Pick n Pay

Pick n Pay School Club

Our Safe Kitchen

A story about food safety at home



Sam arrived home with his Mom
after a busy trip to Pick n Pay.
Mom carried the heavy bags while
Sam held the lighter ones.
Sam's sister, Lee,
ran to the door to greet them.
Everyone headed to the kitchen to
unpack the shopping bags together.



Before touching any food, Sam and Lee washed their hands with water and soap.
Mom said,
"Always wash your hands before touching food.
Germs do not take a day off."
Sam held out the clean towel
for Lee to dry her hands.
Lee smiled. "We make a good team."



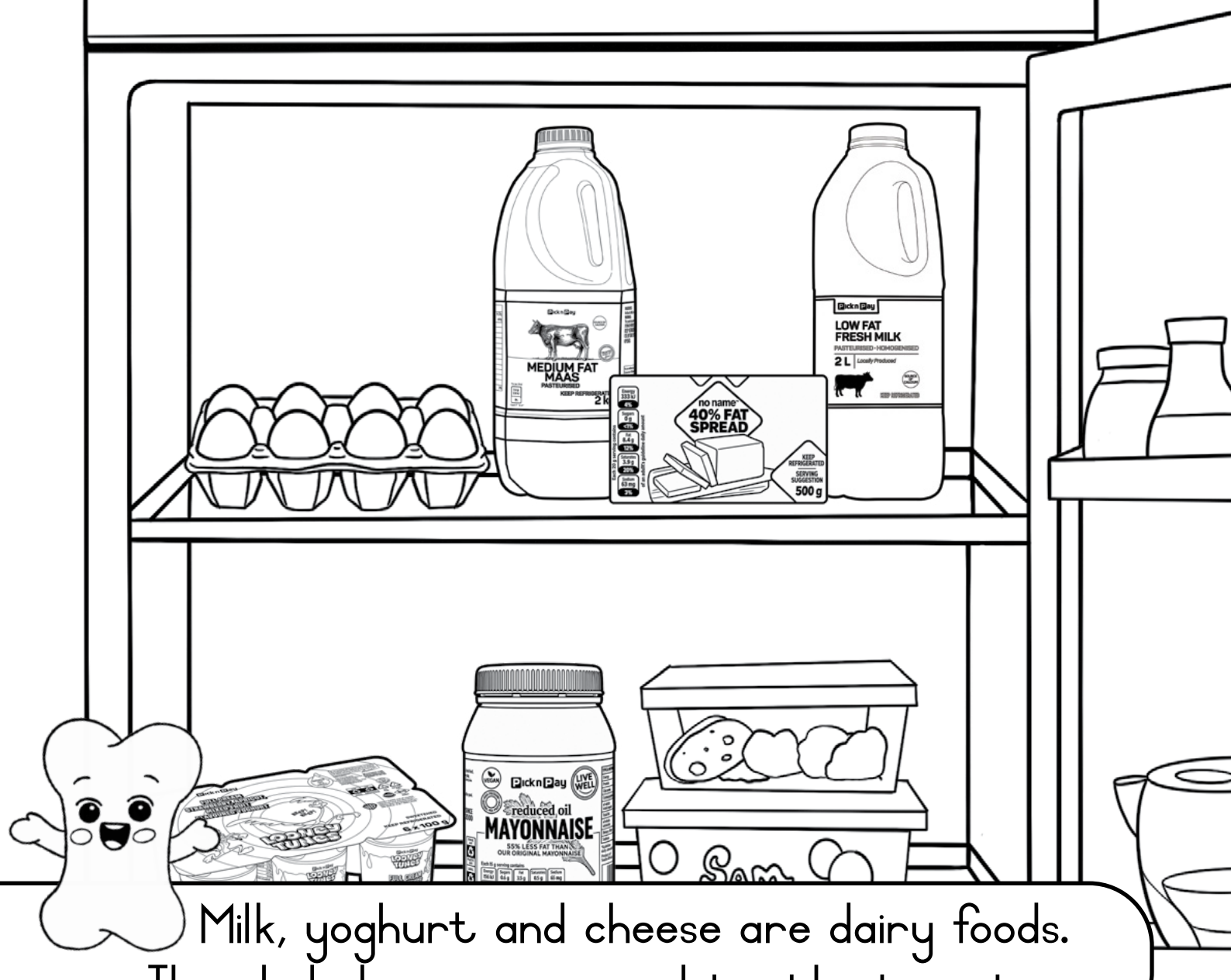
Clean hands help
keep germs away.

