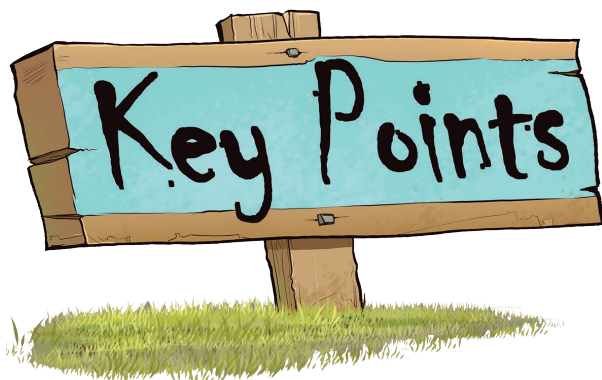


Food Hygiene

“Food hygiene” refers to all of the measures that must be taken to ensure food safety at all stages — i.e. from production to consumption.

Handling food *unhygienically* can cause illnesses due to bacteria. The main aim of food hygiene is to ensure that food is safe for human consumption.



CONTACT DETAILS

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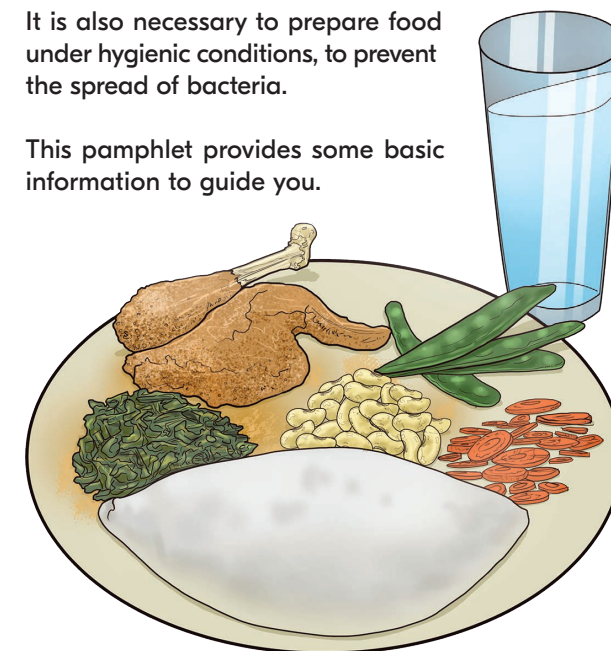
Food Groups, Meal Planning, Food Hygiene

Introduction

A healthy meal is made up of different food groups combined in the right proportions. Each food group has different nutrients that are necessary for a healthy diet and good health. Planning healthy meals helps to ensure that all nutrients are included in your diet.

It is also necessary to prepare food under hygienic conditions, to prevent the spread of bacteria.

This pamphlet provides some basic information to guide you.



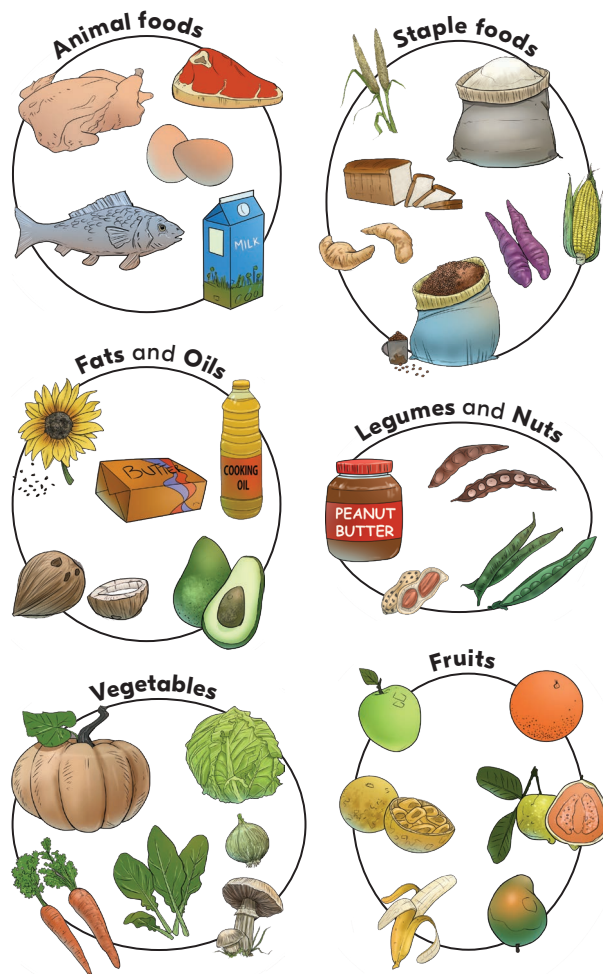
It is important to always do all of these things

