



School Food Safety Guide

**ACTIVITY BOOK BY
SINDH FOOD AUTHORITY**



Wash Your Hands



USE SOAP



PALM TO PALM



BACK TO HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS



FOOD SAFETY BASICS FOR KIDS IN THE KITCHEN



Clean all countertops and kitchen surfaces before cooking.



Never taste food until it is done cooking.



Pull back long hair.



Always cook with adult supervision.

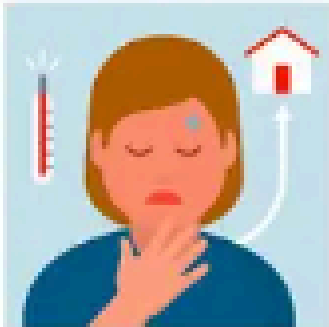
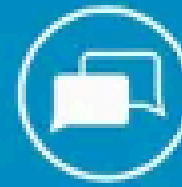
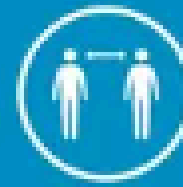


Wash hands with warm, soapy water before and after handling food.

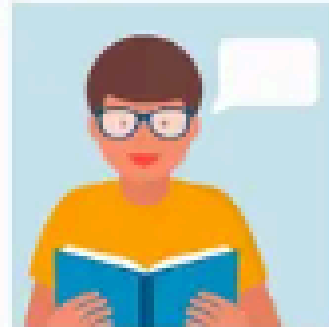


Always use clean utensils.

BACK TO SCHOOL SAFETY TIPS FOR KIDS



**STAY AT HOME
IF YOU FEEL SICK**



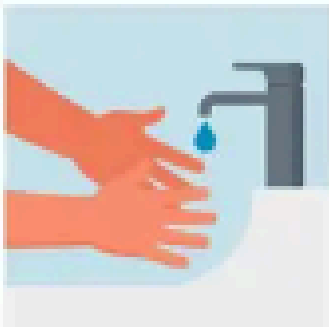
**LEARN HOW TO KEEP
YOURSELF SAFE
AND SHARE IT
WITH YOUR FAMILY**



**IF YOU FEEL SCARED
OR UNWELL TALK
TO YOUR FAMILY
AND TEACHERS**



SUPPORT OTHERS



**WASH YOUR HANDS
WITH SOAP AND
WATER OR SANITIZER**



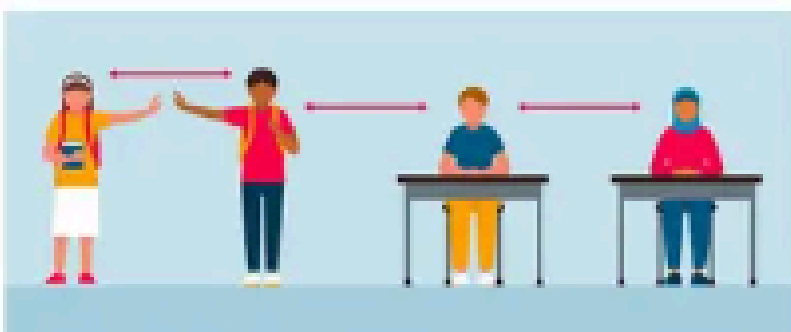
**COUGH AND SNEEZE
INTO A TISSUE
OR USE YOUR ELBOW**



**TRASH THE TISSUE AND
WASH YOUR HANDS**



**DON'T TOUCH YOUR
EYES, NOSE
AND MOUTH**



**KEEP AT LEAST
1 METER DISTANCE
FROM OTHERS**



**DON'T SHARE YOUR
PERSONAL ITEMS AND
FOOD WITH OTHERS**



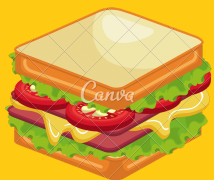
**WEAR A FACE MASK
IF REQUIRED
AND SAFE TO DO SO,
FOLLOW THE AUTHORITIES'
RECOMMENDATIONS**

WHICH WAY IS RIGHT?



