

FOOD SAFETY EDUCATION FOR PRESCHOOLERS

(Document 2: Stories and Color Pictures)

HANOI, SEP 2024



THE SINCERE THANKS

The SAFEGRO project expresses gratitude to the partners who contributed to the realization of this important document. We would like to thank The Partnership For Food Safety Education - FightBAC for developing the original material and making it freely available. This material was developed based on the FightBAC platform and adapted to Vietnam.

We are deeply grateful to the author group for editing this document, Mrs Phung Thi Yen, Truong Thi Kim Oanh, and Hoang Thi Minh Thu have updated and designed this document to be suitable for the Vietnam context.

We are especially thankful to the education partner, preschools in Hanoi have accompanied the pilot food safety education program by method of Learning through playing, therefore the document can be finished relying on reality lessons. Specially, the Thanh Oai District Department of Education and Training has been very active and flexible in implementing this program in 31 kindergartens in the district. SAFEGRO Project is honored to be a partner of the department.

Last but not least, thanks to the Department of Global Affairs, Canada funded the project, so this document can be shared more widely with preschools in the Hanoi area, Ho Chi Minh City, and all over the country.

This book serves as a reference material on food safety education for preschool teachers. It is designed to provide additional classroom activities that teachers can use in lessons related to food safety education.

This material has been translated from *The Partnership for Food Safety Education – FightBAC*, a public-private partnership program created to reduce the incidence of foodborne illnesses by enhancing public education on safe food handling in the United States (<https://www.fightbac.org>). The lesson content has been adapted by the SAFEGRO Project Team to fit the local context better. The stories included in this book have been developed to equip teachers with engaging ways to make food safety topics interesting for both themselves and preschoolers. Teachers are encouraged to be creative and adapt the materials flexibly to suit real-life classroom conditions.

ABOUT THE PROJECT

Funded by Global Affairs Canada, our project seeks to enhance the Vietnamese people (Ha Noi & Ho Chi Minh City) access to safe and competitive agri-food products, with an aim to improve the well-being of consumers as well as other agri-food actors. The SAFEGRO project is implemented by Alinea International in partnership with the University of Guelph.

Food safety is a major public health concern. Many people do not trust food safety enforcement at informal markets where they buy most of their food. Trade for Vietnam's commodity exports also suffers due to a lack of compliance with international standards.

SAFEGRO project works with national and municipal governments to modernize food safety capacity among regulators, thousands of smallholder farmers, cooperatives, processors, retailers, and consumers along specific meat and vegetable value chains in Ha Noi and Ho Chi Minh City. SAFEGRO supports Vietnam's Ministry of Agriculture and Rural Development, Ministry of Health, and Ministry of Industry and Trade jointly.

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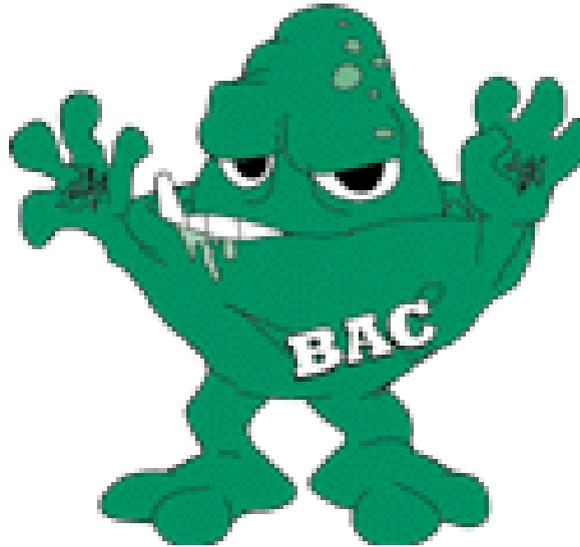
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LIST OF ACRONYMS

FS	Food Safety
GAC	Global Affairs of Canada
PE	Preschool Education
FightBAC	The Partnership for Food Safety Education
SAFEGRO	Safe Food for Growth Project
WHO	World Health Organization

THE STORY OF BAC

(For kindergarten aged 3-6)



Presenter: *(scraggly, deep voice)*

Once upon a time there was an ugly little germ – so small that no one could see it without a microscope.

His real name was... B - A - C - T - E - R - I - A

but his friends called him BAC, for short.

(scraggly voice)

I'm GERMY. I'm GREEN.

