



# FOOD SAFETY

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## PRESCHOOL



# 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?

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



How does food get contaminated?



When we do not handle our food safely or observe proper hygiene!

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



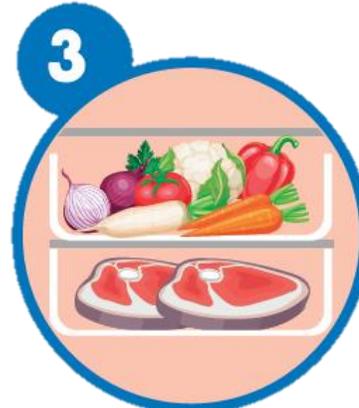
# 5 KEY TIPS ON FOOD SAFETY



**1**  
Select your  
food carefully



**2**  
Wash and  
keep clean



**3**  
Separate raw  
and cooked food



**4**  
Cook your  
food well



**5**  
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

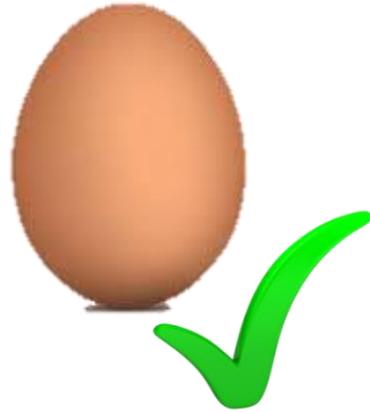


B

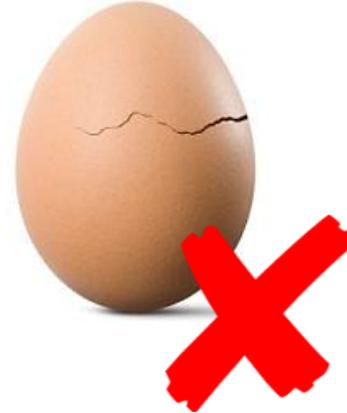
Do not buy food with torn packaging as dirt and bacteria can enter.

# Eggs

Which egg should I choose?



**A**

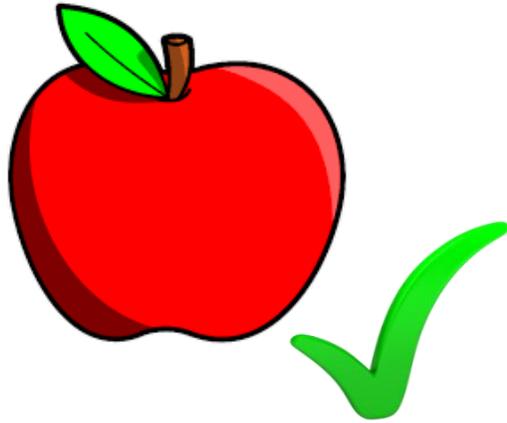


**B**

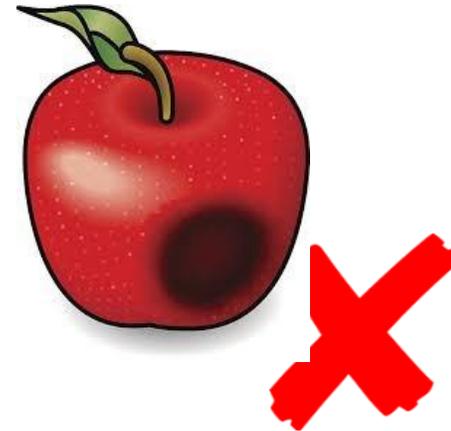
**We should check for cracks in eggs as bacteria can enter through them.**

# Fruits

Which fruit should I choose?