Frozen foods were first.
"Frozen things must go in quickly so
they do not start to melt," Mom said.
Sam placed the fish fingers, mixed vegetables
and frozen broccoli into the freezer.
Lee helped close the door fast to
keep everything cold inside.



Frozen vegetables are as
healthy as fresh ones.

With the freezer packed,
Mom opened the fridge.
"Cold foods go in next.
The fridge keeps them fresh
and safe to eat."
Sam passed Lee the milk,
yoghurt and cheese.
She placed them on the top
and middle shelves.



Milk, yoghurt and cheese are dairy foods.
They help bones grow and teeth stay strong.

Mom handed Sam a pack of raw chicken
that she wanted to cook for dinner.
"Raw food must go at the bottom
so it does not drip on other food."
Sam placed it carefully
on the lowest shelf. Lee watched closely.
She did not want to forget that rule.



Next, they unpacked the dry foods and placed them on the pantry shelf.
Mom said, "Always check expiry dates and make sure the tins are not bloated. It can mean the food inside is not safe to eat."
She picked up a tin of lentils. "When we use these, we rinse them to wash off extra salt."
Sam and Lee organised the shelf neatly.



Lentils are Grow Foods that help your body grow stronger.

Sam helped Mom carefully cut the vegetables on a chopping board for supper.
Lee held up a carrot. "Look, this one is shaped like a triangle," she said. Sam found a potato that looked almost like a square.
Mom smiled.
"See, the kitchen teaches us more than just cooking."



Carrots and other colourful vegetables are Glow Foods. They help your eyes and protect your body from getting sick.

