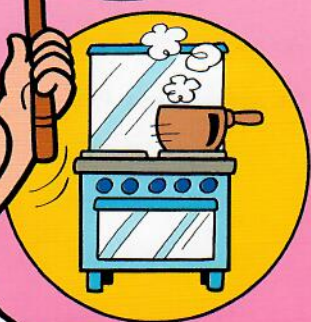
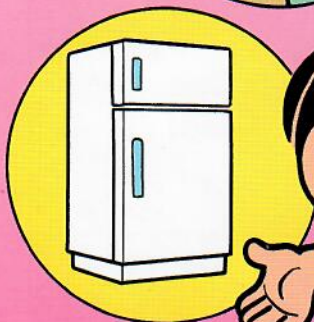


Monica's gang[®]

HEALTHY FOOD

MAURICIO DE SOUSA
EDITORA



Not for sale - Distribution Free



**Pan American
Health
Organization**



Regional Office of the
World Health Organization

MAURICIO

Dear Friends,

Safe food is source of life and energy, however, if not handled properly, food can produce dangerous diseases. Bacteria, on our hands, kitchen utensils or cloths are contaminants. We can reduce food borne 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 that 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

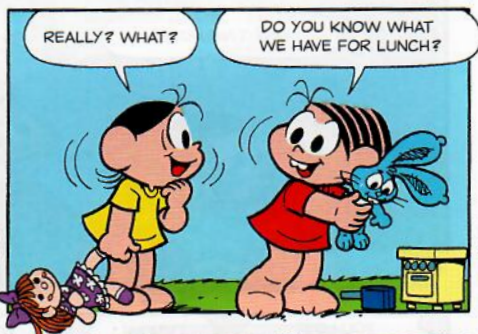
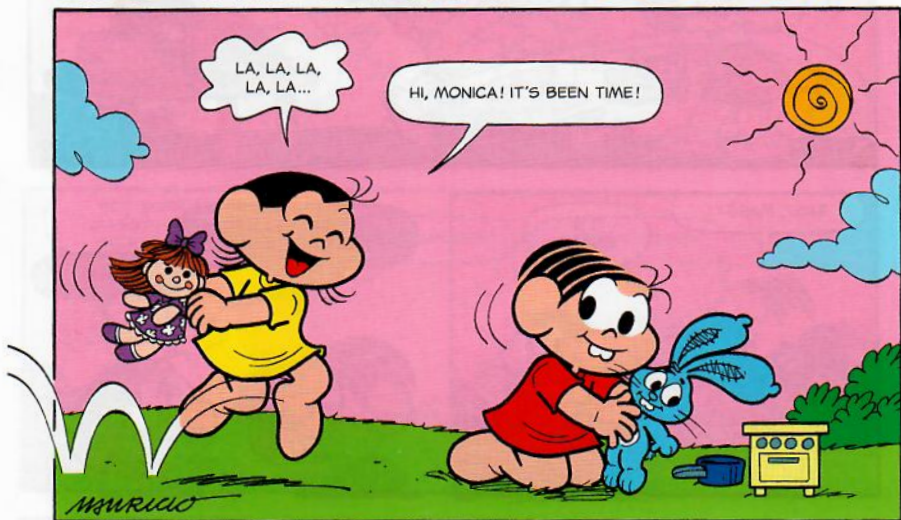
Director, Pan American Health Organization

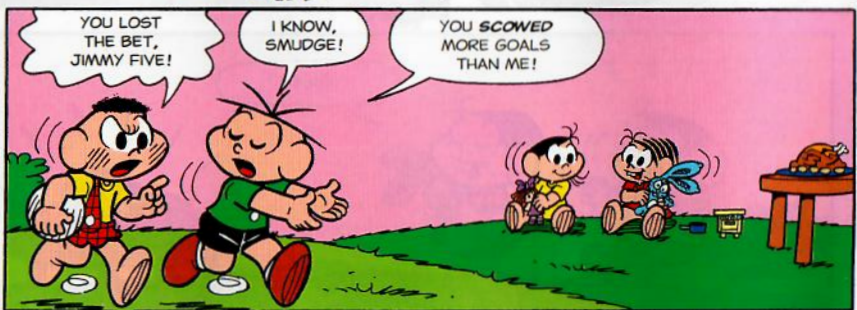


**Pan American
Health
Organization**

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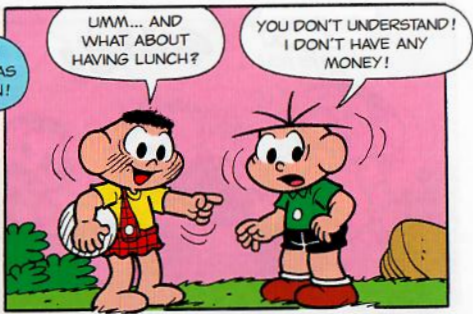
MONICA'S GANG *in* HEALTHY FOOD





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

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



UMM... AND WHAT ABOUT HAVING LUNCH?

