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ISBN 978-602-8781-09-1

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5 KEYS OF FOOD SAFETY

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FOR SCHOOL CHILDREN



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Jakarta: Directorate of Food Safety Surveillance and Extension,
Deputy for Food Safety and Hazardous Substance Control,
National Agency for Drug and Food Control (NADFC), 2012

20 pages: 148 x 210 mm

ISBN 978-602-8781-09-1

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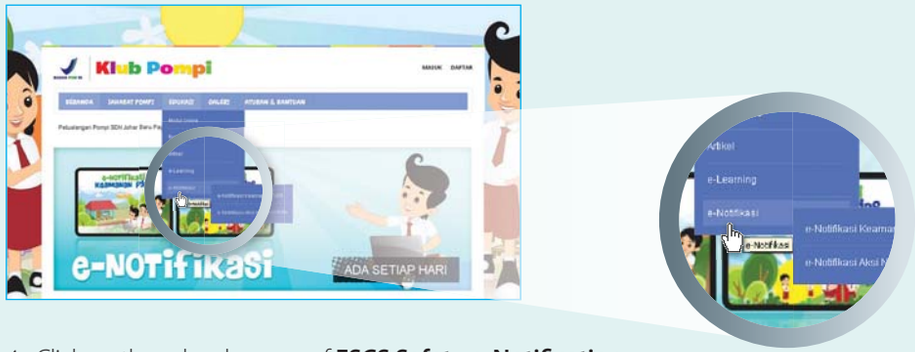
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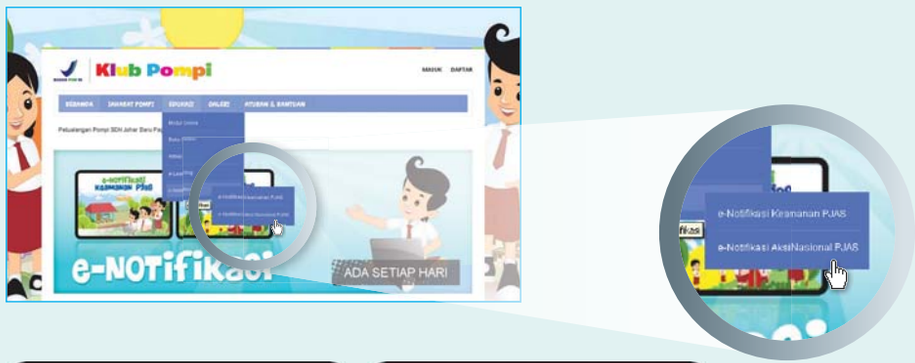
EXERCISES

1. **How many keys of food safety are there for school children?**
   a. 6 keys
   b. 5 keys
   c. 4 keys
2. **One of the characteristics of the food safe from biological hazards is:**
   a. Hard texture
   b. Sour smelling
   c. Not spoiled
3. **One of the characteristics of the food containing preservative such as excessive benzene is the occurrence of:**
   a. Bitter taste
   b. Sweet taste
   c. Hot & sour taste
4. **One of the characteristics of a healthy and clean seller is:**
   a. Always washing hands well
   b. Using a dirty apron
   c. Often coughing
5. **One of the ways to consume fresh fruits correctly is:**
   a. No need to be washed
   b. Cleaned with hands
   c. Washed first
6. **The characteristic of a healthy food vendor, is...**
   a. Having long nails
   b. Having clean clothes and equipment
   c. If there is an injury, it is not covered with a band-aid
7. **The amount of information contained in the food label is...**
   a. Seven
   b. Five
   c. Three
8. **Examples of writing the proper expired date are...**
   a. Best before:
   b. Best after
   c. Production Code....
9. **After wetting the hands, the next phase is**
   a. Pouring soap on the hands
   b. Rubbing the hands
   c. Drying the hands
10. **How many phases of washing hands are there in key 4?**
    a. 5 phases
    b. 4 phases
    c. 3 phases

3. Select the sub menu of **e-Notification**



4. Click on the sub sub menu of **FSCS Safety e-Notification**, to fill in the FSCS Safety form, or click on the sub sub menu of **FSCS Safety e-Notification**, to fill in the FSCS National Action form.







5. Make sure the form is filled completely to **the end.**
6. Click on the button **"send".**

PReface

We are grateful to God the One and Only for the publishing of the module of '5 Keys of Food Safety for School Children'. Food safety education in school is very important and by using this module it is expected that there is an increase of knowledge and capacity of school community. Specifically, it is expected that schools can perform self control from unsafe food and also participate in controlling and improving food safety in their environment.

