



The four rules of food safety



first rule

The importance of cleaning with soapy water and special disinfectants, such as sterilization tablets for vegetables and fruits, as well as cleaning equipment, tools, and places of preparation and processing



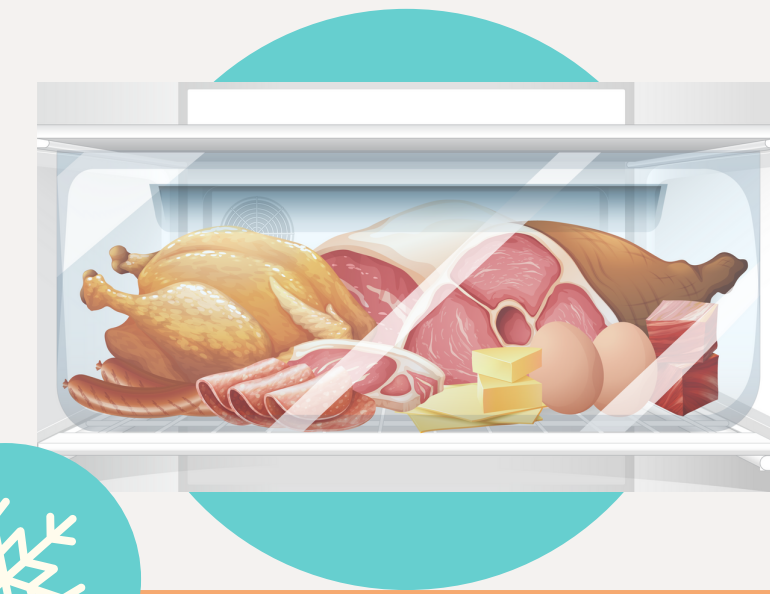
second rule

Separating cooked and uncooked foods from each other prevents cross-contamination, which is the main cause of poisoning



Third rule

Proper cooking at the right temperature eliminates harmful microbes that cause food spoilage and food poisoning incidents



Fourth rule

Refrigerating or freezing normal or high-risk food prevents the activity of bacteria that cause food poisoning



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World Food Safety Day

Food safety is everyone's concern

One out of **ten people** worldwide falls ill from contaminated food each year.
It affects all countries

Nutrition Education Unit
Health Awareness Unit