A

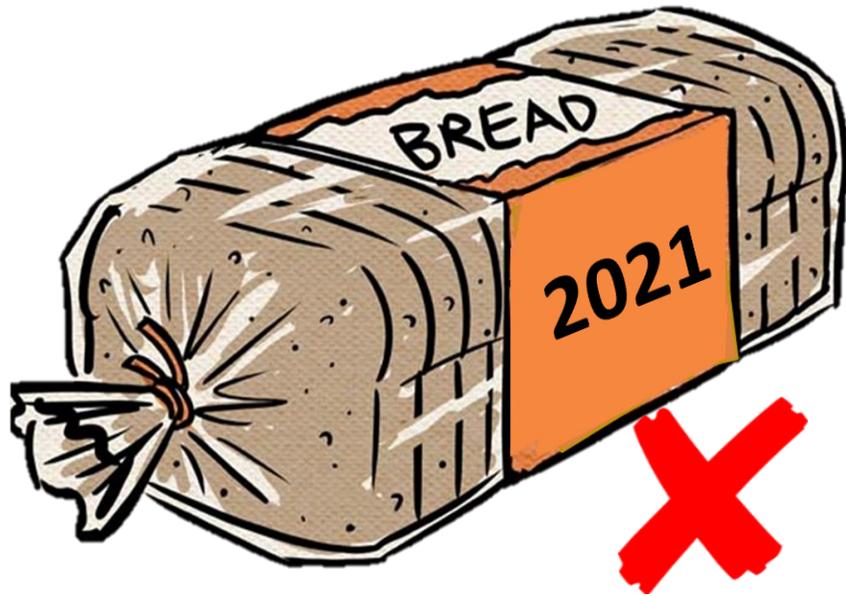


B

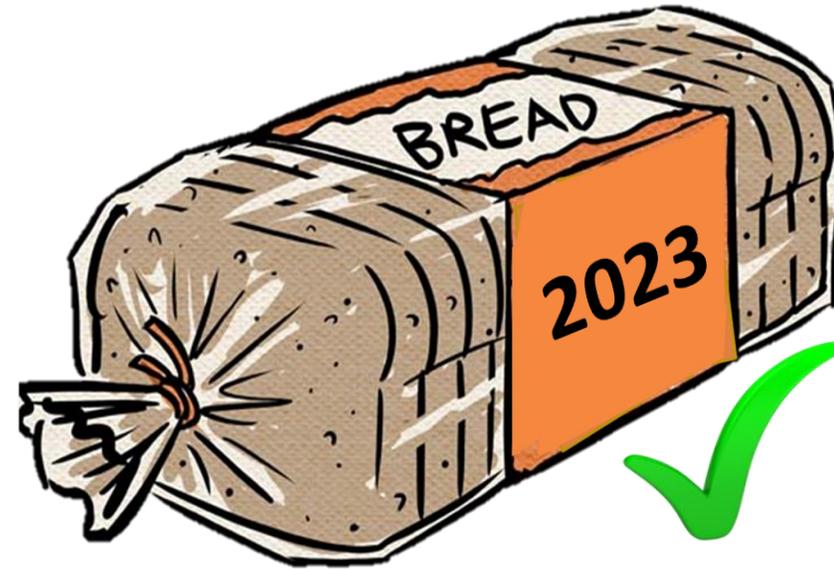
We should buy fresh produce, not badly bruised or mouldy fruits and vegetables

# Expiry Date

Which bread should I buy?



A



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

Select the Food you  
Buy Carefully

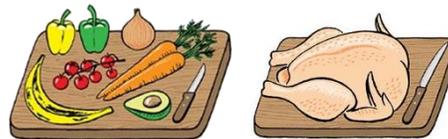


2

**Tip**

3

**Separate Raw  
from Cooked Food**



4

5

# Separate Raw and Cooked Food

Can raw fish and bread be put together?



