Dear Friends,

Safe food is a source of life and energy; however, if not handled properly, food can produce dangerous diseases. Bacteria, on our hands, kitchen utensils or clothes are contaminants. We can reduce foodborne diseases by following simple advice.

After going to the bathroom and before eating, it’s always necessary to wash our hands with soap and water. When purchasing food, confirm the expiration date and do not consume anything that is expired.

When storing leftovers, remember to place food in the refrigerator and not on the kitchen table or any other external area. When eating fruit or vegetables, wash them in running water.

When eating at home or at school, make sure the food is well cooked, especially the meat-based plates, such as hamburgers, meatballs or roasts.

There is nothing better than enjoying a pleasant lunch in the company of family. Being mindful to the importance of proper food preparation ensures the health and well-being of your loved ones.

Prevention is in your hands!

Dr. Mirta Roses Periago
Director, Pan American Health Organization
LA LA LA

Hi, Monica! It's been time!

I have a surprise for you!

Really? What?

Do you know what we have for lunch?

Food!

Smack! Smack!
EASY, MAGGY!

IT'S EARLY!

WE ARE HAVING LUNCH SOON, OK?

ALL RIGHT!

AND WE BET THAT THE LOSER WOULD BUY ICE CREAM FOR THE WINNER!

YEAH, BUT I WAS SURE I WAS GOING TO WIN!

UWA... AND WHAT ABOUT HAVING LUNCH?

YOU DON'T UNDERSTAND! I DON'T HAVE ANY MONEY!

BUT MONICA AND MAGGY HAVE SOME DELICIOUS STUFF!

SWEAT, SMUDGE!

LEAVE IT TO ME!

IS IT TIME NOW?

NOT YET MAGGY!

HELLO, LADIES!

OH, WHAT A DAY, MY FRIEND!

WE WEALLY WORKED HARD TODAY, DIDN'T WE?

YOU LOST THE BET, JIMMY FIVE!

I KNOW, SMUDGE!

YOU SCORED MORE GOALS THAN ME!

WONCA WITCH THE FOOD?

UWAH, YUMMIY!

I'M REALLY STARVING!
HA, HA, HA!

SNAC!

TAKE IT EASY, BOYS!

THAT'S NOT HOW YOU PLAY HOUSE!

HAHAA...
OK...

LET'S BE BRAVE...
JIMMY FIVE!

COME HERE!

WHERE'S DADDY'S LITTLE GIRL?

COULD YOU PLEASE WASH YOUR HANDS BEFORE HOLDING OUR LITTLE DAUGHTER?

OH, YEAH...
SURE!

WHAT IS IT, MY BOY?
IS EVERYTHING OK?

COME HERE, TOOTHY BUNNY!

WHAT?

HAHAA...
I MEAN...
COME HERE, MY LITTLE SWEETHEART!

HAHAA...

WHAT DO YOU WANT?

REAL FOOD!

LUNCH IS READY!

GUYS!!
GUYS!!

YEAHHH!!!!

HEY!

MONICA, THIS CHICKEN IS MADE OF CLAY!

AND THE FRUITS TOO!

IT'S NOT FAIR!

HA, HA, HA!

WHAT DO YOU WANT?
GUYS, I WAS JUST KIDDING!

I DID ALL THIS BY MYSELF!

WASN'T IT EASIER TO USE WHOLE FOOD?

EASIER AND YUMMIER!

OH, NO! I COULDN'T DO THAT TO YOU!

HWA!

REAL FOOD SHOULD NOT BE LEFT AT ROOM TEMPERATURE FOR SO LONG!

FOOD IS A VERY SERIOUS MATTER, MY FRIENDS!

FOOD SHOULD BE KEPT AT APPROPRIATE TEMPERATURES!

IT SHOULD BE KEPT IN THE REFRIGERATOR OR IN THE FREEZER!

IT SHOULDN'T BE LEFT AT ROOM TEMPERATURE FOR MORE THAN TWO HOURS!

RIGHT, MY DARLING?

"ALL KITCHEN UTENSILS SHOULD BE WASHED WITH DRINKING AND SAFE WATER BEFORE AND AFTER THEY ARE USED."

"THERE SHOULD BE DONE WITH PROOF AND VEGETABLES..."

"ALWAYS PAY ATTENTION TO THE EXPIRATION DATE OF PRODUCTS..."

"...ESPECIALLY PERISHABLE PRODUCTS SUCH AS MEAT, POULTRY, FISH AND EGGS!"

"CUTTING BOARDS SHOULD BE THOROUGHLY WASHED AFTER THEY ARE USED FOR RAW FOOD AND BEFORE THEY ARE USED FOR COOKED FOOD!"