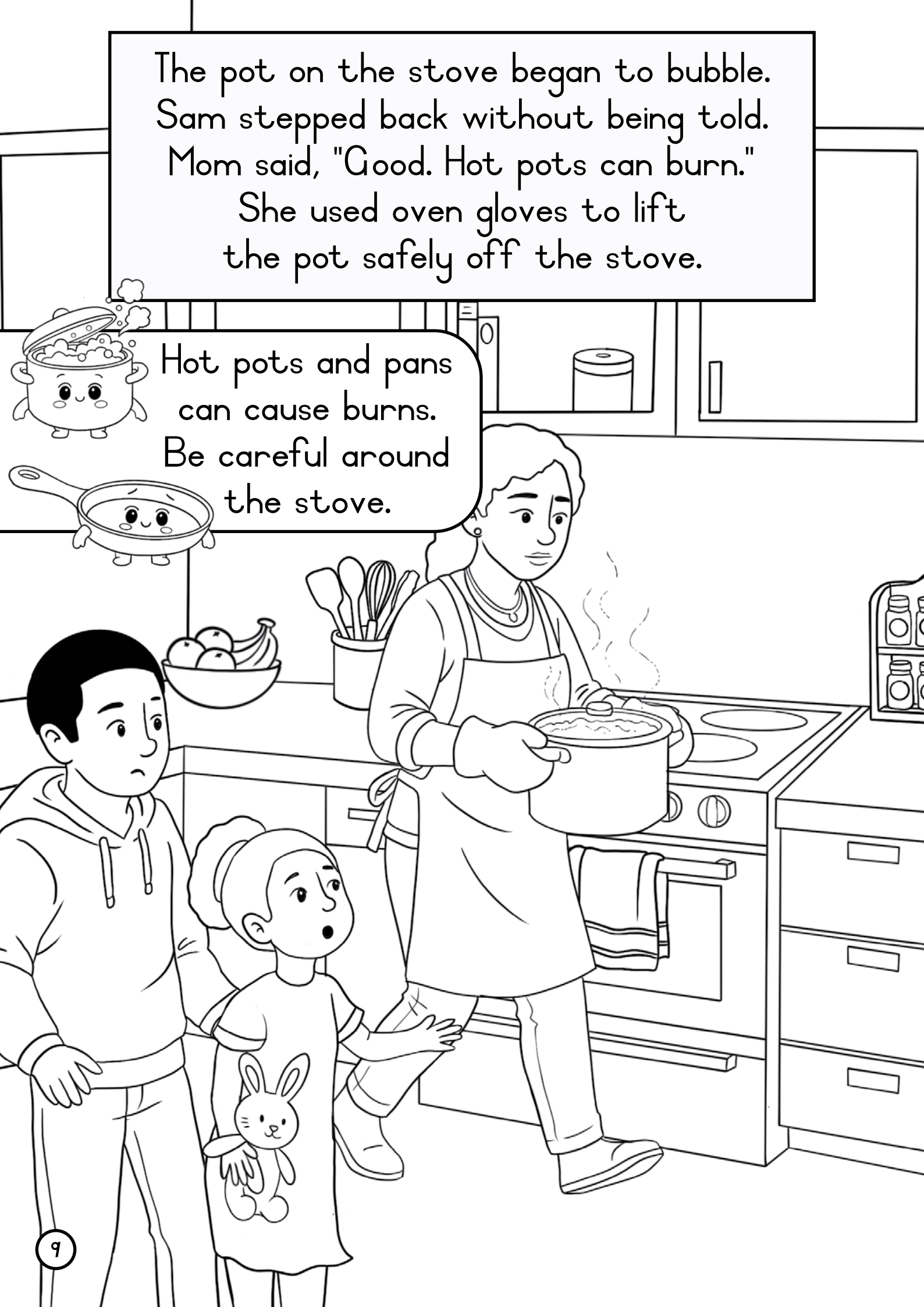


Mom placed the raw chicken
on a new chopping board.
She used a clean knife to cut the chicken.
"Raw meat and vegetables must be on
separate boards/stay apart,"
she said. Sam and Lee nodded.
They liked knowing which board to use.