- Use clean water.
- Wash your hands before preparing food.
- Keep all kitchen surfaces clean.
- Keep utensils clean.
- Wash fruits and vegetables thoroughly before you eat them.



- Protect food from insects and rodents.

The six food GROUPS



The importance of eating a VARIETY of foods

- Reduces the risk of nutritional deficiencies as your body has access to all of the nutrients.
- Reduces the risk of chronic diseases.

There is no single food that can supply all nutrients in the amounts needed. Eating foods from all six food groups helps you to obtain nutrients for good health. It also makes meals more interesting from day to day.

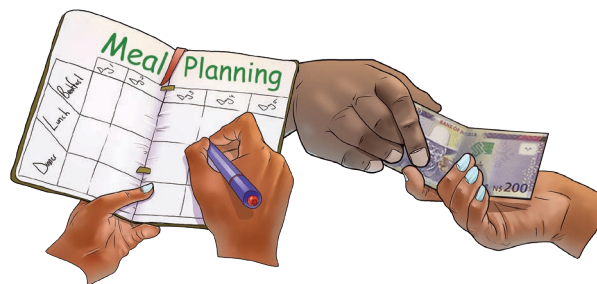
Meal PLANNING for health

Eat at least three meals a day. Planning healthy meals is very important for the wellbeing and good health of your family.

FAMILY meal planning

Planning: Include all food groups, and consider all the needs of your family members. Planning meals for your family also helps you to be organised. Consider everyone's food preferences when planning meals.

Purchasing: Purchasing food based on your family's nutritional needs will save you money, and is key to having a healthy family. It is advisable to grow your own fruits and vegetables, and to only purchase fresh produce that is not available in your garden.



Preparation: Unhygienic food preparation can make you sick. Be sure to wash your hands properly before handling food of any kind, and wash fresh produce properly. Also, avoid overcooking nutritious food.



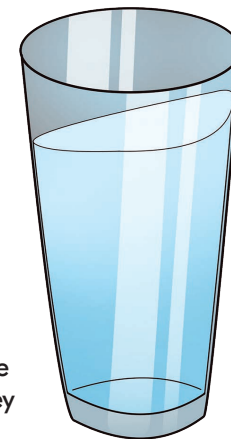
Serving: Serve food on clean plates. Serve each family member according to his/her energy and nutritional needs — which are usually based on age or body size. Keep any leftover food covered, and consume it within a short period of time.

The importance of drinking enough WATER

In addition to having a planned nutritious diet, it is important to drink enough water every day.

The human body needs water for several reasons. These are some of the key reasons:

- Water regulates the body's temperature.
- The digestive system needs water to function properly. Drinking too little water can cause constipation.
- Water makes food nutrients accessible to the body.
- Drinking enough water is the key way to prevent both kidney damage and dehydration.



Replacement of sweetened carbonated drinks with water is also recommended for good health.

The importance of COOKING food thoroughly



- Improperly cooked food can make you sick.
- Applying heat to food can prolong the shelf life. For example, the pathogens in milk are destroyed by heat, so heated milk lasts longer than unheated milk.