I hide in your hands, and I hide in your unsafe (spoiled) food.

I lurk everywhere – on doorknobs and even on your toys.

I can't be seen, but I'm often there

I can make you SICK and I really don't care.

I'm BAC! BACTERIA!"

Presenter: *(in the role of the bacteria, with a mischievous tone)*

I'm BACTERIA! Every day, I wander around, searching for the perfect hiding spots. And guess what? I have found so many places to hide!

Inside the backpacks that you carry every day.

On your food before you wash or cook it or if you forget to put it in the refrigerator. And most of all, your hands!

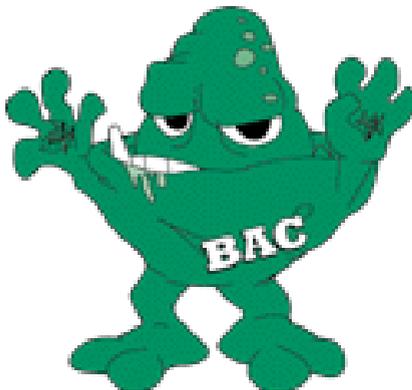
Everybody knows that germs are everywhere! But can you see me? I bet you can't!

And there are places that I love:

Your shoes... your books... your toys..., and even your gloves!

Your hands . . . the counter . . . on your food

Oh, how I love this! I'm BAC! BACTERIA! HAHAHA... HA...!



Presenter:

(Teacher speaks to the children in a whispering but firm voice)

Now, the one thing you may NOT know is that even though BAC and his other germy friends are everywhere it's EASY to get rid of them!

(Bacteria speaks to the presenter)

“Wait, wait... don't tell the kids! I'm terrified! If they find out... I'll have to disappear! Let me tell you a little secret:

Getting rid of me is really easy, but many kids don't know how!”

Presenter: *(as Bacteria, in a whispering voice)*

BAC knew that if the children found out about him, they would want to get rid of him. After all, he was a GERM and no one likes GERMS!

He sneaks into the kitchen and suddenly exclaims: "The kids forgot to put the milk in the fridge again... lucky me!"

Oh, boy! This is gonna be GREAT!

"Oh no! The kids just put the milk in the fridge! Oh... oh... it's so cold!"

Yippee Yippee I hate cold!

Presenter: *(Bacteria, in a triumphant voice):*

They forgot to wash their fruits before eating...

Unwashed food, so dirty! Just what I like!

Presenter:

Look! The kids are washing fruits and vegetables under running water!

Oh no! I don't like clean food! I'm disappearing, I'm so scared!"

Presenter:

"Oh, wonderful! The kids are putting their toys and backpacks on the dining table! That's my favorite hiding spot."

Presenter:

'But wait... the kids are about to eat WITHOUT WASHING THEIR HANDS!

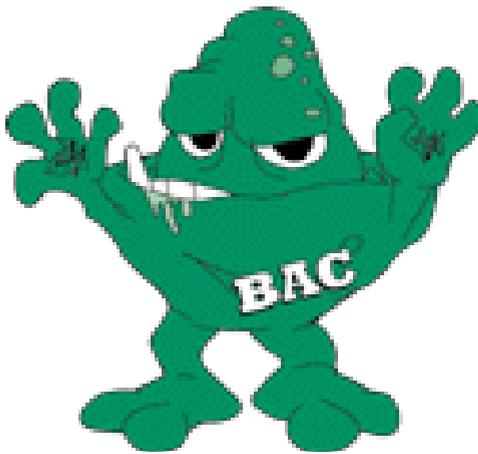
Ya - ay - ay!!! I'm going to crawl into their stomachs!"

Presenter:

BUT WAIT! The children remembered what they had learned in school that day” “Wash your hands before eating!” So now they started out by washing their hands. **Oh no!** They are even using soap, and I’m really scared of soap...”

Presenter:

“Then I’ll go hide on the toy shelf!” (BACTERIA look over at the toy shelf and cries out.)
“But the kids are taking the dirty toys off the shelf! They’re even scrubbing and cleaning both the toys and the shelf!”



“Oh, no! A clean shelf! Where will I go now???”

Presenter:

And finally, they put all of the cold food, like milk, back in the refrigerator when they were done!

Brrrrr! I feel a terrible cold coming on!!!

Presenter:

All of a sudden, BAC’s excitement was gone.

HE HAD NOWHERE TO HIDE ANYMORE!!!

