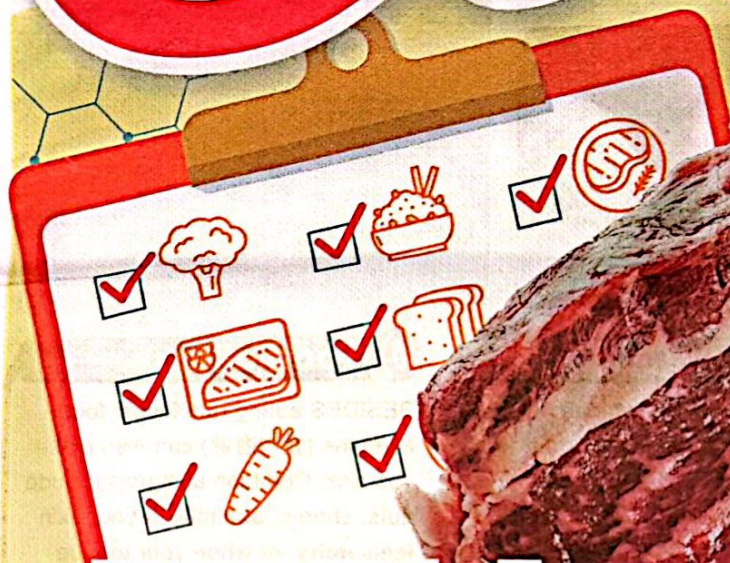


Monday 20 October 2025

Goodies

Scan the magic!



Practising food safety

ONE in 10 people die from eating dirty food. This is why cleaning and storing food properly is important.



Remember to put milk and eggs in the fridge!

Read the nutrition label to make healthy choices.





Wash your hands before you eat

BACTERIA and germs enter our bodies when we eat and drink contaminated food. To avoid this, we need to practise food safety.



Food poisoning

IF you experience stomach pain, vomiting and a fever after eating, you might be suffering from food poisoning. Food poisoning occurs when bacteria in food makes us sick. This happens when meat is not cooked thoroughly, or when dairy products are not stored at low temperatures.

Raw foods like vegetables in sandwiches and raw fish in sushi are more likely to cause food poisoning. However, if these foods are stored at the right temperature and prepared hygienically, they are safe to eat. Because young children have weaker immune systems (免疫系統), they should avoid eating raw foods.

Eating safe

MAINTAINING good hygiene when handling food is important to prevent food poisoning, therefore, wash your hands with soap before eating. This reduces the chance for bacteria entering our bodies. It is also important to clean your utensils. If handwashing is not possible, for example, when having a picnic, then you can use wet wipes or hand sanitisers to clean your hands.



Should ice cream be kept in the fridge or the freezer?

Food allergy

BESIDES eating raw foods, food allergies (食物過敏) can also make you sick. Common allergens include nuts, shrimp, and milk. If your skin feels itchy, or when your tongue and lips get swollen (腫) after eating, you might be experiencing an allergic reaction. Remember to see the doctor immediately if these symptoms occur!



G Fun

How should raw and cooked food be stored?



- A On the same plate
- B Separated
- C At room temperature

Answers on P12

Vocabulary Challenge



Max
S.K.H. Yan Laap Memorial
Primary School

contaminated (adj)
受污染的

thoroughly (adv)
仔細地

raw (adj)
生的

hygienically (adv)
衛生地

utensil (n)
餐具

itchy (adj)
發癢