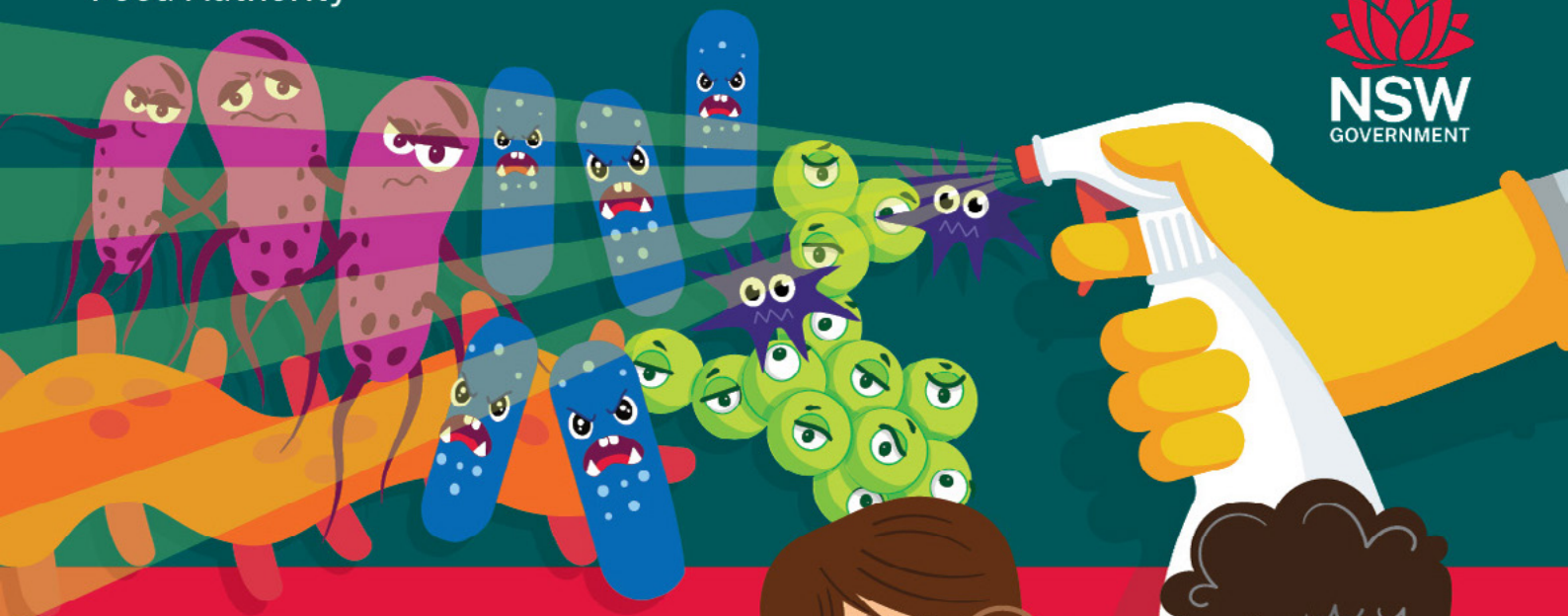


Food Authority



Sam and Lee's ***Micro Mission***

A food safety adventure



Food safety comes first!

Did you know, the NSW Food Authority was set up in 2004 to help make food safe, from the farm paddock to your plate?

The Food Authority makes sure food in NSW is safe to eat by regulating businesses, enforcing food safety laws, and educating the community.



This book belongs to

.....

top germ-fighter and food safety
explorer!



Sam and Lee's ***Micro Mission***

A food safety adventure

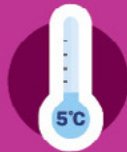




Sam and Lee could hardly wait,
Their **micro mission day** had come!
Dr Lisa waved as they stepped inside—
Her smile was warm and full of fun!

Scavenger hunt

Can you find these items in the story?