"FOOD SHOULD NOT BE COOKED AT ROOM TEMPERATURE BECAUSE THIS CAN ATTRACT INSECTS AND BACTERIA!"

"FOOD SHOULD BE ThAWED IN THE REFRIGERATOR, MICROWAVE OVEN OR RUNNING WATER!

"COOKED FOOD WHICH IS NOT GOING TO BE EATEN SHOULD BE KEPT IN THE REFRIGERATOR!"
GUYS, I WAS JUST KIDDING!
I DID ALL THIS BY MYSELF!

WASN'T IT EASIER TO USE WHEAT FOOD?
EASIER AND YUMMIER!
OH, NO! I COULDN'T DO THAT TO YOU!

REAL FOOD SHOULD NOT BE LEFT AT ROOM TEMPERATURE FOR SO LONG!
FOOD IS A VERY SERIOUS MATTER, MY FRIENDS!
FOOD SHOULD BE KEPT AT APPROPRIATE TEMPERATURES!

IT SHOULD BE KEPT IN THE REFRIGERATOR OR IN THE FREEZER!
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RIGHT, MY DARLING?

ALL KITCHEN UTENSILS SHOULD BE WASHED WITH DRINKING AND SAFE WATER BEFORE AND AFTER THEY ARE USED.

"THE SAME SHOULD BE DONE WITH PROTEIN AND VEGETABLES..."

"ALWAYS PAY ATTENTION TO THE EXPIRATION DATE OF PRODUCTS..."

"ESPECIALLY PERISHABLE PRODUCTS SUCH AS MEAT, POULTRY, FISH AND EGGS!"

"CUTTING BOARDS SHOULD BE THOROUGHLY WASHED AFTER THEY ARE USED FOR RAW FOOD AND BEFORE THEY ARE USED FOR COOKED FOOD!"

"FOOD SHOULD NOT BE COOLED AT ROOM TEMPERATURE BECAUSE THIS CAN ATTRACT INSECTS AND BACTERIA!"

"FOOD SHOULD BE THAWED IN THE REFRIGERATOR, MICROWAVE OVEN OR RUNNING WATER!"

"COOKED FOOD WHICH IS NOT GOING TO BE EATEN SHOULD BE KEPT IN THE REFRIGERATOR!"
**ALWAYS STORE FOOD IN SEALED OR CLOSED CONTAINERS...**

**AND KEEP RAW FOOD SEPARATE FROM COOKED FOOD?**

**KEEP COOKED FOOD PIPING HOT, MORE THAN 60°C, PRIOR TO SERVING...**

**AND PAY CAREFUL ATTENTION TO THE KITCHEN HYGIENE...**

**...AS WELL AS TO PERSONAL HYGIENE!**

**USE CLEAN CLOTHES, WASH YOUR HANDS AND TIE UP YOUR HAIR!**

**AND BEFORE EATING, CERTAIN PRECAUTIONS SHOULD BE TAKEN...**

**WASH YOUR HANDS THOROUGHLY AFTER PLAYING WITH PETS, SNEEZING OR COUGHING**

**ATCHOO!**

**COUGH!**

**OH, YOU KNOW SO MUCH, MONICA!**

**MY MOTHER TOLD ME WE SHOULD BE CAREFUL WITH CONTAMINATED FOOD!**

**IT'S DANGEROUS, ISN'T IT?**

**GILP! YEAH, SURE!**

**KIDS! I PREPARED A DELICIOUS SNACK FOR YOU!**

**GREAT!**
"Always store food in sealed or closed containers..."

"And keep raw food separate from cooked food!"

"Keep cooked food piping hot, more than 60°C, prior to serving..."

"And pay careful attention to the kitchen hygiene..."

"As well as to personal hygiene!

"Use clean clothes, wash your hands and tie up your hair!"

"And before eating, certain precautions should be taken..."

"Wash your hands thoroughly after playing with pets, sneezing or coughing..."

"Atchoo!"

"Cough!

"My mommy told me we should be careful with contaminated food!

"It's dangerous, isn't it?"

"Oh, you know so much, Monica! Heh! Heh!

"Kids! I prepared a delicious snack for you!"

"Great!"

"Shouldn't we wash our hands?

"Gulp! Yeah, sure!"
WHAT WERE YOU TALKING ABOUT, MONICA?

HMM... WHAT IF WE HURRY UP NOW THAT FOOD IS JUST PREPARED?

ABOUT THE CARE WE SHOULD TAKE REGARDING FOOD!

GOOD IDEA!

WAIT FOR ME, KIDS!

HEALTHY FOOD! THIS IS A VERY SERIOUS ISSUE, MY FRIENDS!

