



Ooo



Nestlé Healthy Kids Programme

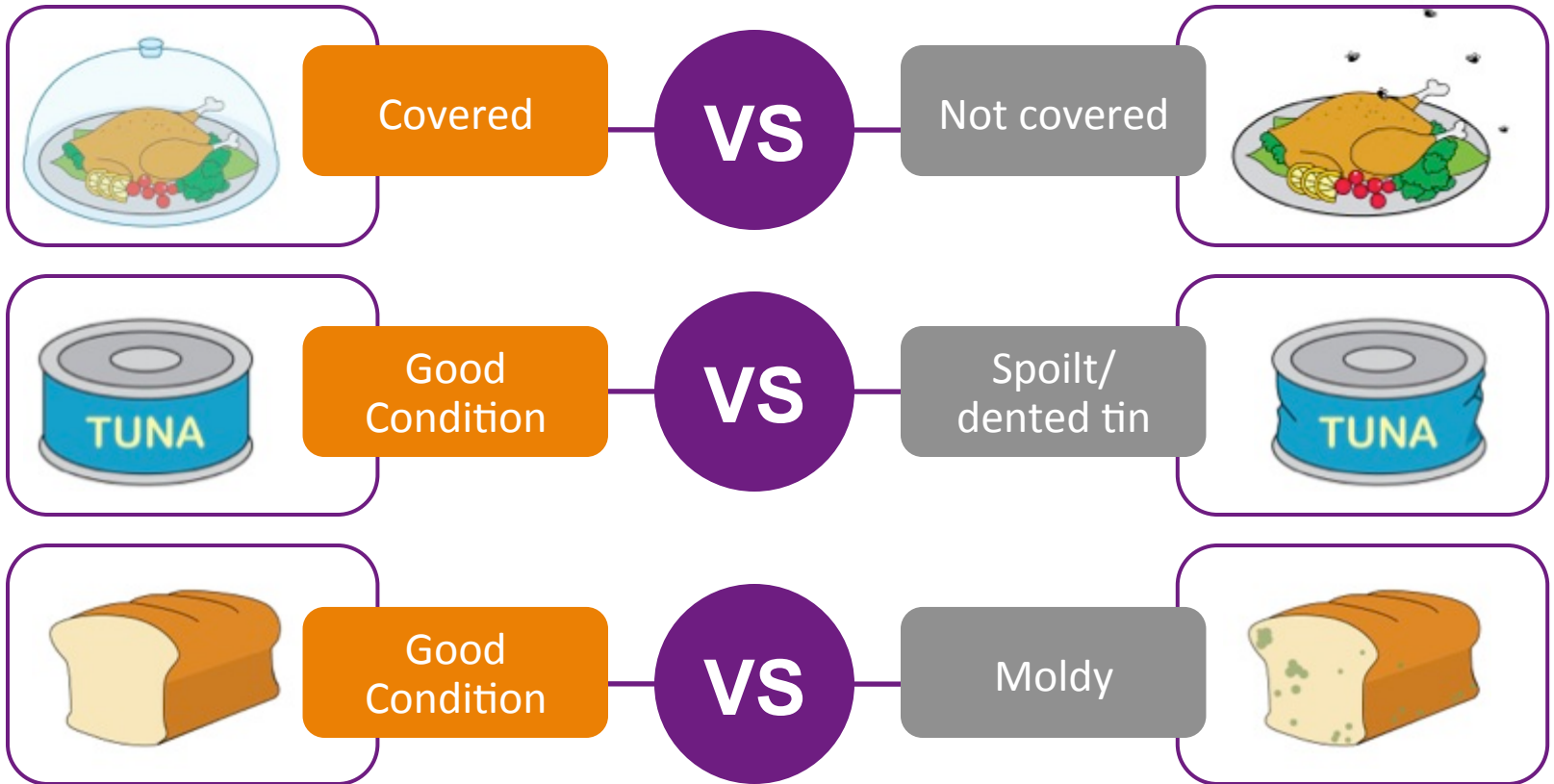
Level 2

TOPIC 6
Consume Safe and Clean Foods
and Beverages





Safe vs unsafe foods





Importance of consuming clean and safe foods and beverages



To avoid food poisoning

Ways to consume safe and clean foods and beverages

1 Eat only in clean eating places



Ways to consume safe and clean foods and beverages

2 Cover exposed food





Ways to consume safe and clean foods and beverages

3 Only consume food that have not expired





Identify foods that are unsafe for eating

3 Steps 'Look, Smell and Taste'

LOOK

Appearance (slimy), not normal colour, past expiry date (for packed foods) and tin dented (for canned foods)

SMELL

Smells foul and unpleasant

TASTE

Strange flavour and stale



Listen to this song to help you remember!

Source:

Food Safety & Quality Division, Ministry of Health Malaysia



Visit www.healthykids.org.my

Thank You!