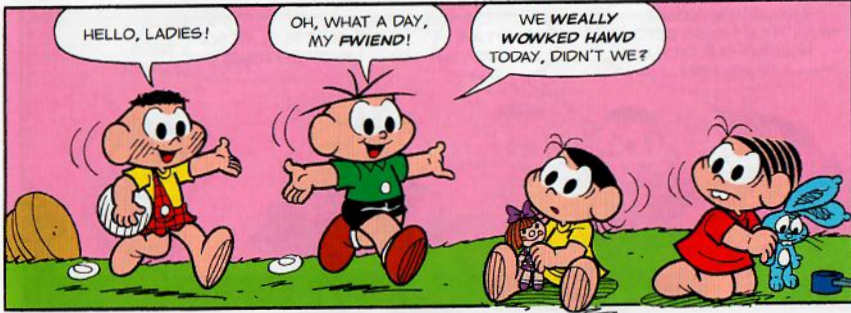
YOU DON'T UNDERSTAND! I DON'T HAVE ANY MONEY!



BUT MONICA AND MAGGY HAVE SOME DELICIOUS STUFF!

GWEAT, SMUDGE!

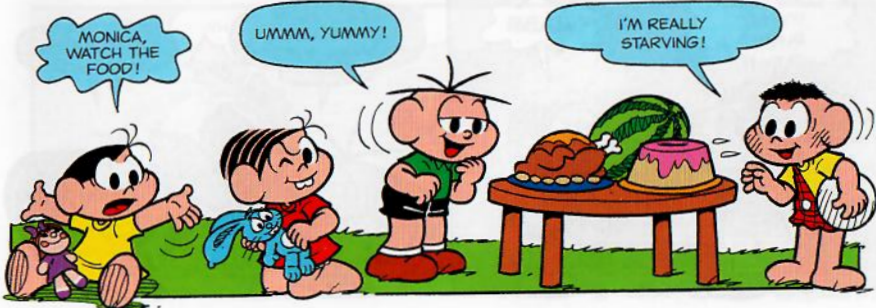
LEAVE IT TO ME!



HELLO, LADIES!

OH, WHAT A DAY, MY FWIEND!

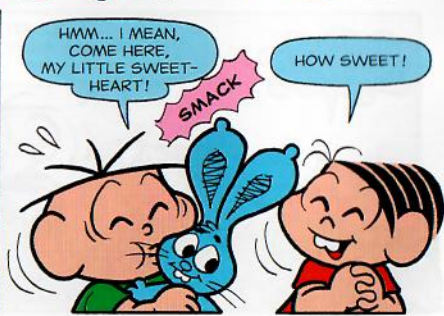
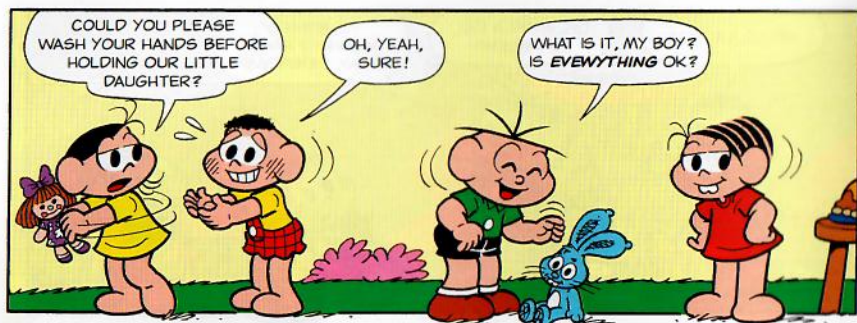
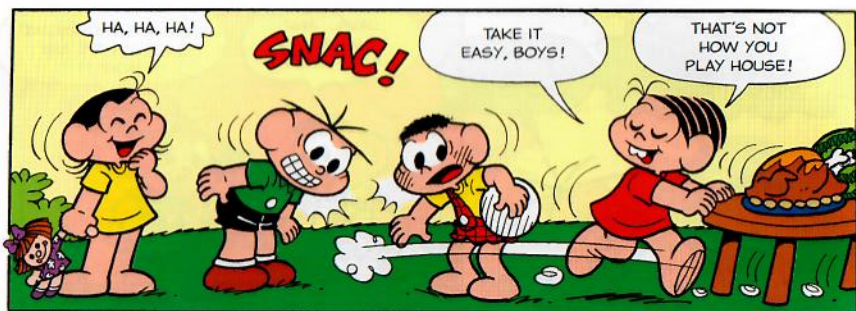
WE WEALLY WOVKED HAWD TODAY, DIDN'T WE?