NOT EVEN MONICA'S GANG PLAY AROUND WITH IT!

PUFF, PUFF, PUFF...

HI, CHUCK BILLY! ARE YOU EAGER TO GO TO SCHOOL?

EAGER? NO! I'M REALLY LATE!

YOU GOT UP LATE AGAIN!

THAT'S RIGHT!

I COULDN'T EVEN HAVE BREAKFAST!

I'M SO HUNGRY!

POOR THING! NOW, YOU HAVE TO WAIT 'TILL BREAK TIME!

SCHOOL
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THAT'S RIGHT!

I COULDN'T EVEN HAVE BREAKFAST!

I'M SO HUNGRY!

POOR THING! NOW, YOU HAVE TO WAIT TILL BREAK TIME!
OK, KIDS! THIS IS GOING TO BE A DIFFERENT CLASS TODAY!

WE ARE GOING TO TALK ABOUT A VERY SERIOUS MATTER!

FOOD!

YOU DON'T LIKE THE SUBJECT, CHUCK BILLY?

FOOD?

I LOVE IT!

OK... AS I WAS SAYING...

DID YOU KNOW THAT OUR HANDS CARRY MILLIONS OF INVISIBLE GERMS AND SOME OF THEM MAY CAUSE DISEASE?

THESE GERMS ARE FOUND IN DOOR HANDLES, HANDRAILS, FAUCETS...

ANOTHER WAY OF GETTING SICK IS EATING FOOD CONTAMINATED WITH PESTICIDES OR OTHER CHEMICAL SUBSTANCES!

FOODBORN DISEASES CAUSE SYMPTOMS SUCH AS VOMITING, DIARRHEA, ABDOMINAL PAIN, HIGH FEVER, SWOLLEN EYES, KIDNEY DISORDERS...

IN HEALTHY PEOPLE, THESE SYMPTOMS ARE TRANSIENT, BUT THEY MAY BE FATAL IN INFANTS, OLD PEOPLE, PREGNANT WOMEN AND SICK PEOPLE!

SO, THIS FOOD SHOULD BE THOROUGHLY WASHED BEFORE EATING!

AND IT SHOULD ALWAYS BE COOKED AT TEMPERATURES ABOVE 70°C!
OK, KIDS! THIS IS GOING TO BE A DIFFERENT CLASS TODAY!

WE ARE GOING TO TALK ABOUT A VERY SERIOUS MATTER!

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SO, THIS FOOD SHOULD BE THOROUGHLY WASHED BEFORE EATING!

AND IT SHOULD ALWAYS BE COOKED AT TEMPERATURES ABOVE 70°C!
Always check the expiration date of industrialized products!

If possible, drink pasteurized milk...

...and raw milk should be boiled before consumption!

If possible, always buy healthy products, not treated with chemical products!

Kitchen utensils should always be clean!

Did you know that here, at school, we take all these precautions?

Our suppliers are reliable...

And the hygiene of the kitchen staff is impeccable!

When it's a question of health, kids, no precaution is good enough!

Riiinnng

Great! The lunch break!

Easy, kids!

Aren't you forgetting something?
Always check the expiration date of industrialized products!

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...and raw milk should be boiled before consumption!

If possible, always buy healthy products, not treated with chemical products!

Kitchen utensils should always be clean!

DID YOU KNOW THAT HERE, AT SCHOOL, WE TAKE ALL THESE PRECAUTIONS?

Our suppliers are reliable...

AND THE HYGIENE OF THE KITCHEN STAFF IS IMPECCABLE!

WHEN IT'S A QUESTION OF HEALTH, KIDS, NO PRECAUTION IS GOOD ENOUGH!

RiiINNNNG

GREAT! THE LUNCH BREAK!

EASY, KIDS!

AREN'T YOU FORGETTING SOMETHING?
HEH, HEH!

EXACTLY, CHUCK BILLY!

HEB, CHUCK BILLY, SIT WITH ME!

UHMM...

HEALTHY FOOD, RIGHT, CHUCK BILLY?

YES!

AND YUMMY!

The End
AND DON'T FORGET THESE FACTS!

WASH YOUR HANDS THOROUGHLY...

KEEP ALL KITCHEN UTENSILS CLEAN...

FOOD SHOULD BE THOROUGHLY COOKED...

WASH FRUIT AND VEGETABLES THOROUGHLY...

...AND THE KITCHEN TOO!

ALWAYS CHECK THE EXPIRATION DATE OF PRODUCTS...

AND FOOD WHICH IS NOT GOING TO BE EATEN SHOULD BE KEPT IN THE REFRIGERATOR!