

Food Safety

Awareness and prevention



“Foodborne and waterborne diarrhoeal diseases kill an estimated 2 million people annually.”

World Health Organization,

What is food safety?

Almost 2 million people die each year from illnesses caused by unsafe food and water. Taking care every day when making meals and drinks can prevent these illnesses.

How do the germs get into food?

Germs can get into food from:

- The hands of food handlers
- Using unsafe water for washing food or when cleaning kitchens
- Flies and pests
- Pets

ONLY prepare food and drink for others if you are well.

Five Keys to Safer Food

(The World Health Organization)

Key 1: Keep yourself and your kitchen clean

Hand washing: Wash your hands often, with soap and “safe” water (water that has been boiled or disinfected).

Keep the kitchen clean: Utensils, crockery, cutlery, cutting boards and all kitchen surfaces should be thoroughly washed after use. Remember to dry the clean utensils as germs grow in damp places.

Keep pests and animals out: Always cover cooked food.

Key 2: Keep raw and cooked foods separated

Separate food items: Separate raw meat, poultry and seafood from other food items while shopping, storing, refrigerating and preparing food. In the refrigerator raw meat, poultry and seafood should be placed below cooked food.

Use separate knives, utensils and cutting boards when handling raw food.

Always put cooked food onto a washed, clean plate: Never use the plate that held raw food unless it has been thoroughly washed first.

Key 3: Cook food thoroughly

Germs in and on food are killed if it is cooked to 70°C (158°F).

- Cook food thoroughly, especially meat, poultry, seafood and eggs.

- Make sure that the juice of meat and poultry is clear and not pink.
- Boil all liquids (soups and stews) at least for one minute.
- Reheat cooked food thoroughly to 70°C (158°F).

Key 4: Keep food at safe temperatures

Dangerous germs can grow in food left at room temperature and make people sick.

- Room temperature is called the “Danger Zone” (it is between 5°C (41°F) and 60°C (140°F).
- Refrigerate food within two hours (whether cooked or uncooked).
- Do not keep food in refrigerator for more than three days.
- Do not reheat food more than once.
- Never defrost frozen food at room temperature (germs might grow in the food). Use the refrigerator or microwave.

Key 5: Use safe water and raw materials

If the water used to prepare food contains germs, the food will contain germs!

- You can make water safe by boiling or disinfecting it. Boiling is usually simpler. If water is cloudy, first filter it through clean cloths (or allow the sediment to settle).
- Store treated water in clean containers with covers.
- Select fresh food.
- Wash fruits and vegetables thoroughly.
- Check the expiry date before using any food.



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