

## 14. DIARRHOEA THROUGH FOOD

### TRANSMISSION

F2



F8



F11



F10



F12



### RECOMMENDED

H2



F3



F7



F13



F9



F15



### ACTIVITY 14: Blocking the Route TIME: 2 hours

1. Ask the group to think of all the ways that food could be contaminated by faeces.
2. Hand out the Transmission practices (left), and ask each person to come to the front and explain their card.
3. Now hand out the cards (right) that show recommended ways to block the transmission route of diarrhoea by CONTAMINATED FOOD.
4. Discuss if these recommendations are practical and get the group to pledge to change from now onwards.

### TRANSMISSION PRACTICES

1. Touching food with dirty hands.
2. Preparing food on a dirty surface.
3. Pots and plates left unwashed / Using unwashed plates.
4. Eating food with dirty hands.
5. Sharing a plate of food with others who may have dirty hands.
6. Eating old food that may have gone off.
7. Eating food that flies have walked upon.

### RECOMMENDED PRACTICES

1. Wash hands with soap before touching food.
2. Prepare food on a clean surface.
3. Store plates / utensils in a clean place / cupboard.
4. Wash hands with soap before eating.
5. Ensure you have your own plate.
6. Eat freshly cooked food.
7. Store all leftovers in a fly safe place or fridge.

**HOMEWORK: Make a safe place to store food and keep the kitchen clean**