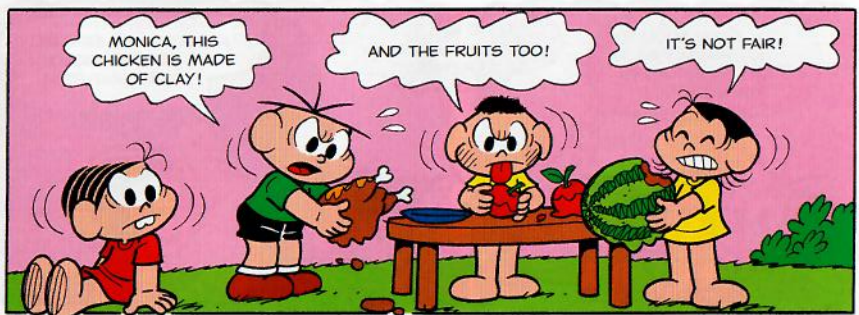
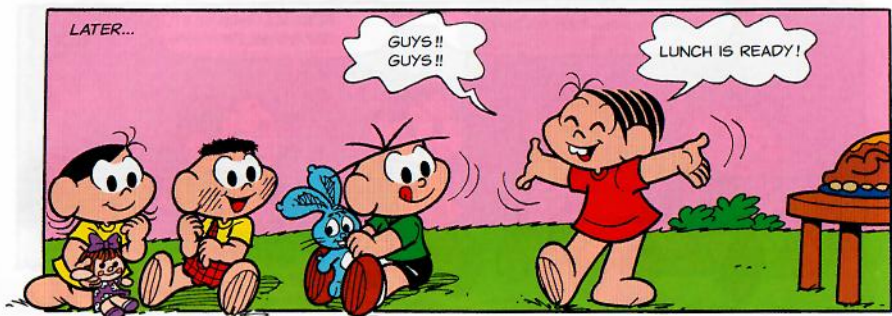


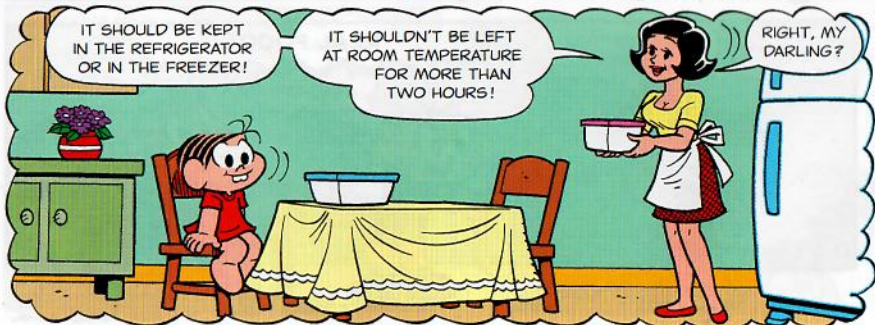
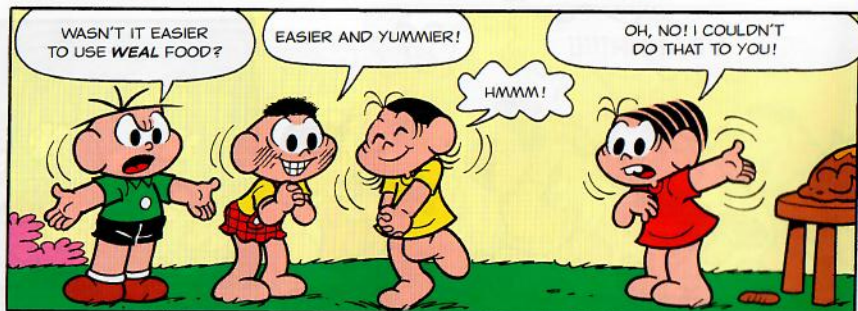
MONICA, WATCH THE FOOD!