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

Select the Food You  
Buy Carefully



2

Separate Raw from  
Cooked Food



3

**Tip**

4

5

# 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

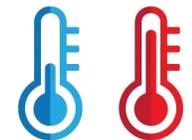
Select the Food You  
Buy Carefully



Separate Raw from  
Cooked Food



**Keep Food at Safe  
Temperatures**



# Keep Cold Food Cold

Outside



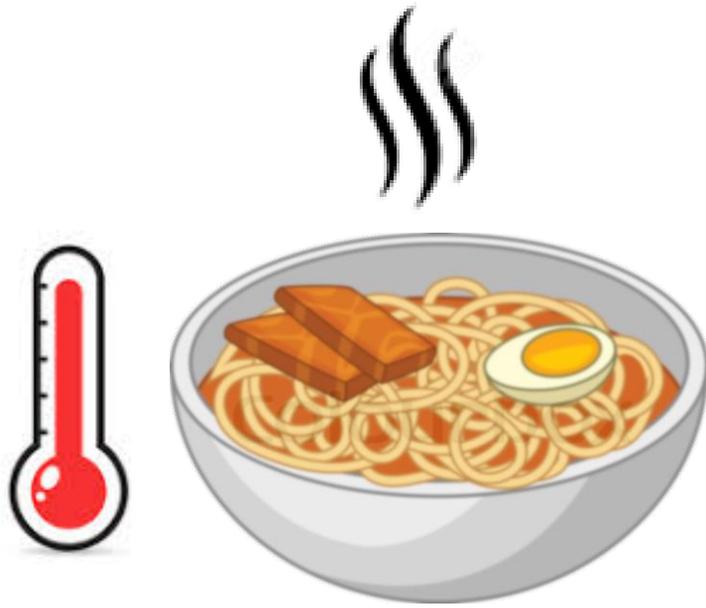
**Keep food cold in cooler bag**

At home

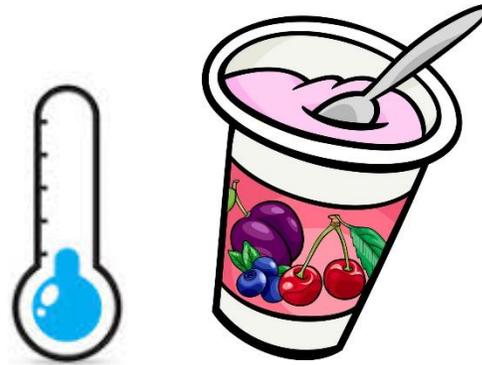


**Store food in fridge**

# 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**

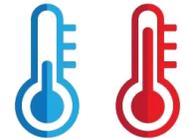
**Separate Raw from  
Cooked Food**



**3**

**4**

**Keep Food at Safe  
Temperatures**



**5**

# Food Safety is a Joint Responsibility

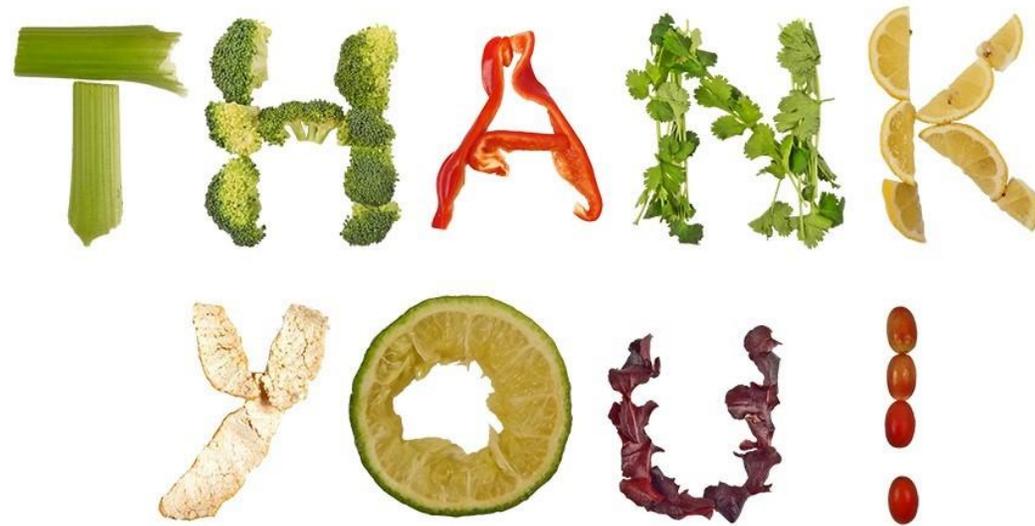


**EVERYONE** has a part to play!

# Video time !



THANK YOU!



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