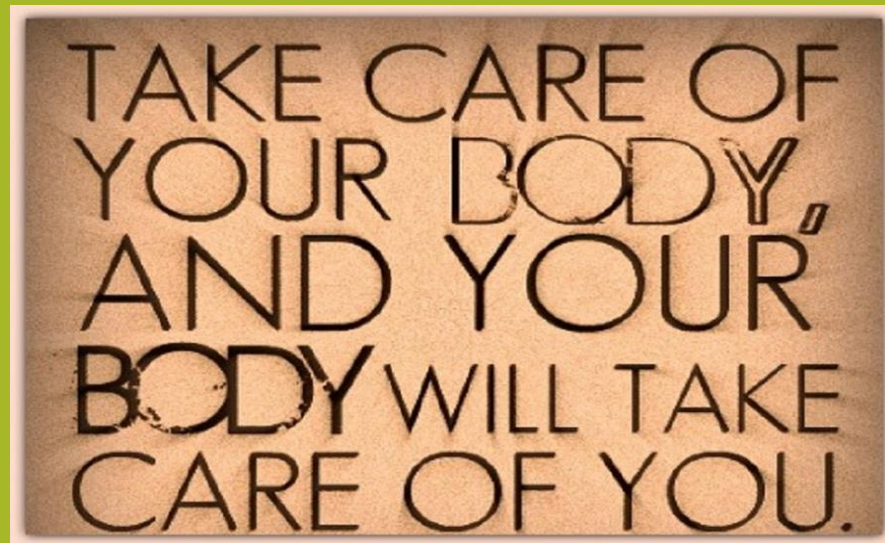


# CARING FOR OUR DIGESTIVE SYSTEM

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TAKE CARE OF  
YOUR BODY,  
AND YOUR  
BODY WILL TAKE  
CARE OF YOU.

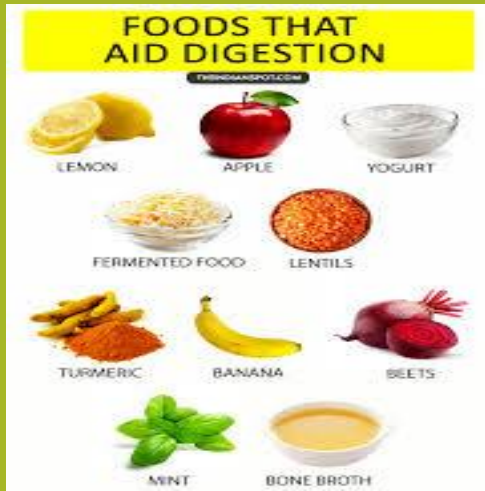
# HOW CAN WE CARE FOR OUR DIGESTIVE SYSTEM?

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**WE CAN CARE FOR OUR  
DIGESTIVE SYSTEM BY  
AIDING DIGESTION AND  
MAKING SURE THAT THE  
FOOD WE EAT IS SAFE.**



# AIDING DIGESTION

Aiding digestion is helping our digestive system to do its work well. One way to do this is to eat more fruits and vegetables and drink a lot of water. Fruit and vegetables are rich in fibre. This aids digestion by helping to move food along the different parts of our digestive system. These foods also help us to pass out waste through our anus more easily.

**ANOTHER WAY TO AID DIGESTION IS CHEW OUR FOOD PROPERLY. THIS WILL ENSURE THAT FOOD IS CHOPPED UP INTO SMALLER PIECES, WHICH ARE MORE EASILY BROKEN DOWN.**

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**MAKING SURE THAT  
THE FOOD WE EAT IS  
SAFE.**

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**WE MUST ENSURE THAT THE FOOD WE EAT IS CLEAN AND FIT FOR OUR CONSUMPTION. IF WE EAT UNSAFE FOOD, WE WILL UPSET OUR DIGESTIVE SYSTEM AND WE MAY FALL SICK.**



**TO ENSURE THAT THE FOOD WE  
EAT IS SAFE, WE MUST HAVE  
GOOD HIGIENE HABITS WHEN  
STORING, HANDLING AND  
EATING FOOD.**

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# FOOD + SAFETY

**Cover All Four Bases To Avoid Foodborne Illness**



## CLEAN

Your hands, tools, and food preparation area should all be clean before you cook.

## SEPARATE

Steer clear of cross-contamination by keeping raw meat, poultry, seafood & eggs separate from all other foods.



## COOK

**Cook to proper temperature and serve hot: Don't stay in the danger zone!**

Cook your food completely and make sure it reaches the proper temperature before eating. Use 165° for leftover reheating. Avoid the danger zone between 40° and 140°F. See [foodsafety.gov](http://foodsafety.gov) for the USDA safe meat temperature guide.