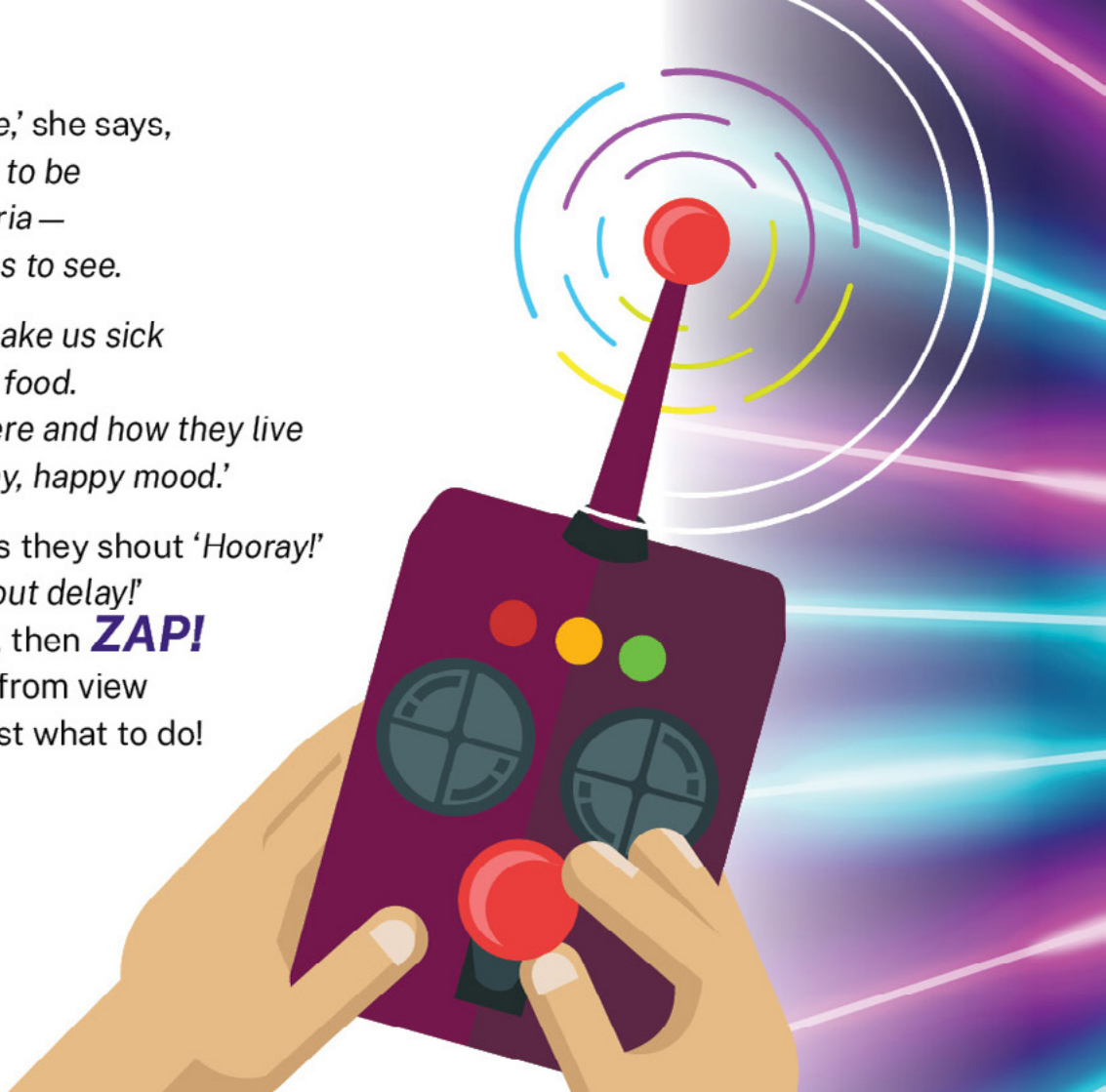
*'Lovely to see you,' Dr Lisa says,
'We're thrilled to have you here.
Follow me to our special test kitchen
Don't worry, you've
nothing to fear.'*



