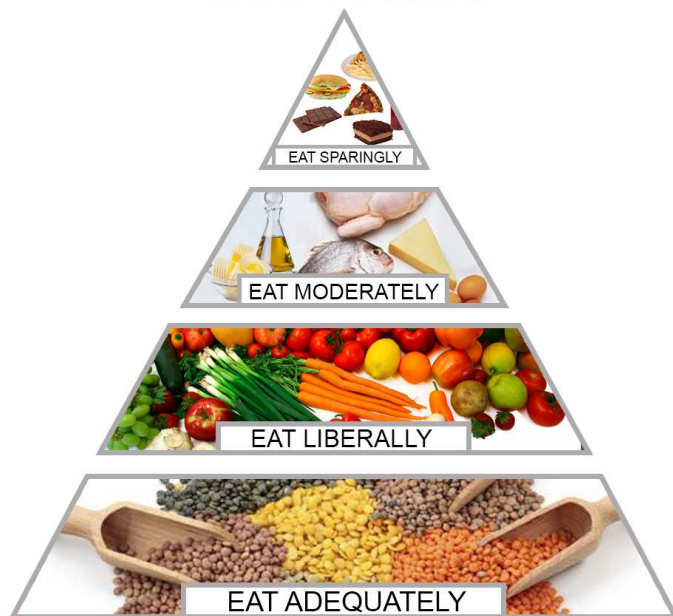
Food Safety for Children

Food should be safe and hygienic for all

Look properly at the following:

- Food that you eat
- The food handler
- The water and ice
- The utensils and equipment
- Surrounding environment

FOOD PYRAMID



**EXCERCISE REGULARLY AND
BE PHYSICALLY ACTIVE**

Surakshit Aahar Swasthya Ka Aadhar