Chill quickly: Don't be in the danger zone! | **CHILL**

Chill leftovers quickly or within 1-2 hours. Defrost food in the refrigerator or under cold running water. Serve and store cold food cold below 40F.



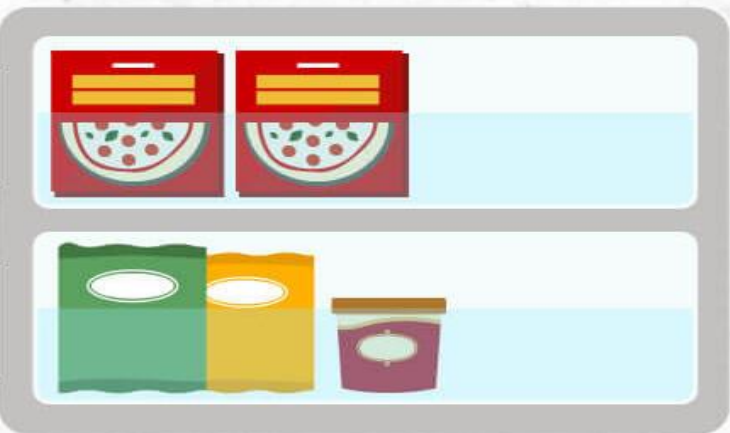
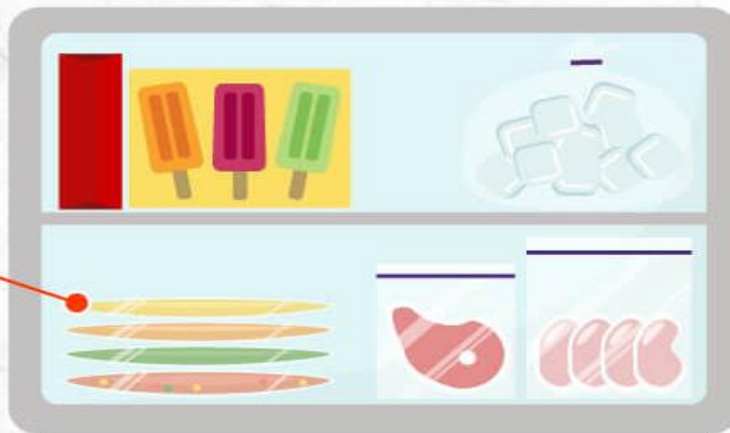
**STORING FOOD: FOOD THAT IS UNCOOKED OR NOT EATEN SHOULD BE STORED IN THE REFRIGERATOR. FOOD CAN BE KEPT LONGER IF IT IS IN THE REFRIGERATOR BECAUSE THE COLD ENVIRONMENT SLOWS DOWN THE ACTIVITIES OF THE GERMS WHICH CAUSE FOOD TO TURN BAD.**



### Freezer

Frozen meats and other heat- or light-sensitive items that might go rancid.

Freeze soups, stocks, and sauces in plastic bags, and lay them flat to minimize freezer burn.



### Top Shelf

Ready-to-eat prepared foods, condiments, pickled products, and fruits.



### Top Shelf

Eggs, butter, and frequently used cheeses.

Store cheese wrapped up in wax paper or parchment paper.

### Middle Shelf

Leftovers, cheese, eggs in carton, cold cuts, and sandwich bread.

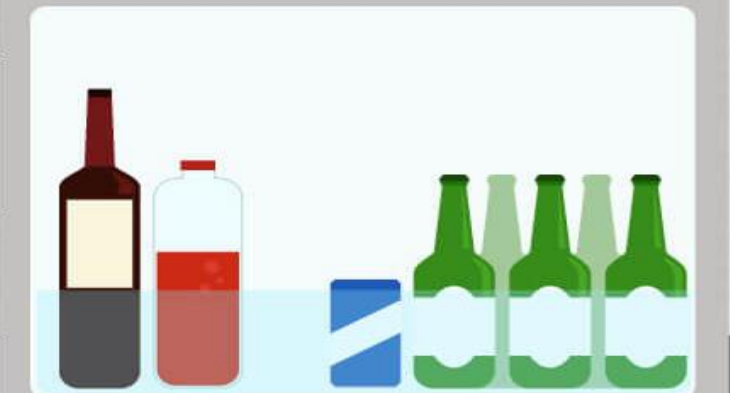
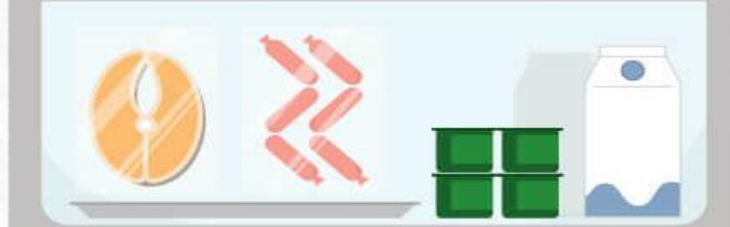


### Middle Shelf

Condiments and premixed vinaigrettes.