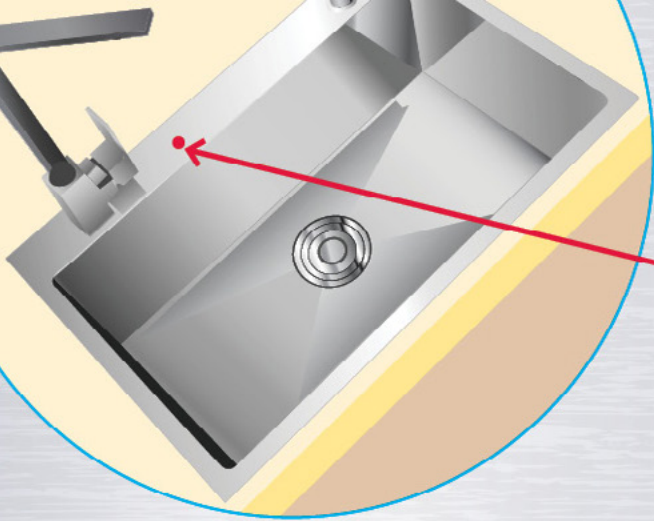
*'Using this new device,' she says,
'We'll shrink you both to be
The size of tiny bacteria—
Germs too small for us to see.*

*'Some bacteria can make us sick
If they sneak into our food.
We need to know where and how they live
To keep us in a healthy, happy mood.'*

The children cheer as they shout *'Hooray!'*
'Shrink us down without delay!'
A **hiiissssssss**, then **ZAP!**
Sam and Lee vanish from view
But Dr Lisa knows just what to do!

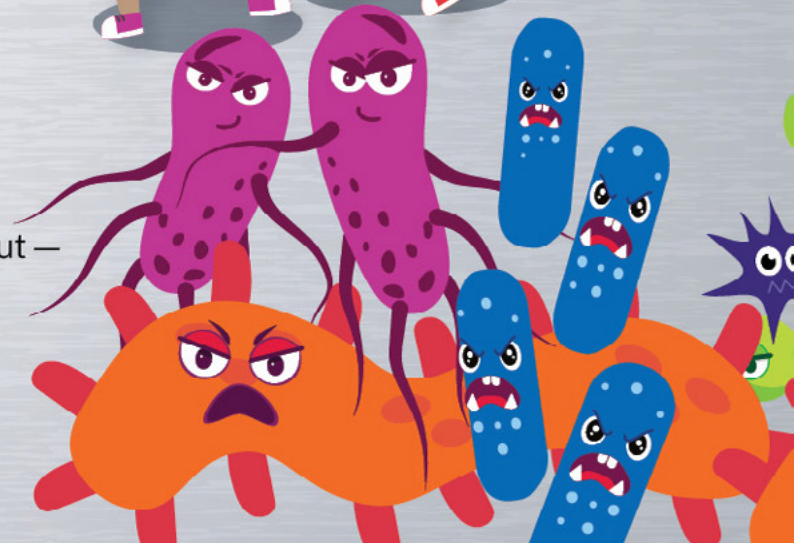






She puts them on the kitchen sink,
Sam and Lee can't believe their eyes.
Thousands of **bacteria**
Start to materialise.

All shapes and colours **wriggling** about —
They'd normally be unseen.
Just then, a friendly creature appears,
Tall and thin and green.