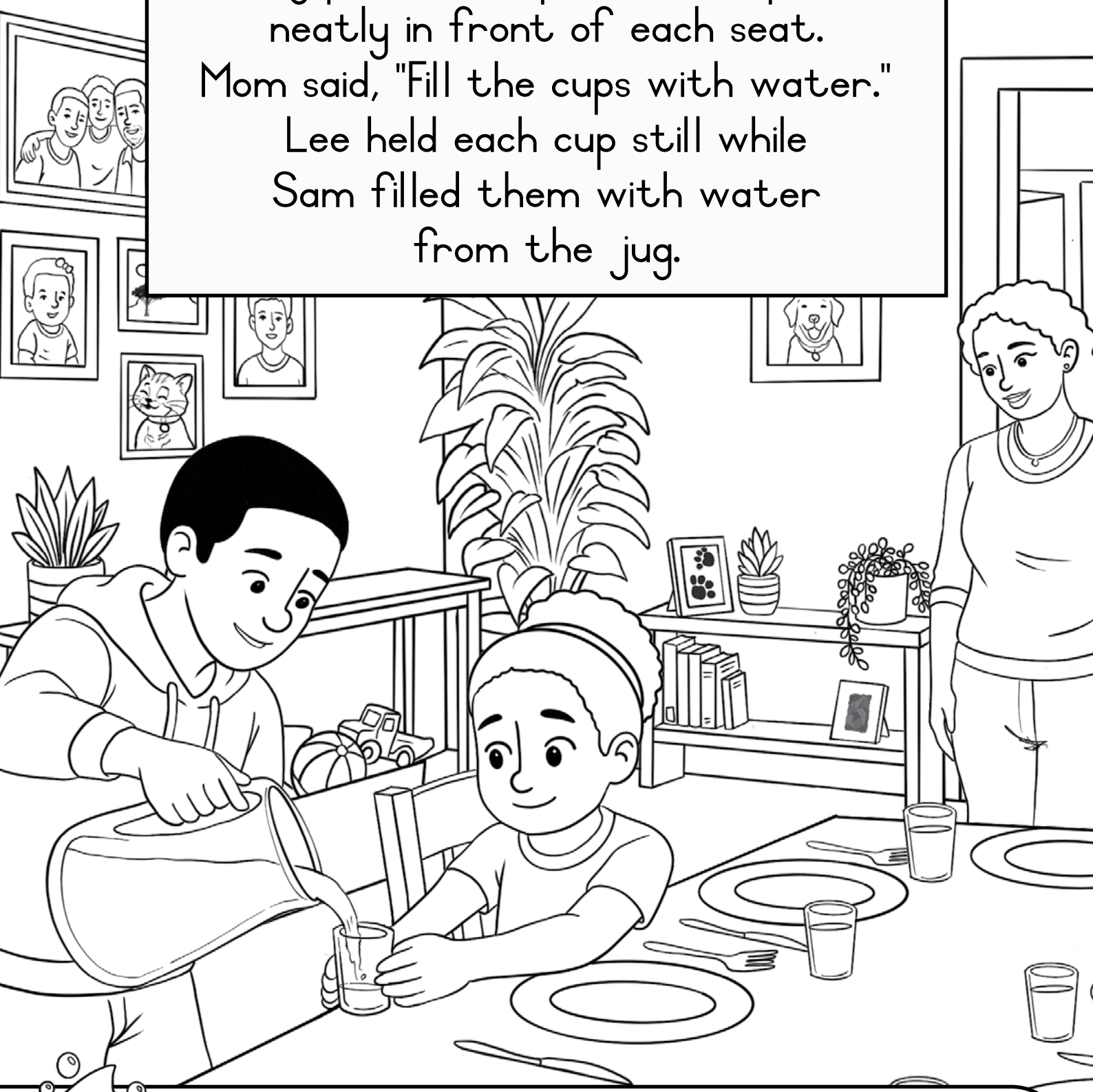


The pot on the stove began to bubble.
Sam stepped back without being told.
Mom said, "Good. Hot pots can burn."
She used oven gloves to lift
the pot safely off the stove.

Hot pots and pans
can cause burns.
Be careful around
the stove.



Soon the food was ready.
Sam and Lee set the table together.
They placed the plates and spoons
neatly in front of each seat.
Mom said, "Fill the cups with water."
Lee held each cup still while
Sam filled them with water
from the jug.



Water keeps you hydrated, which means your body has the water it needs to work well.

They sat down together and began to eat.
Mom said, "Meals are a good time
to talk and listen."
Sam shared something he worked
hard on at school.
Lee told them about a
game she played at break.