HEALTHY FOOD MENU

FOR YOUR SCHOOL LUNCH



**VEGGIE &
CHEESE
SANDWICH**



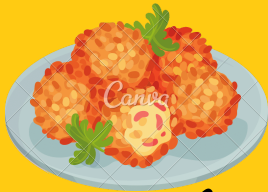
**RICE WITH
SAUTEED
VEGETABLES**



**MINI PANCAKES
WITH FRUITS**



**PASTA SALAD
WITH VEGETABLES
& CHEESE**



**SWEET POTATO
& VEGETABLE
BALLS**



TIPS FOR HEALTHY TEETH



Rinse Between Meals

Avoid Sticky Foods

Avoid Acidic Food

Drink More Water

Chew Sugar-Free Gum

Use a Straw

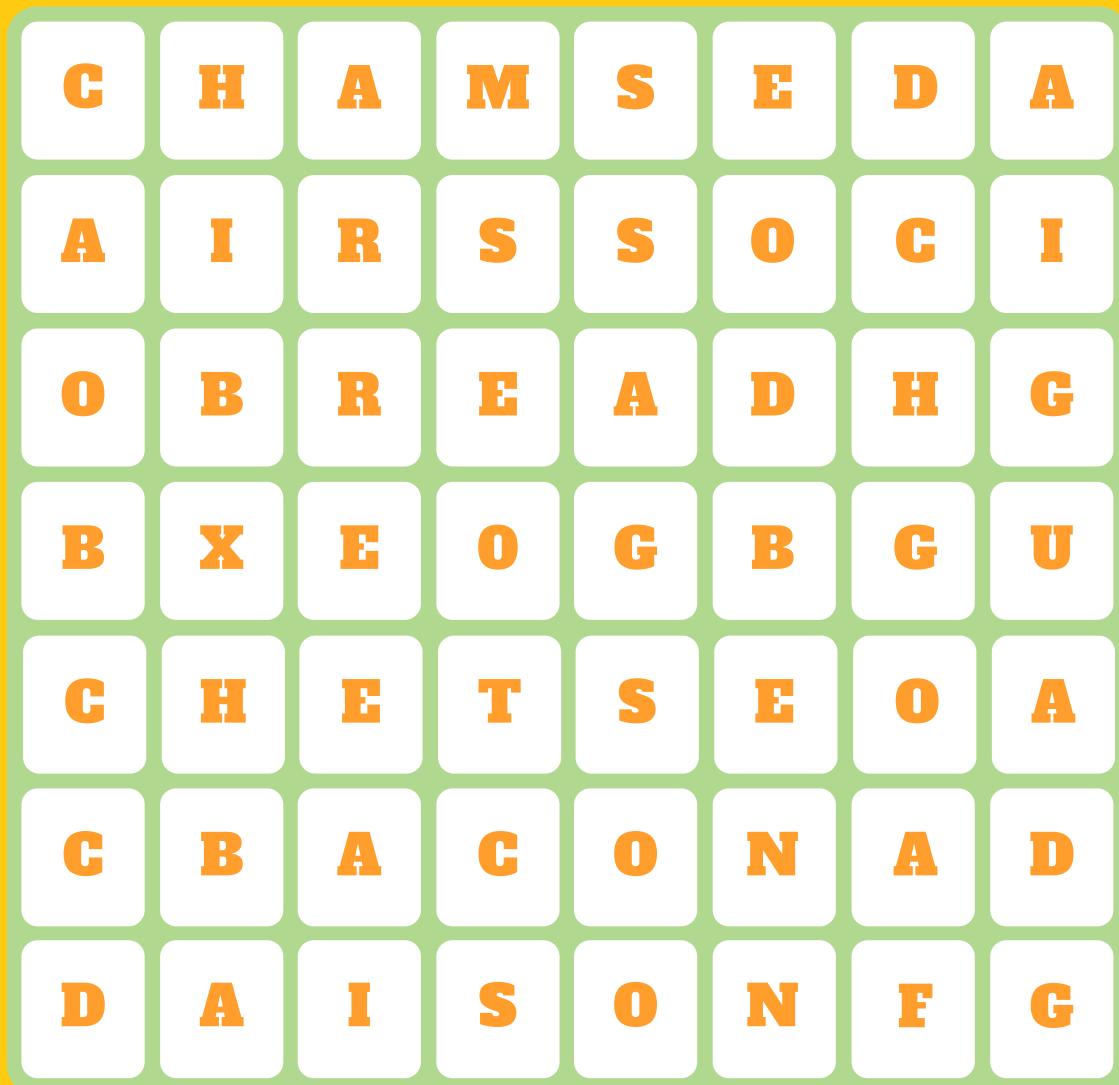
Kids Fight BAC-teria!

Scrub firm fruits and vegetables with a clean vegetable brush under running water.



Find 5

OUR INGREDIENTS



Healthy Snacks

FOR SCHOOL



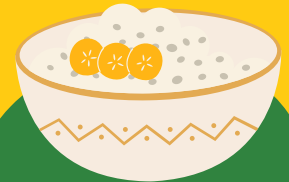
YOGURT



NUTS



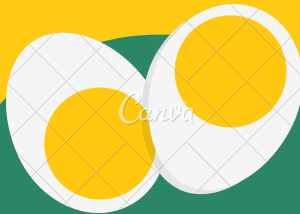
COTTAGE
CHEESE



OATMEAL



FRUIT
SMOOTHIE



HARD-BOILED
EGG



BAKED SWEET
POTATO
FRIES