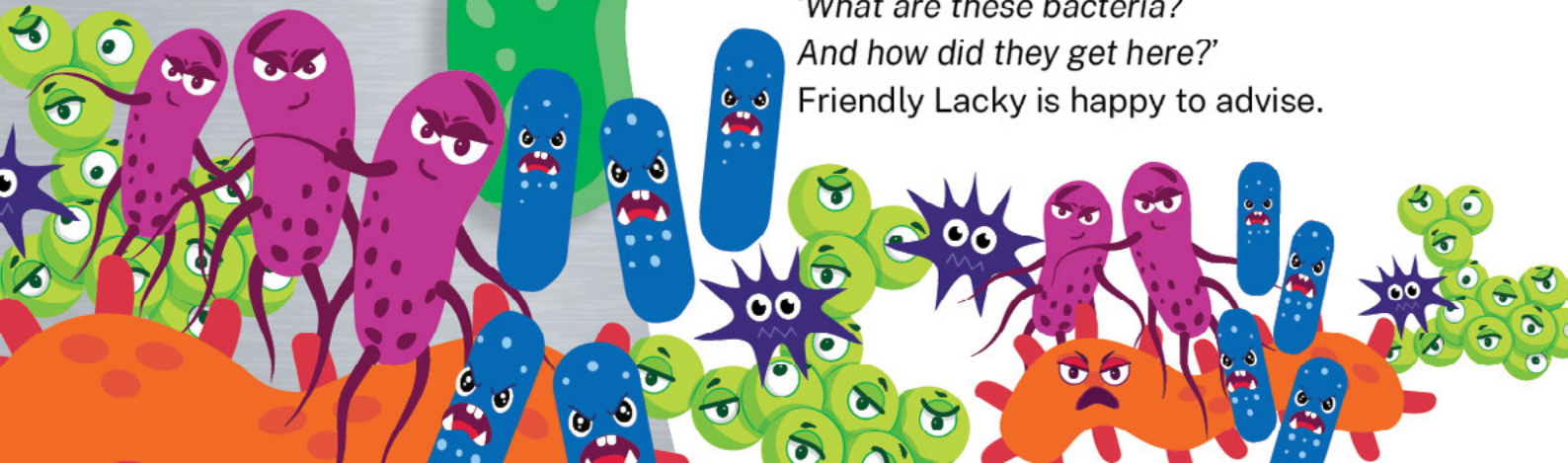
Hello!

'Hello, I'm Lactobacillus,
You can call me **Lucky**.
I'm a good bacteria found in food
(I know all this sounds wacky).

'But those bugs there are not so good.
In fact, they'll make you sick.
Get near them and you might need
A toilet rather quick.'

'Oh hi! We're Sam and Lee,' they say,
Taken back in surprise.

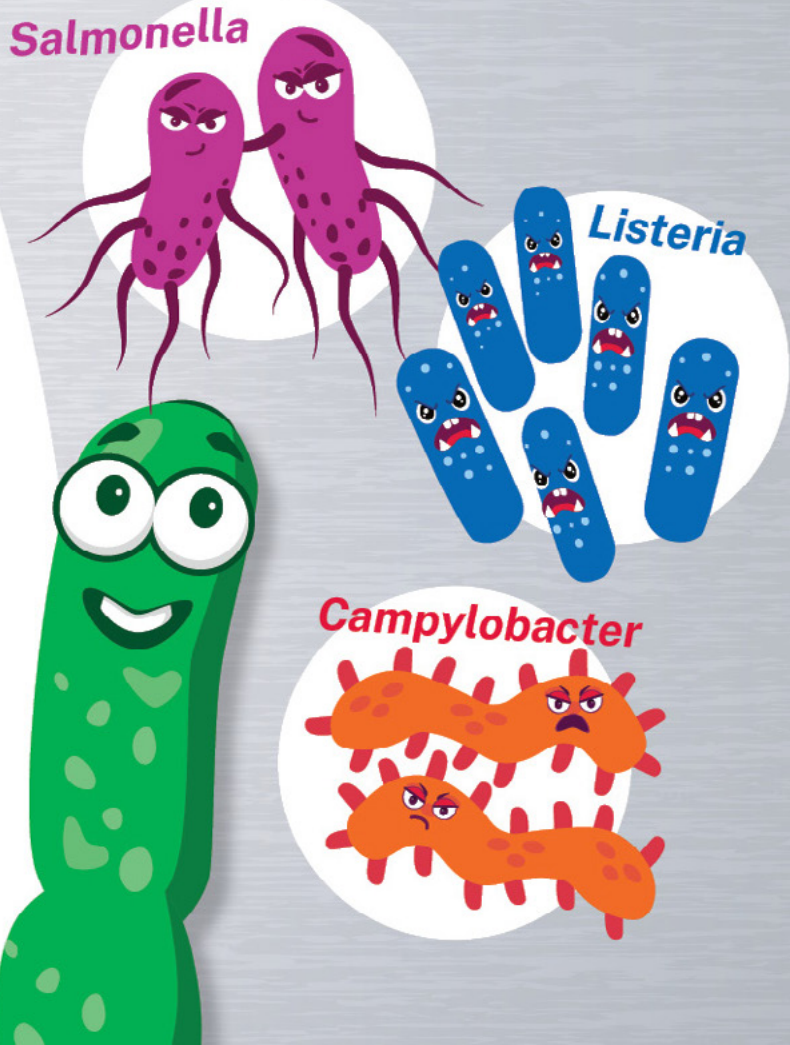
'What are these bacteria?
And how did they get here?'
Friendly Lucky is happy to advise.