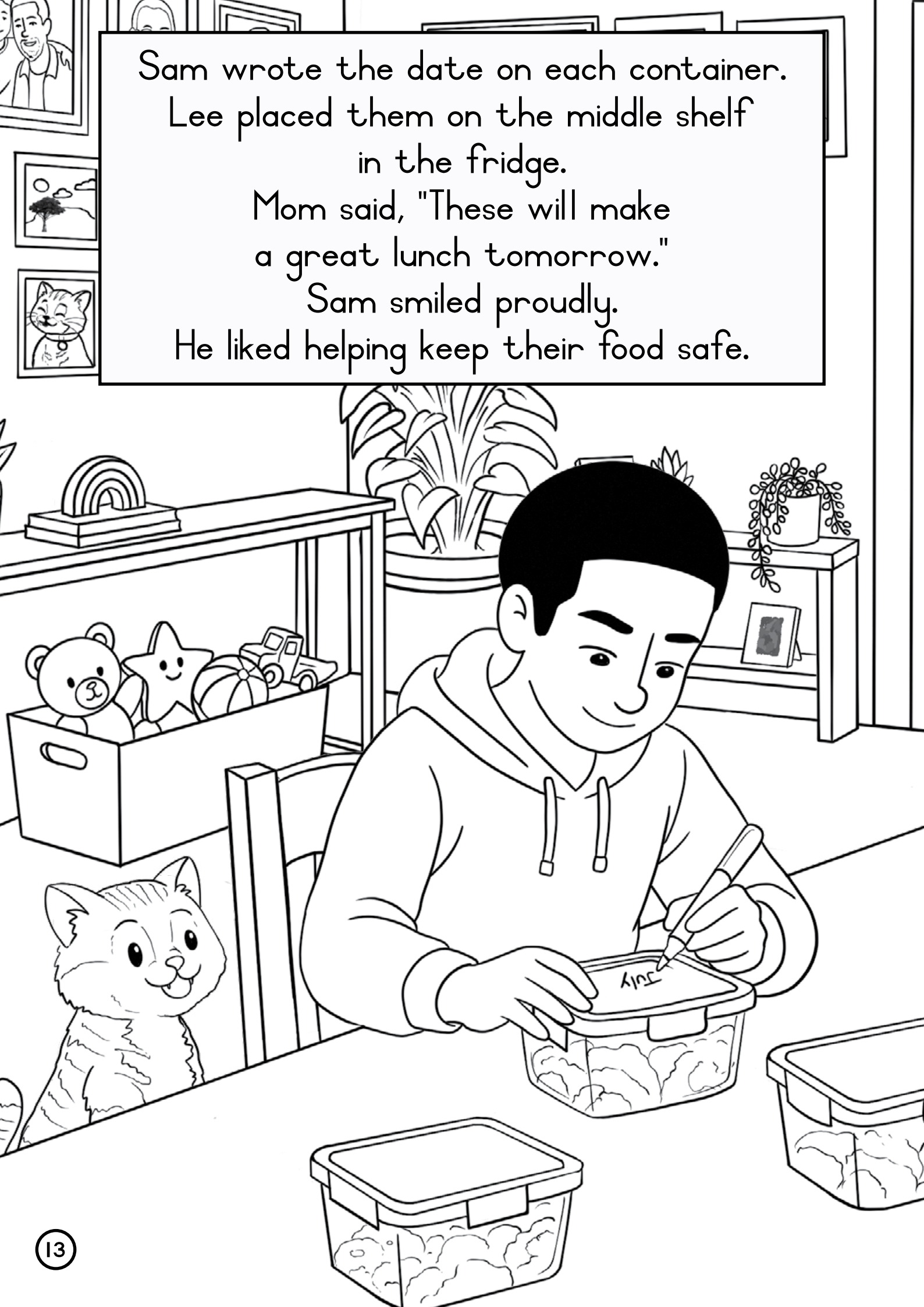


Choose to be active
every day.

When everyone was finished,
they cleared the table.
Mom said, "Let leftovers cool down,
then put them in the fridge within two hours."
Sam placed the food into shallow containers.
Lee closed the lids firmly so that
nothing would spill.



Sam wrote the date on each container.
Lee placed them on the middle shelf
in the fridge.
Mom said, "These will make
a great lunch tomorrow."
Sam smiled proudly.
He liked helping keep their food safe.



Sam packed his lunchbox for the next morning.
Lee helped by adding an apple and an orange.
Mom placed the lunchbox in the fridge
so the food would stay cool.
Sam closed the fridge gently, happy that
tomorrow's lunch was ready and safe.