UMMM, YUMMY!

I'M REALLY STARVING!







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



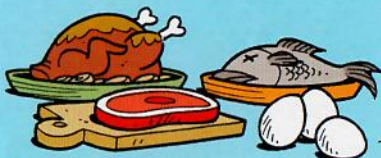
"THE SAME SHOULD BE DONE WITH FRUIT AND VEGETABLES..."



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



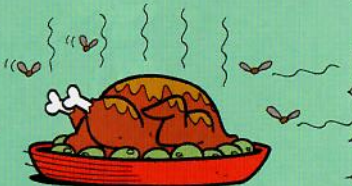
"...ESPECIALLY PERISHABLE PRODUCTS SUCH AS MEAT, POULTRY, FISH AND EGGS!"



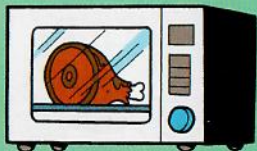
"CUTTING BOARDS SHOULD BE THOROUGHLY WASHED AFTER THEY ARE USED FOR RAW FOOD AND BEFORE THEY ARE USED FOR COOKED FOOD!"



"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..."



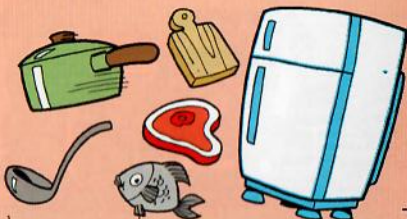
"...AND KEEP RAW FOOD SEPARATE FROM COOKED FOOD!"



"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!"



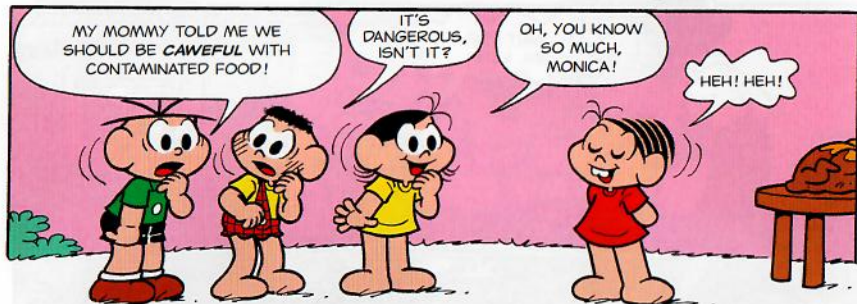
"USE CLEAN CLOTHES, WASH YOUR HANDS AND TIE UP YOUR HAIR!"



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



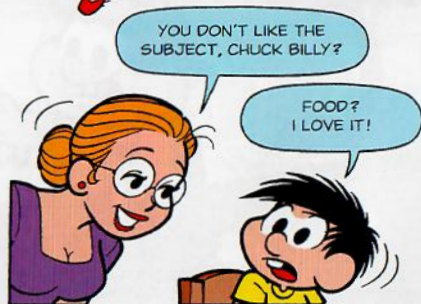
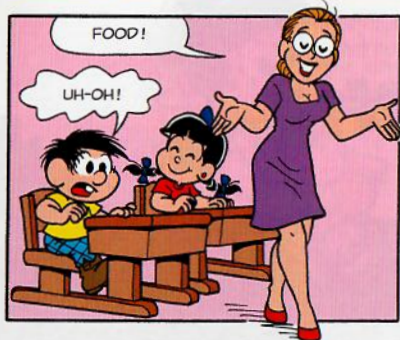
"WASH YOUR HANDS THOROUGHLY AFTER PLAYING WITH PETS, SNEEZING OR COUGHING"