*'Those rods of blue are Listeria,
Salmonella, the ones in pink.
Humans brought them in from out
To live on this dirty sink.*

*'See those ones there? Campylobacter
Or call them campy for short.
They live in animals' bodies —
Chickens are their favourite sort.*

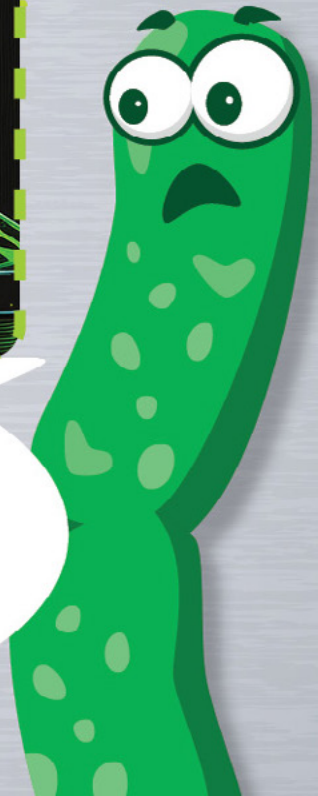
*'So, if you touch raw chicken,
Or your meat is not quite cooked,
These characters can get into your tum
And make you **pretty crook**.*



GERM VISION

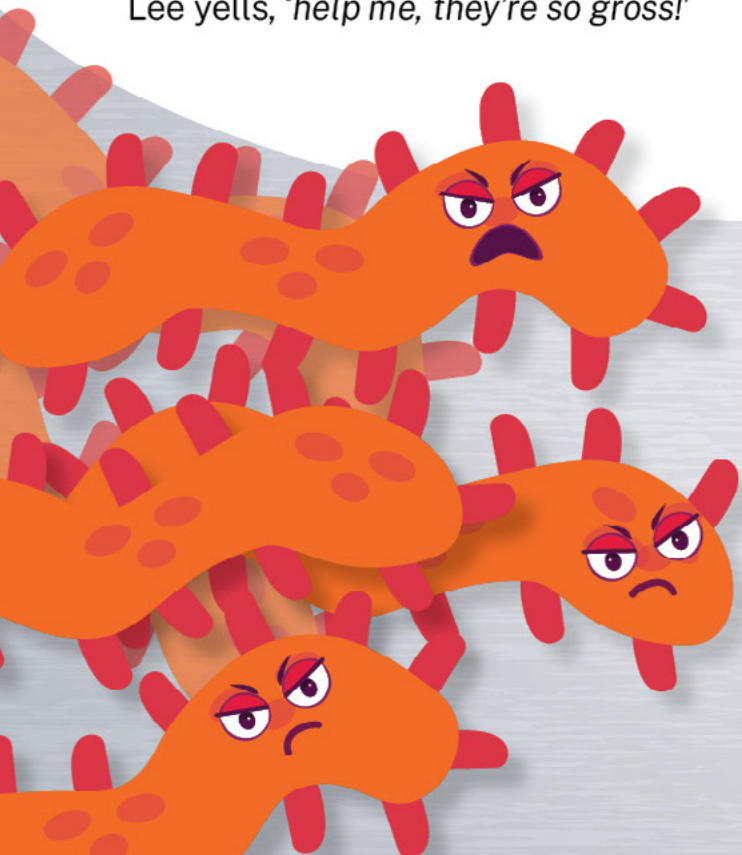


*'Someone washed chicken in this sink
And spread those germs about
but there's **no need** to wash raw meat
I always want to shout!'*