Presenter (teacher)

So now you know the true story of BAC! And we also know how EASY it is to get rid of BAC!

But you must also remember that, even though we have gotten rid of BAC, there are still other germs out there too!

And now, let's say this poem TWO TIMES through, every time you wash your hands. That way, the germs will go away!

It goes like this:

*“WE WASH OUR HANDS TO KEEP THEM CLEAN...
THE CLEANEST HANDS YOU’VE EVER SEEN!
USE SOAP AND WATER THAT’S THE WAY
TO CHASE THOSE YUCKY GERMS AWAY!”*

(At the end of the presentation, as BAC gets chased away, you may stick the red symbol on his chest - or have one of the children do it. When you're done, remember to distribute badges to your new “deputies”!

The End



PLAY: COLORFUL BACTERIA PUPPETS

Making Your Puppet



The puppet is your “partner” in the presentation (but he's certainly not a “good guy”).

He's easy to make with the enclosed BAC Character® and either a sock or a lunch-sized paper bag.

You will need:

- 1 sock (preferably a green one) or 1 green lunch-size paper bag (approximately 10cm x 15cm in size, or size estimated based on the teacher's hand)
- Glue or double-sided tape
- Velcro dots
- A red symbol (to be used at the end of the presentation, when BAC is chased away, for the children to stick the red symbol on BAC's chest).

How to make the puppet:

- ✿ Cut out the BAC Character® to represent the colors and symbols (as shown in the picture above).

1. If using a sock:

- ✿ Using Velcro, secure the BAC Charater® to the sock.

2. If using a paper bag:

- ✿ Place your hand inside the paper bag. Mark where your thumb and pinky.
- ✿ Cut holes in the bag for your thumb and pinky to fit through (they will move the BAC's "arms").
- ✿ Glue the BAC Character® to the bag, and place it so that his arms will be in front of your thumb and pinky.
- ✿ Affix Velcro dots to the front of the bag.

Building the Script:

- ✿ The teacher should base the content of the stories about the BAC above to create a script for the BAC that allows the teacher and children to perform a play.

Instructions for Implementation:

Apply the interactive storytelling method used in the Preschool Education Program.

The teacher should be prepared for the children's questions

Kids will be kids. Don't be surprised if you get lots of innocent questions from the children. Answer them quickly (if not, they will keep asking until they get an answer). Try letting BAC be part of answering questions. That way you can give correct messages in a non-threatening, even humorous, way. (See the first sample question below.)

"Real" Kid Questions: Here are some typical questions heard throughout the testing of the program, along with our suggested responses:



Question: My hands look clean. Do I have germs on them now?



Answer: Probably. Germs are everywhere. But as long as you wash your hands really well with soap and water before handling food or eating, you'll get rid of them.

Or, BAC could respond (in his germy voice):

Yes - my friends and I are everywhere. But whatever you do, don't wash us away with soap and water. We hate that!

And you can finish with:

Now wait a minute BAC, you can't fool them. They're smarter than that!



Question: Does bacteria really look like that puppet? What do bacteria really look like?



Answer: Real bacteria are so tiny that we can't really see them unless we look under a microscope. But we know that harmful bacteria are there, so we have to get rid of them.



Question: What happens if there is a germ on food and I eat it? What will happen to me? If it gets inside me, how do I get it out?



Answer: There are good germs and bad germs that can be on the food you eat. But if bad germs are on the food you eat, there is a possibility that you could become ill. If you begin to feel sick, your parents should call a doctor who will help you get well.



Question: Why should we try to get rid of germs if they're everywhere and they're just going to come back anyway?



Answer: Even though they can come back, you want to remove them so you don't eat them. That's why it's important to wash your hands often and rinse your fruits and vegetables, before you eat them. Bad germs that may be on some foods, can cause illness and they are the ones that can be killed if foods are always carefully handled and/or cooked safely.



Question: What kinds of foods should be refrigerated?



Answer: Lots of things. Like milk, cheese, eggs, salads, some fruits and vegetables, leftovers, meats, doggie bags, and many bottles and jars once you open them. Remind your parents to check the label to see if it says: "Refrigerate after opening."



Question: We have the TV on our kitchen counter. (Or plants, a fishbowl, microwave...) Is that bad? (This needs to be handled carefully, so as not to say to the children that their parents are doing something "wrong" or "bad".)