Fruit is full of vitamins
that protect your body
and help you stay healthy.

Sam felt proud of helping at home.
Lee felt happy knowing she had helped too.
Mom said,
"You are learning to take care of yourselves."
Sam and Lee felt ready for the next day.

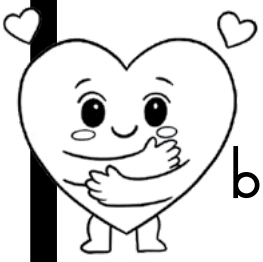


Healthy habits help you feel strong every day.

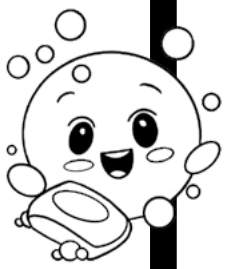
Before bed, Sam and Lee each said
a small promise their mom had taught them.
"I will look after my body by eating safe
and healthy food.
I will look after my mind by learning new things.
I will look after my world by wasting less."
They felt calm as they climbed into bed, knowing
they had done their best that day.



MY HEALTH PLEDGE

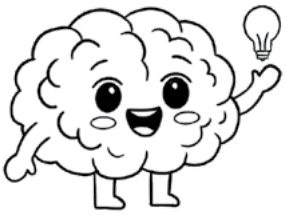


I will look after my body
by washing my hands and eating safe
and healthy food.





I will look after my mind
by learning new things.





I will look after my world
by wasting less.

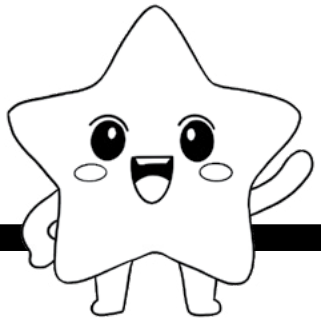


I am proud of the choices I make.

Name and Surname

Signature

Date



Food Safety Activities

1. Match each safety rule to why it is important.

Draw a line between the rule and the correct answer.

1. Put leftovers into the fridge quickly.	a. Helps stop germs from spreading.
2. Keep raw meat and vegetables separate.	b. Keeps food cold so it stays safe to eat.
3. Check expiry dates.	c. Makes sure food is still fresh.
4. Store food in the fridge.	d. Stops raw food from touching cooked food.
5. Wash your hands.	e. Helps to stop food from going bad.

2. Unscramble these food safety words

a. NACLE → _____ (Your hands must be this.)
b. GIDERF → _____ (Cold foods go here.)
c. SMREG → _____ (Tiny things that can make you sick.)
d. KCOO → _____ (What you must do to chicken before eating it.)
e. POSA → _____ (You use this to wash your hands.)

3. What am I? (Riddles)

Riddle 1
I help keep your hands clean each day,
I rinse off germs and wash them away.
You use me before you make or eat food.

What am I? _____

Riddle 2
I stay very cold behind my door,
I keep fruit and veggies fresh in my drawer.
Open me quickly and close me fast.

What am I? _____

Riddle 3
I stay cold all day and night,
I keep frozen food just right.
I help food last for a long, long time.

What am I? _____

Riddle 4
We come in colours bright and bold,
We keep you healthy, young or old.
Crunchy, juicy, sweet or sour.
You eat us every day to give your body power.

What are we? _____

4. Create your own food safety superhero

Imagine a hero who protects your kitchen from germs.
Give them a name, draw them and write:

- What their special power is
- How they keep your food safe
- One rule they teach children

Answers
Activity 1
1 – e; 2 – d; 3 – c; 4 – b; 5 – a
Activity 2
a. CLEAN; b. FRIDGE; c. GERMS; d. COOK; e. SOAP
Activity 3
1 Soap; 2 Fridge; 3 Freezer; 4 Fruit and vegetables

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