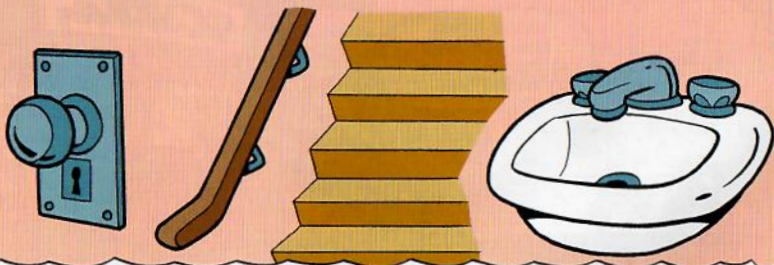


BREAK TIME





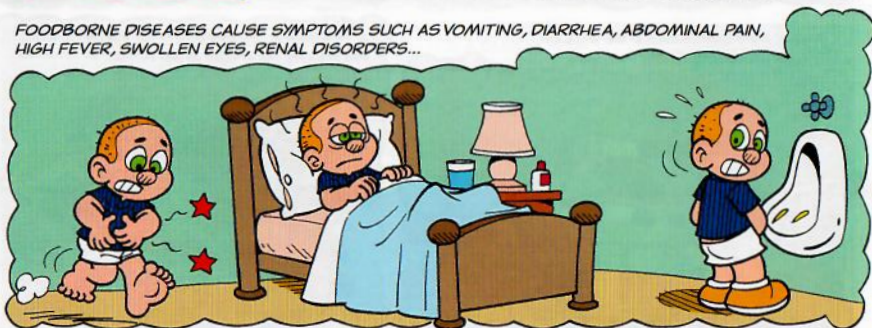
THESE GERMS ARE FOUND IN DOOR HANDLES, HANDRAILS, FAUCETS...



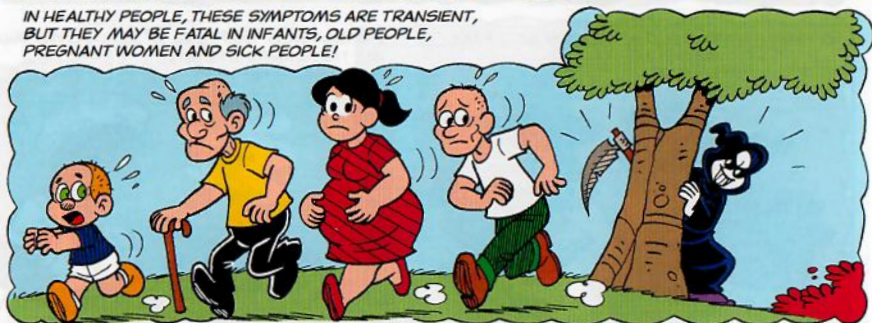
ANOTHER WAY OF GETTING SICK IS EATING FOOD CONTAMINATED WITH PESTICIDES OR OTHER CHEMICAL SUBSTANCES!



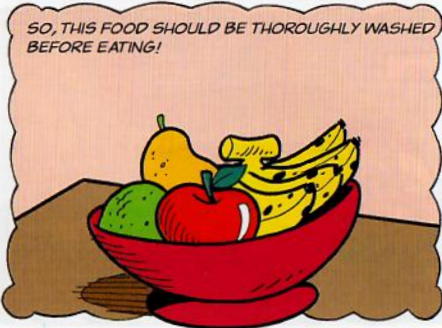
FOODBORNE DISEASES CAUSE SYMPTOMS SUCH AS VOMITING, DIARRHEA, ABDOMINAL PAIN, HIGH FEVER, SWOLLEN EYES, RENAL DISORDERS...



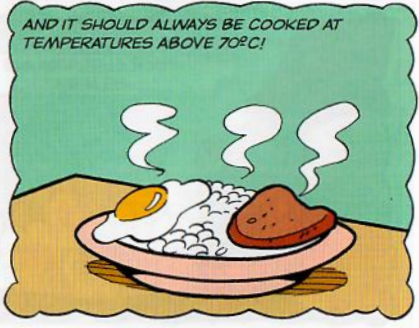
IN HEALTHY PEOPLE, THESE SYMPTOMS ARE TRANSIENT, BUT THEY MAY BE FATAL IN INFANTS, OLD PEOPLE, PREGNANT WOMEN AND SICK PEOPLE!



SO, THIS FOOD SHOULD BE THOROUGHLY WASHED BEFORE EATING!



AND IT SHOULD ALWAYS BE COOKED AT TEMPERATURES ABOVE 70°C!



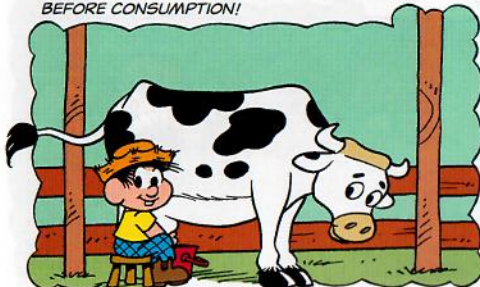
ALWAYS CHECK THE EXPIRATION DATE OF INDUSTRIALIZED PRODUCTS!



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!