The making of this module is one of the real steps to implement the National Movement towards Safe Quality, and Nutritious Foods Sold and Consumed by School Children.

We express our gratitude to the Compiling Team at the Directorate of Food Safety Surveillance and Extensionfor their efforts to finish this module. A special appreciation is given to Prof. Dr. Winiati P. Rahayu as an expert for her significant contribution in making and improving this module.

Food safety education will keep developing in accordance with the dynamics in the society and the advanced science and technology. Therefore, we really appreciate if there are constructive recommendations and inputs to improve this food safety materials.

We expect that module can be used appropriately, especially by the school community so that we can implement food safety and quality in the school environment.

Jakarta, March 2012
Director of Food Safety Surveillance and Extension

Drs. Halim Nababan, MM
NIP. 19561107 197903 1 001

Message from Deputy Chairman for Food Safety and Hazardous Substance Control

The National Movement towards Safe, Quality, and Nutritious Food Sold and Consumed by School Children (FSCS) has to be followed by real efforts of all relevant stakeholders, including school communities. The school communities becomes the main target group in the National Action, which is expected to have initiative to perform self control of their school environment. School children as the FSCS main consumers are Indonesian nation's asset that will become our next generation in the future. They have to consumed safe, good quality, and nutritious food in order to support their growth and development. Food safety education becomes one of the efforts so that the society understand and apply the food safety behaviour consistently.

I really welcome and appreciate the effort of making the food safety module set as the food safety education material for the society, particularly the school communities.

Hopefully, the module set can be used properly by the general public apart from school community. Thus, together we can improve food safety in Indonesia.

Jakarta, March 2012
Deputy Chairman For Food Safety and Hazardous Substance Control

DR. Roy A. Sparringa, M.App.Sc
NIP. 19620501 198703 1 002



CHAPTER 6

key 5: Write down what is found

As school children, you have well recognized the snacks sold in your school. Besides that, you have also recognized safe food and how to choose and buy the safe food. Of course you care for the safety of the food sold in your school canteen or sold surrounding your school. You can report what you find daily in school through electronic notification (e-notification).

What is e-notification?

e-notification is the information system between school community and the POMPI club to quickly inform various things, either positive or negative, related to the safety of the snacks bought by school children.

How To Use e-notification?

1. Open **klubpompi.pom.go.id**
2. Select the **education** menu



- After touching animals.
- After putting on sandals and shoes.
- After picking up items from the floor.
- After cleaning and throwing garbage away.
- After holding money and other dirty objects.

How To Maintain The Canteen Environment To Stay Clean?

A canteen has to be free from pests such as rats, mice, birds, cockroaches, flies, and other insects. Pets also cannot be around a canteen. In order to keep a canteen clean, we should:

- Throw garbage away to its proper place.
- Close the lid of a trash bin again after throwing the garbage away.
- Get rid of any animals surrounding the canteen.
- Put eating utensils in the place provided after using them.
- Actively participate to maintain the cleanliness of the school.

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KEY 4: MAINTAIN CLEANLINESS

Although not all microbes can cause illnesses, pathogenic microbes/germs are mostly found in soil, water, animals, and humans. Germs can be airborne or carried through hands, towels, and eating utensils.

WASH HANDS WELL

We have to wash hands because our hands may be contaminated by germs or hazardous substances. Germs and hazardous chemical substances which can contaminate us might come from air, utensils, or other sources. Washing utensils can eliminate some dirts carrying germs, but to kill them it is necessary to use sanitizer. The best way to wash hands is to use soap and running water.

HOW TO WASH HANDS WELL?

- Wet your hands
- Pour soap on the palms of your hands
- Rub your hands starting from the palms of the hands, the backs of the hands, between fingers, the nails, to the wrists with a soft brush
- Rinse the hands with clean water
- Dry the hands with a dry clean towel or by blowing them

WHEN DO WE HAVE TO WASH HANDS?

- After using a toilet.
- Before and after eating.
- After closing the mouth while coughing or sneezing, and after using tissue or a handkerchief to wipe out the nose.

name and the address of the party producing this food abroad, and the name and the address of the party importing the processed food or the importer.

4. The List of Ingredients Used

The explanation on the composition or the list of ingredients used in the food production activity or process written on the label completely and in the order from the most number.

5. Food Registration Number

The registration number issued by TheNational Agency for Drug and Food Control is BPOM RI MD (processed food produced domestically) and BPOM RI ML (processed food produced abroad). The registration number consists of 12 number digits. Meanwhile, the Regency/District Health Service issues the P-IRT (Household Industrial Food) registration number.