The campys see the children and wriggle.
Soon they're far too close.
'I don't want to get sick! **Go away!**'
Lee yells, 'help me, they're so gross!'

'Let's call Dr Lisa,' Sam says.
'She'll know what to do!'
She tells them not to panic —
She'll bring in the **cleaning** crew.






*'I'll clean the sink, and those germs you see,
Will be gone in just a jiffy.'*

She scrubs, then rinses, dries the sink
And now it looks quite spiffy.

The germs disappear as the children watch.
'Phew!' What a close call' they say.

*'But are there more in the kitchen?
And can we stop them right away?'*



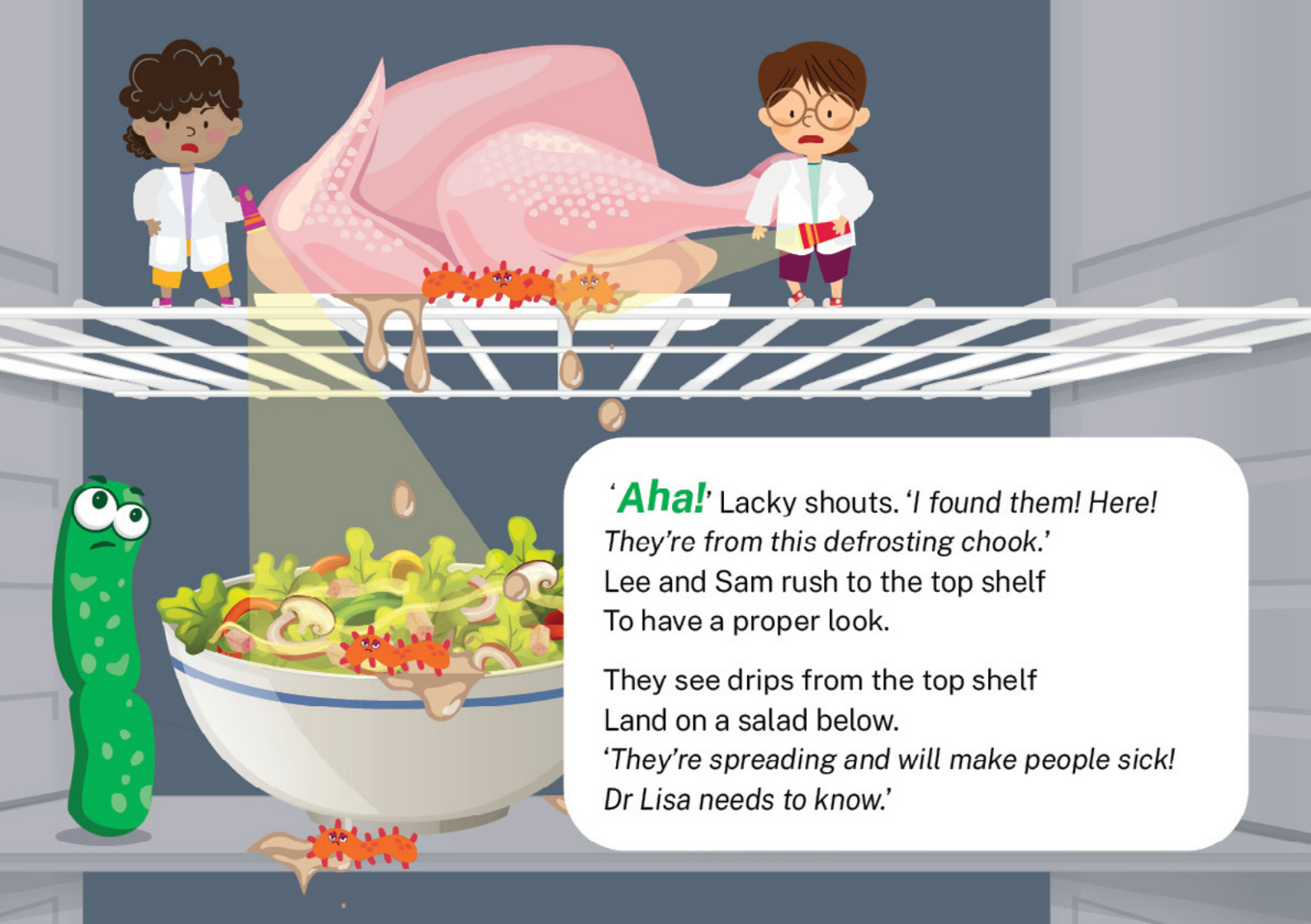
Lucky thinks there's more in the fridge,
So, he says 'Follow me!'
They shiver as they enter,
And use their torch to see.