Answer: There are some things in our kitchens that we keep on the counter all the time, like a TV set or microwave. It's not really in the same exact place where we prepare food - so that's okay.

The important thing is that the area where you prepare and serve food should be kept clean. Watch out for things that just don't belong on the counter. Pets should never be on the counter. And remember - don't put your backpack in the same place that you'll be making a meal



Question: Should I wash my fruit with soap and water?



Answer: No, just rinse it well under cold running water.



Question: How come you have to put soap on your hands to get rid of the germs, but only water on your fruits and vegetables?



Answer: Soap is made to be used on our hands and bodies, not on food.

Note:

- After finishing the storytelling/puppet activity, distribute the materials for parents: the message **Fight BAC!** that has been prepared for the children to take home. Remind the children to share what they have learned with their parents and siblings at home!
- The teacher should create a follow-up art project, encouraging the children to create posters or slogans to warn their friends and families about how to eliminate BAC.

Storytelling techniques

- Speak at a moderate pace – not too fast, but also not too slow. Speak clearly so that all the children can hear.
- Remember to let the “germ” personality of BAC shine through.
- Stay confident. You've read the script several times and are familiar with how to use the puppet. The teacher should begin with an engaging attitude and tone to captivate the children's participation immediately, without needing to give instructions for them to sit still or be quiet.

STORIES ABOUT BACTERIA

1. Good Bacterial and the Food Party

Once upon a time, inside a baby's tummy, there lived a tiny friend named "GOOD BACTERIA". GOOD BACTERIA lived there with millions of other beneficial bacteria. Every day, the baby ate fruits, vegetables, and yogurt. GOOD BACTERIA felt so happy and danced with joy because these were the baby's favorite healthy foods.

GOOD BACTERIA had an important job: helping the baby digest food. Along with its friends, GOOD BACTERIA, along with other beneficial friends, worked hard to turn food into energy, helping the baby grow strong and healthy. But if the baby didn't eat nutritious food, GOOD BACTERIA would feel sad and wouldn't be able to help. That's why GOOD BACTERIA are our little friends, always by our side every day!

2. The Adventure of BAD BACTERIA in the Dirty Game

In a far corner of the garden, there was a little "BAD BACTERIA" named Blacky. Blacky loved hiding in dirty places, like unwashed toys or muddy soil. One day, Blacky saw a little child playing on the swing and then eating without washing their hands. Blacky thought, "Aha! This is my chance!"

When the child ate without washing their hands, Blacky quickly crawled onto a piece of bread and entered the child's tummy. BAD BACTERIA started making the child feel sick and tired. Luckily, the child's mother took them to the doctor. The doctor said **"Each time, before eating, do not forget to wash your hands so that BAD BACTERIA won't bother you anymore!"**

From then on, the child always washed their hands with soap after playing and before eating. BAD BACTERIA no longer had a chance to cause trouble!