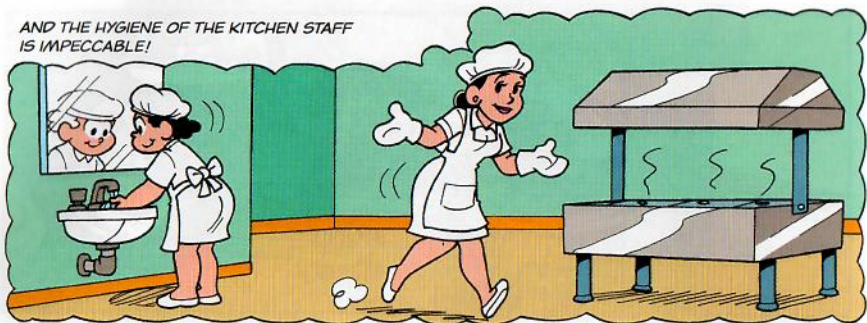
DID YOU KNOW THAT HERE, AT SCHOOL, WE TAKE ALL THESE PRECAUTIONS?



OUR SUPPLIERS ARE RELIABLE...



AND THE HYGIENE OF THE KITCHEN STAFF IS IMPECCABLE!



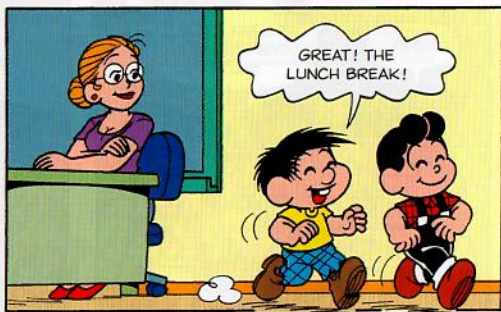
WHEN IT'S A QUESTION OF HEALTH, KIDS, NO PRECAUTION IS GOOD ENOUGH!



RIIINNG



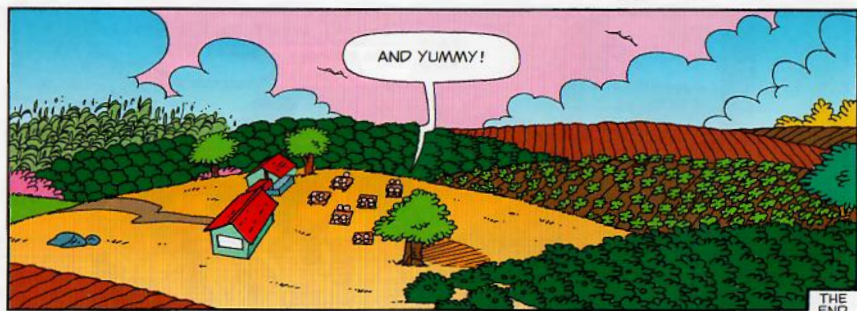
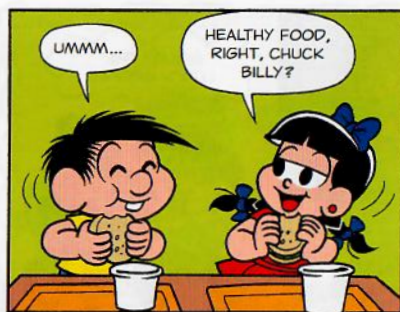
GREAT! THE LUNCH BREAK!



EASY, KIDS!

AREN'T YOU FORGETTING SOMETHING?





PASSTIME

INDICATE
THE CORRECT
ORDER OF
THESE PICTURES:



ANS: B-A-C

IDENTIFY

CIRCLE THE OBJECTS USED TO WASH YOUR HANDS!



ANS: WATER, SOAP, TOWEL.

Created and produced by Mauricio de Sousa Prod.

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AND DON'T FORGET THESE FACTS!



WASH YOUR HANDS THOROUGHLY...



WASH FRUIT AND VEGETABLES THOROUGHLY...



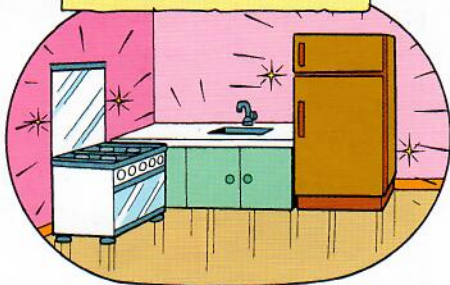
ALWAYS CHECK THE EXPIRATION DATE OF PRODUCTS...



KEEP ALL KITCHEN UTENSILS CLEAN...



...AND THE KITCHEN TOO!



FOOD SHOULD BE THOROUGHLY COOKED...



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