'This fridge is such a mess,' says Lee,
Who spots some ham that's smelly.
'It's covered in listeria—**yuk!**
You don't want those in your belly!



*'This ham is past its use by date
It needs to be thrown out.'*
Sam is in the fridge door now
And soon begins to **shout**.

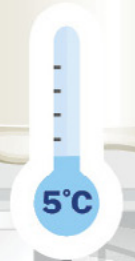
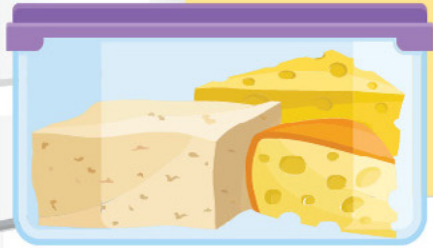
*'There's salmonella on these dirty eggs
They need to be binned too.
But where is there more campy?'*
They climb up for a better view.



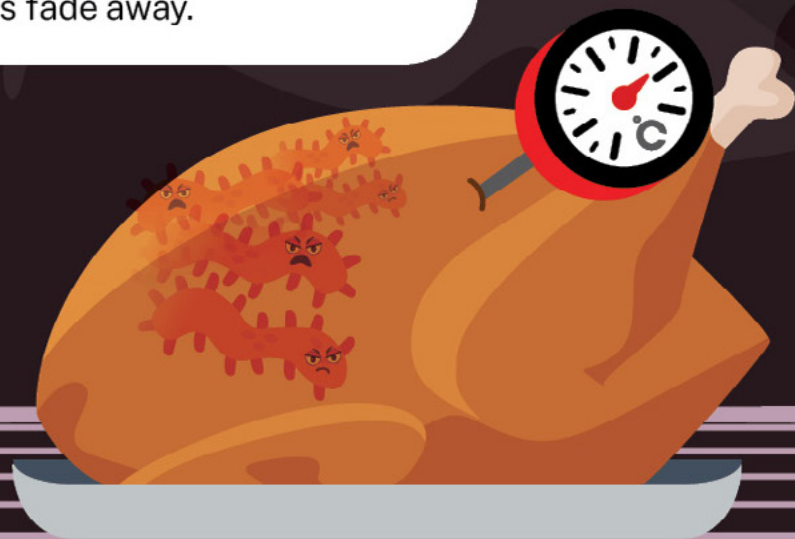
'Aha!' Lucky shouts. *'I found them! Here! They're from this defrosting chook.'*
Lee and Sam rush to the top shelf
To have a proper look.


They see drips from the top shelf
Land on a salad below.
*'They're spreading and will make people sick!
Dr Lisa needs to know.'*

Dr Lisa empties the fridge
And cleans it with some **spray**.
She puts the salad, dirty eggs and ham
Into the **bin** to stay.



