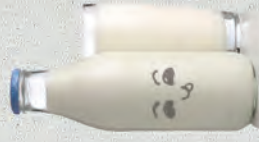


Eat For Health

Milk, cheese, yoghurt are good foods



Milk products are Source of proteins and calcium



Milk is a good Source of zinc



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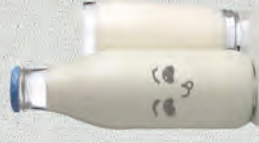
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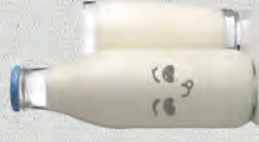
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## Good tips for Food Hygiene

Wash hands before  
eating

Wash vegetables and  
fruits in running  
water before  
consumption

Eat only fresh and  
good looking food  
products

Eat food product only  
during the shelf time  
mentioned on the  
label

Store perishable food  
in the refrigerator

Cook raw food before  
consuming it at high  
temperature

Keep clean the  
serving dishes and  
surfaces and the  
environment where  
food is prepared and  
eaten

Use separate  
chopping boards for  
vegetables, fruit and  
raw meat



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# FOOD FOR HEALTH



When is food healthy?

If it contains all necessary nutrients and is free of harmful germs and toxic substances.



How we keep food healthy?

By practicing good tips of food hygiene.

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## Why is it important to know about food poisoning?

It is important to know how to manage food poisoning to keep our body healthy.

## How to manage food poisoning?

- Wash your hands before eating
- Check the freshness of the food product you eat
- Check the expiration date from the package label
- Clean vegetables and fruits by washing under running water before eating them
- Store separately vegetable and animal food products
- Cook your meal at suitable temperature
- Store perishable food in the refrigerator as recommended

- Throw away adulterated food that looks and smells not good



Be healthy by eating healthy food !!

Edz For Health

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### What is Food Poisoning?

A poisoned food contains germs like bad bacteria and toxins which cause us health troubles.

### What are the most usual food poisoning causes?

Harmful bacteria like:

- Salmonella
- Listeria
- Campylobacter
- Escherichia coli

Toxins from:

- Bacteria
- Moulds
- Toxins born during food processing
- Pesticides

### How can we recognise poisoned food?

Sometime a poisoned food can look like a good food, although it contains harmful bacteria or toxins. Other times it can look not good and smell a little weird.

### What happens if we eat poisoned food?

A couple of hours after eating a poisoned food we started to feel sick. As soon as possible must to ask the doctor.



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Fruits are for  
you energy  
and  
vitamins



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are angry if  
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Eats For Health



Homemade  
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They have  
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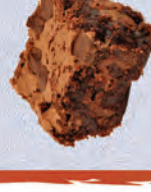
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Edu For Health



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from food  
are  
necessary  
for your  
growth.



Choose meat  
with lower  
amount of  
fat.



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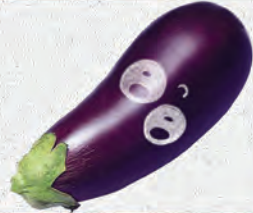
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In Soup or  
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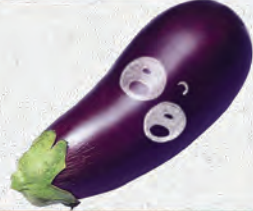
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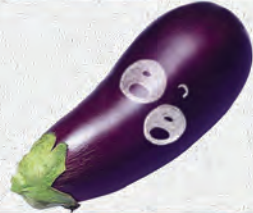
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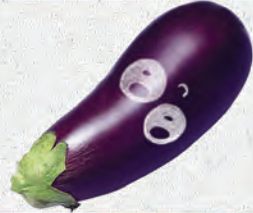
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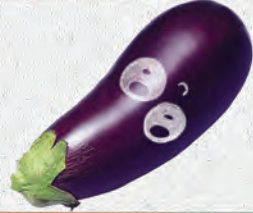
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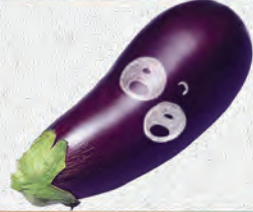
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