3. Bad Bacteria Are Afraid of Soap

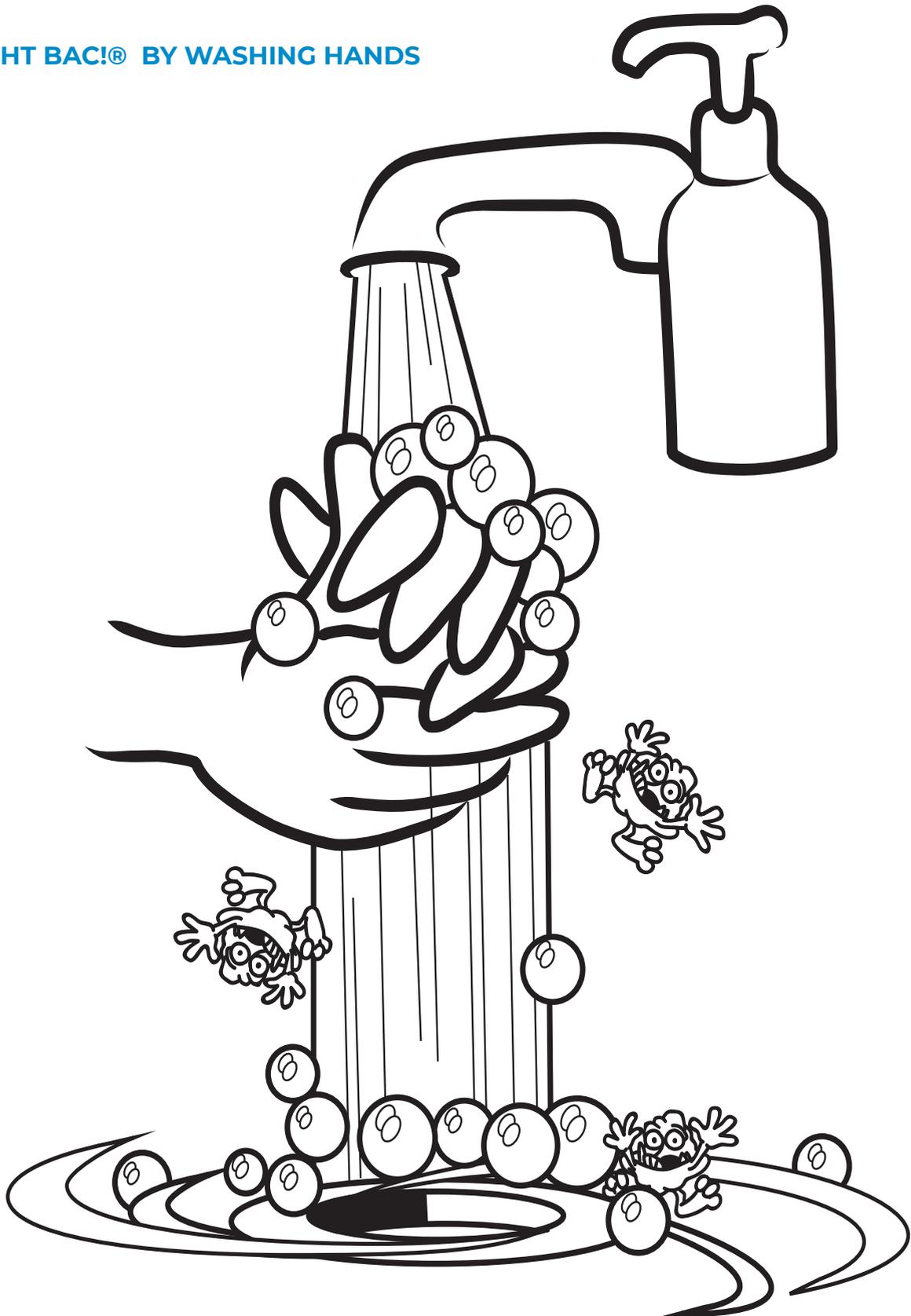
Once, there was a little child named An who often forgot to wash his hands after playing outside. A BAD BACTERIA named SPOTTY clung to An's hands from the playground slide. SPOTTY was thrilled because it knew that if An didn't wash his hands, it could spread inside the body and make An sick.

But An always remembered what the teacher said: **Wash your hands with soap before eating!** When SPOTTY saw the soap, it was terrified! It hated soap because soap made it weaker and eventually disappear. **"Oh no!"** Spot screamed. **"Soap will destroy me!"** And just like that, SPOTTY was washed away with the water. An happily enjoyed a delicious and healthy lunch.

COLORING PAGES

Below are some coloring pages. Teachers can flexibly choose the most suitable ones for the children's age group:

FIGHT BAC!® BY WASHING HANDS



Oh no! Oh no!
Not water and soap!
When you use them, there's not much hope!

WASH YOUR HANDS WELL WITH SOAP AND WARM WATER



KEEP FOOD SAFE!



Clean, Separate, Cook and Chill!
If you don't do this, Bac can make you ill.
So Clean, Separate, Cook and Chill!

**WHEN PREPARING LUNCH, KEEP FOOD HOT OR WARM.
A THERMOS OR ICE PACK WILL HELP PREVENT BACTERIA FROM
GROWING AND KEEP FOOD SAFE**

- Color yellow for foods that need to be kept cold.
- Color green for foods that need to be kept warm.



FRUITS ARE GOOD FOR YOUR HEALTH. REMEMBER TO WASH THEM UNDER RUNNING WATER BEFORE EATING. DO NOT PLACE YOUR BACKPACKS ON THE TABLE; KEEP THE DINING TABLE CLEAN.

- Cross out or color red on actions that should not be done in the kitchen.
- Use your favorite colors to highlight correct behaviors. Explain why they are right.



PUT FOOD LIKE MILK, YOGURT, LUNCH MEAT AND EGGS BACK IN THE REFRIGERATOR RIGHT AWAY. DON'T LEAVE THEM OUT ON THE COUNTER.



