

brought you by

# FOOD SAFETY

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## CAUSE & EFFECT FROM FOOD POISONING

### SYMPTOMS:

- Nausea
- Diarrhea
- Fever
- Stomach Cramps
- Vomiting
- Headaches

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

- 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

RECOGNIZE

UNDER COOKED FOOD

FOOD POISONING COMES FROM EATING FOODS CONTAIN GERMS

- EX- Fried eggs need cook until the yolks have slightly thickened
- AM- Poke the meat to see if juices are red or clear

PLE

SOURCES  
VISIT US

<http://www.wholefoodsmarket.com/about-our-products/food-safety/handling-seafood-safely>  
[http://www.eatingwell.com/healthy\\_cooking/healthy\\_cooking\\_101\\_basics\\_techniques/kitchen\\_tips\\_techniques/how\\_to\\_tell\\_when\\_your\\_meat\\_is\\_cooked?page=5](http://www.eatingwell.com/healthy_cooking/healthy_cooking_101_basics_techniques/kitchen_tips_techniques/how_to_tell_when_your_meat_is_cooked?page=5)

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