6. Expired Date

Expired date is the end limit of the processed food having its quality guaranteed as long as its storage follows the direction provided by the producer. Expired date is written on the label preceded with the writing "**Best before**".

7. Production Code

Production code is a code which can provide an explanation on the history of a processed food production which is processed in the same condition and time. Production code can be accompanied with or in a form of a production date (date, month, year).

Besides the 7 items of information, other information which also needs to be noticed, among others, is:

a. Nutritious Substance Content Explanation

The explanation on nutritious content is stated as nutritious value information and/or a claim (a nutritious claim and health claim) so that people can adjust their nutritious need.

b. Halal Food

The writing "Halal" can only be put on the processed food having the "Halal" certificate from a relevant institute in Indonesia and obtaining an approval of putting the writing of "Halal" from Directorate of Inspection Directorate and Food Certification.

c. Explanation on Storage Guidance

For the processed food in a package which is impossible to be consumed in one time, it has to put an explanation on how to store the food after the package is opened.

d. Warning

Certain food labels have to include some writing or warnings. For example, in the processed food containing ingredients from pork, it should put the following warning:

CONTAINING PORK  The sweetened condensed milk product should put this warning: ATTENTION! NOT SUITABLE FOR BABIES



Introduction

The source of foods for children while they are in school mostly comes from school canteens and the food vendors outside school. Therefore, the role of the school canteen and the food vendors outside school is very important to provide safe, quality, and nutritious foods. The food sold in the school canteen or by the food traders outside school really varies and can be categorized as meals, snacks, drinks, and fruits.

What are Meals?

- Meals are a group of the main course or known as the term "heavy snack".
- This snacking makes us stuffed and can replace the main meal like lunch.
- The examples of the meals are noodle with chicken, meatball soup, chicken porridge, fried rice, rice cake with vegetables (longtong sayur), mixed vegetables with peanut sauce (gado-gado), ketoprak, siomay, dan chicken soto (some kind of stew or soup).

What are Snacks?

- Snacks are the food consumed outside the main meal.
- Snacks consist of:
  - Wet snacks, such as fried food, lemper (kind of rice cake), layer cake, donut, jelly
  - Dry snacks, such as popcorn, chips, biscuits, cookies, candy

What are Drinks?

- Drinks served in a glass ready to be consumed, such as water, sweetened ice tea, orange juice, and various mixed drinks (cendol ice, mixed ice, fruit ice, doger ice).
- Drinks served in a container ready to be consumed, such as soft drinks in a container (soda drinks, tea, fruit juice).

WHAT ARE KINDS OF FRUITS?

- The fruits which are ready to be consumed. If fruits have skin which has to be peeled or cut, they are served in a form of being peeled and cut.
- The examples of whole fruits, among others, are mangosteens, oranges; and the examples of fruits in pieces, among others, are: papayas, pineapples, melons



CHAPTER 4

KEY 3: READ THE LABEL CAREFULLY

Food label is explanation on food in a form of pictures, writings, combination of both, or other forms included in the food, inserted inside, attached to, or part of the food package.

WHY DO WE HAVE TO READ THE LABEL?

It is important to pay attention/read/understand the information in the label. We read the information written on the label because we want the food we choose/buy is suitable with our desire.

WHAT IS THE INFORMATION IN THE LABEL WE HAVE TO READ AND UNDERSTAND?

1. THE NAME OF THE PROCESSED FOOD

The name of the processed food consists of the type name and the trade name. The type name is the identity statement or explanation on processed food. The trade name is a sign, such as pictures, names, words, letters, numbers, color compilation, or combination of those elements having a power to differentiate and used in the food circulation activity.

2. NET WEIGHT/CONTENT

Net weight or net content is the statement on the label providing an explanation on the quantity or the amount of processed food contained in the package.

3. THE NAME AND ADDRESS PRODUCING OR IMPORTING FOOD INTO INDONESIA

For the domestic processed food, it contains the name and the address of the party producing food processed in Indonesia. For the overseas processed food, it contains the

by a Band Aid.
- The vendors always wash their hands well and regularly.
- The vendors handle the food with a clean utensil (not with their hands).
- The vendors do not do the following actions while preparing the food, such as smoking, spitting, eating, and touching the hair, the nose, the face, or others.

3. Choose Food Which Has Been Cooked

- Choose the food with broth served hot.
- Avoid consuming the food which looks not cooked enough.

