



# NUTRITION TIPS

## Preventing Food Contamination At Home

Germs that can cause food poisoning are usually controlled by cooking or refrigerating the food. Given the opportunity though, these germs will easily spread around in the kitchen through our hands, clothes and kitchen utensils.

Good personal and kitchen hygiene are important to help control the spread of germs. All surfaces in the house should be cleaned with antibacterial detergent or disinfectant to remove grease and dirt and also kill any germs. Hand-towels should be kept clean always and dried after use. The food cupboard should also be kept clean and dry. Do not cough or sneeze near food and always wash your hands after handling your baby's dirty nappies.

## How and When to Wash Hands

Germs spread a thousand times faster when on damp hands and also double in number on our fingertips every time we use the toilet. They hide under rings, watches and bracelets,

and can spread from our hands to everything we touch, including food and other people. You can keep your hands free from germs by washing them with antibacterial handwash. Ensure however that you rub them together thoroughly, making sure that both sides of the hands are washed properly around the thumbs, between each finger and around and under the nails. Then, rinse with clean water and dry with a clean towel. When preparing food you should take off your wristwatch, rings and bracelets and wash your hands before you start.

## Teaching Children About Food Safety

When most children come back from school, their schoolbags and backpacks usually get quickly tossed aside for food and drink. To ensure that they do not eat contaminated food, you should teach them on the importance of food safety. Make them know that although they cannot see germs, these organisms can make people sick when they contaminate food. Teach them that they pick up germs when they use their hands to build

sandcastles, make clay figures and when they touch pet animals, and they need to wash their hands with soap and water before handling food. Also, teach them to wash their fruits before eating and also put milk, yogurt and mayonnaise back in the refrigerator immediately after use.

## Dealing With Food Poisoning

Food poisoning is an illness induced by eating food or drinking beverages contaminated with harmful bacteria. Symptoms of this illness include stomach cramp, nausea, vomiting, diarrhoea and headache.

To reduce the risk of food poisoning, high-risk foods like soup, meat, poultry and shellfish should be refrigerated or heated to high temperatures to disable or kill the bacteria. Children who are infected should be given plenty of fluids because the illness causes severe fluid loss. They should also be immediately taken to the hospital.

### \* For more information on child nutrition

Visit the Olu Akinkugbe Foundation  
Child Nutrition Centre  
at  
**Friesland Foods WAMCO Nigeria PLC,**  
Plot 7b Acme Road, Ogba, Lagos.

#### Visiting Hours:

10.00 am - 12 noon and 2.00 pm - 3.30 pm.  
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