### Bottom Shelf

Raw meats and poultry, fish (best cooked day-of), milk, and other dairy products.



### Bottom Shelf

All beverages.

### Vegetable Crisper

Vegetables and herbs.





# HANDLING AND EATING FOOD

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WHEN WE USE OUR HANDS TO TOUCH FOOD, GERMS FROM OUR HANDS MAY ENTER THE FOOD. SO WE MUST WASH OUR HANDS CLEAN WITH SOAP AND WATER BEFORE AND AFTER EATING , AND AFTER USING THE TOILET. WE SHOULD KEEP OUR FINGERNAILS SHORT. LONG NAILS TRAP DIRT AND GERMS.



**WE MUST WASH FRUITS AND VEGETABLES THOROUGHLY BEFORE EATING THEM. THIS IS TO REMOVE ANY INSECTS OR CHEMICALS THAT MAY UPSET OUR DIGESTIVE SYSTEM.**

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**WE MUST CLEAN AND COOK  
FOOD PROPERLY, THIS WILL  
ENSURE THAT WE REMOVE AND  
KILL ALL THE GERMS THAT MAY  
BE IN THE FOOD.**

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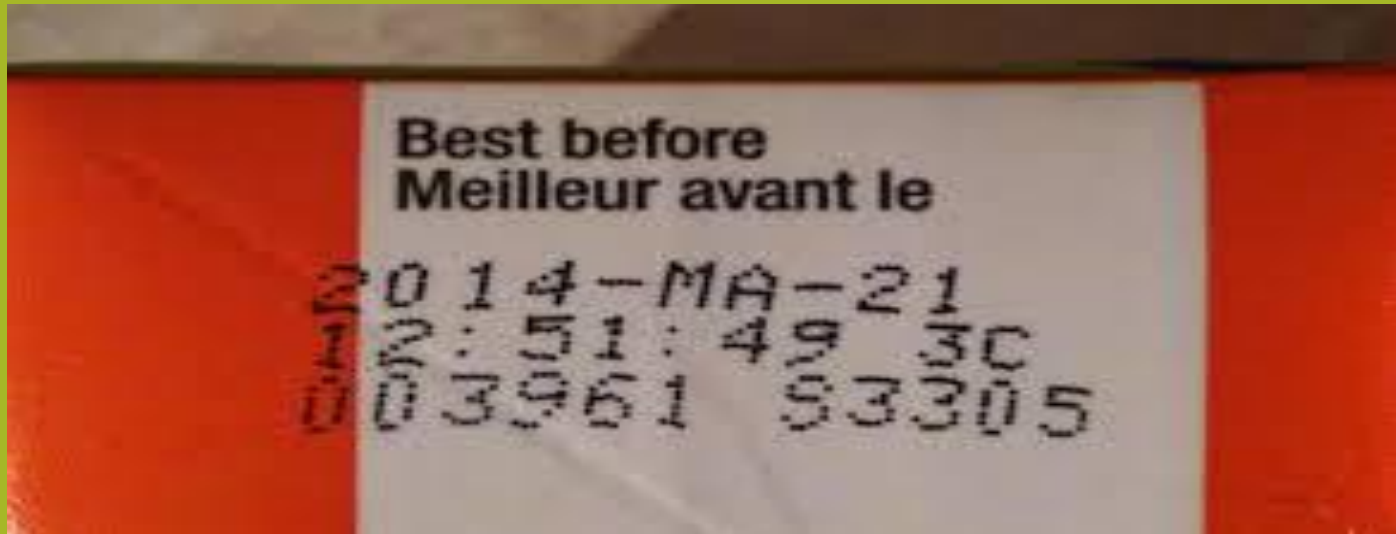


**WHEN WE GO OUT TO EAT, WE  
MUST CHOOSE A PLACE THAT IS  
CLEAN. IF WE EAT AT A DIRTY  
PLACE, GERMS MAY ENTER OUR  
FOOD.**

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**WE MUST NOT CONSUME EXPIRED FOOD ÍTEMS. CHECK THE DATES ON THE PACKAGED FOOD. BEYOND THESE DATES, THE FOOD IS NOT SAFE TO BE EATEN.**



**WE MUST COVER FOOD THAT IS LEFT ON THE TABLE. FOOD EXPOSED TO THE GERMS IN THE AIR MAY GO BAD.**

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