COLOR RED ON 6 FOOD SAFETY MISTAKES

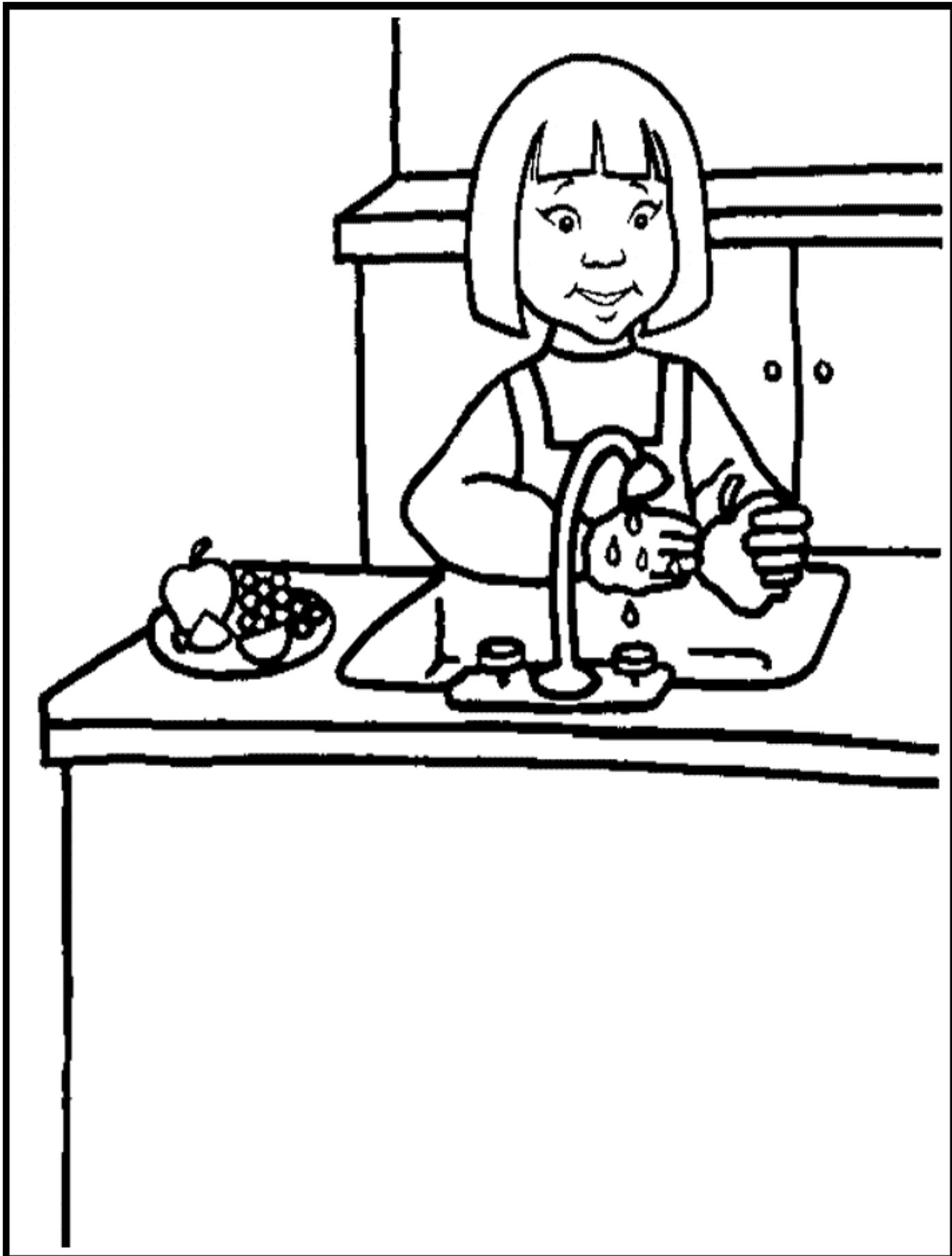


USE AN INSULATED CONTAINER/BOX TO STORE FOOD WHEN TRAVELING

- Match the foods that need to be stored in an insulated container when traveling



TÔ MÀU THEO Ý THÍCH VÀO HÌNH DƯỚI ĐÂY VÀ
GIẢI THÍCH BẠN NHỎ ĐANG LÀM GÌ?





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