4. Buy Food Which is Displayed, Stored, and Served Well

- The storage container is clean.
- If you have to choose yourself, use some utensils like a spoon or a tong.
- Don't buy the food which has been touched by other people.
- If you buy the food with broth, separate the broth first; for example, you separate the content of a soup from its broth.
- Buy hot food served hot, such as meatball soup and stew.
- Buy cold drinks served cold, such as fruit ice.

5. Consume Food Correctly

- Fruits and vegetables which will be eaten raw must be washed thoroughly first.
- Buy the food which is still hot and directly eat it after the heat is gone.
- Buy the drink which is supposed to be cold to remain cold.
- Don't buy the drink made with uncooked water.
- Don't buy the drink mixed with dirty ice.
- Don't buy the smelly food and its appearance deviates (for example, it looks spoiled or produces slime).

How to buy safe food from chemical hazards?

- Buy the food sold in a clean place protected from sunshine, dust, rain, wind, and motor vehicle smoke.
- Choose fruits, especially the fruits which have been cut and washed thoroughly.
- Don't buy the food which is wrapped with used paper or newpapers to wrap the food.
- Don't buy the food and drink whose color is too striking or too bright.
- Don't buy the food which is too hard, elastic, or burnt.

How to buy safe food from other object hazards?

- Check whether the food bought contains other objects, such as hair, pieces of glass, pebbles.
- Avoid the food whose wrapper is stapled.



Key 1: Recognize Safe Food

What is Food Safety?

Food safety is the condition and effort required to prevent food from the possibility of biological, chemical, and other object contamination which can disturb, damage, and harm human health.

What are The Requirements for Safe Food?

Safe food is food which is free from biological, chemical, and other object hazards. Food can be contaminated by three kinds of those hazards, and if they are consumed, they can cause us to be sick. In order that the food we eat can be advantageous for our body and does not cause diseases, we should choose safe food.

How To Choose Safe Food?

1. Safe From Biological Hazards

- Food looks clean.
- The food package is not damaged.
- Food is not spoiled (the texture does not deviate from a normal condition, the smell does not deviate to become acid smell or rotten smell).
- Don't feel sorry to throw away food with deviating taste.

2. Safe From Chemical Hazards

- Food is not too elastic, hard, or burnt.
- Food does not taste bitter or tart.
- The color of the food is not too strong.

- Food is not wrapped with used paper or used newspapers.
- Food does not use excessive Food Additions.

  What are the characteristics of the food using excessive Food Additions?
  - If there is a bitter taste occurred, for example, after consuming a drink, the product may contain excessive artificial sweetener.
  - If there is a sour and hot taste occurring which vibrates our tasting sense, for instance, after consuming some food, the product may contain preservative, such as excessive benzoate.

- Food does not contain hazardous substances.

  What are the characteristics of the food using hazardous chemical substances?
  - If a product is too elastic and/or it tastes bitter, then the product may contain borax.
  - If a product is too elastic and it tastes bitter, then the product may contain borax.
  - If a product is very well preserved without being processed, then the product may contain formalin.
  - If the color of a product is too strong and very bright, or there are many unhomogeneous colorful specks, then the product may contain textile dye. The textile dyesoften misused arered textile dye (rhodamin B) and yellow textile dye (yellow methanyl).

3. Safe from other object hazards

- In the food, we sometimes do not see that there are foreign objects, such as hair, wood pieces, pebbles, staples.
- Food is not wrapped with a stapled wrapper.

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CHAPTER 3

Key 2: Buy Safe Food

How To Buy Safe Food?

To buy food, we have to choose them properly. The food we buy should be safe from biological, chemical, and other object hazards. To avoid those hazards in the food we buy, we have to find out how to buy safe food.

How To Buy Safe Food From Biological Hazards?

1. Buy Food in a Clean Place

- The selling location is clean and protected from sunshine, dust, rain, and wind.
- Don't buy food sold in a dirty area or near garbage.
- The food is put on a table, not put on a floor or on the ground which is only covered by plastic.
- The table for the food and the serving of the food are always clean.
- The food served is covered to protect it from contamination.
- The canteen or the means of selling from the street vendors are clean, no insects and other pets surrounding them.
- Food utensils are always clean.
- The water to wash food utensils is clean and is always replaced.
- Having the facility to wash hands.

• Buy From Healthy and Clean Vendors

- The vendors are not sick.
- The clothes and other equipment of the vendors (aprons, head covers) are clean.
- The nails and hands of the vendors are clean, and if there is an injury, it is covered

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