FOOD LICIOUS

CAUSE & EFFECT FROM **FOOD POISONING**

EF FECT S

SYMPTOMS:

Nausea Diarrhea Fever Stomach Cramps Vomiting

Headaches

Didn't wash your hands before handling food Eating food after 'used-by' date Undercooked food Cross contaminated

CAUSE

Cooked rice/pasta not kept at correct temperature

Keep **cleans** hands, kitchen and chopping board

Wash your hands with soap after handling pets

Check and avoid expired foods
Put leftovers and prepared food in
refrigerators

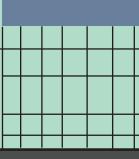
If you are ill with diarrhea or vomiting, do not prepare food for others. Do not buy food with **no labels**,

'Nutrition Facts'

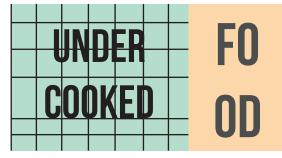
Be aware of **street food** and drinks in Viet Nam.

Be aware of **processed food**

PROTECT YOURSELF FROM FOODBORNE ILLNESS



RECOG NIZE



EX-AM-

Fried eggs need cookuntil the yolks have slightly thickened Poke the meat to see if juices are red or clear

FOOD POISONING COMES FROM EATING FOODS

CONTAIN GERMS



http://www.wholefoodsmarket.com/about-our-products/food-safety/handling-seafood-safely http://www.eatingwell.com/healthy_cooking/healthy_cook-

ing_101_basics_techniques/kitchen_tips_techniques/how_to_tell_when_your_meat_is_cooked? page=5

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