She puts the chicken into the hot oven.
The children shout '**Hooray!**'
They can't believe it — as it heats
The campys fade away.



An illustration of a female scientist, Dr. Lisa, with brown hair, wearing a white lab coat over a purple top. She is smiling and holding a magnifying glass in her right hand and a red handheld device with a red antenna in her left. To her right are two children: a boy with brown hair and glasses, wearing a teal shirt, and a girl with dark curly hair, wearing a purple shirt. Both children are smiling and have their arms raised. The background is a dark purple and blue space with bright, glowing light streaks in various colors. The entire scene is framed within a white circular shape.

*'Our mission is complete,' they say.
'What a lot of fun!
Those bad bacteria hanging about
Now can't harm anyone.'*

Dr Lisa brings back the shrinking device
And sets it to 'unshrink'.
Zap! The children are back to big
Before they can even blink.

They're excited to tell Dr Lisa
All they learned and saw:
If food is past its use by date,
You can't eat it anymore.

Cover food to keep it safe,
Shut the fridge to keep it cool,
Keep things clean and cook food well —
They're very **simple rules**.



Dr Lisa smiles at Sam and Lee
*'Thanks for helping out today!
We're so glad you didn't give up
You've kept the germs away!'*

Then she asks, *'Are you hungry?
The chicken's almost done.
You'll just need to wash your hands—
It's food safety rule **number one!**'*



Sam and Lee already knew
That washing hands is key.
They learned it at the Easter Show
From the **Food Authority!**

*'You don't need to tell us twice!
Hand washing can't be beat.
It's the easiest way to stop germ spread.
And keeps **food safe to eat!**'*





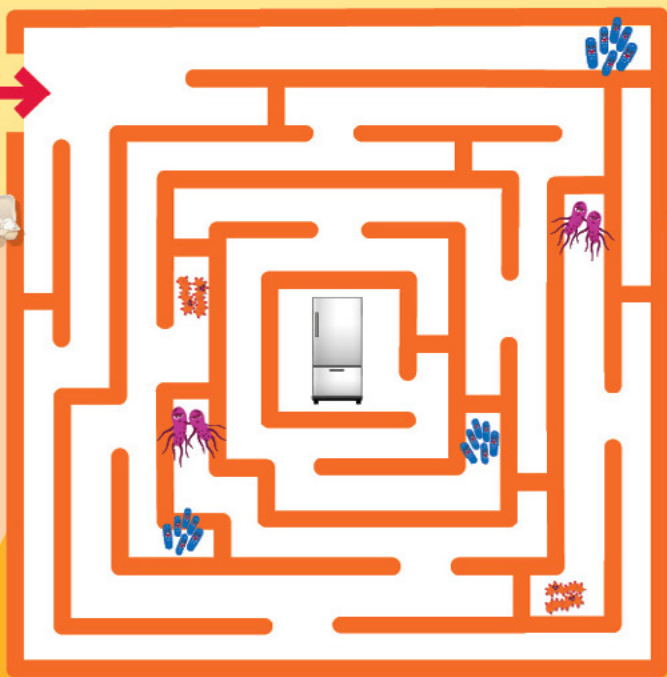
Are you ready to be a top germ-fighter and food safety explorer? Help Sam and Lee complete their missions and learn awesome food safety tips. **Let's go!**

Sam's egg quest

Sam is helping to bake delicious chocolate chip muffins for a party.

After cracking eggs into the batter, it's important to return the remaining eggs to the fridge to keep them cold and safe.

Help Sam reach the fridge: guide Sam through the maze to the fridge, avoiding those unfriendly bacteria buddies along the way.



Joke

Q: Why should you not tell an egg a joke?

A: Because it might crack up!

Egg-cellent tips:

- Always choose clean eggs with no cracks
- No spoon licking either, muffin-making crew! Raw eggs are sneaky and can make your tummy feel icky

Lee's fridge rescue



Clue: eggs stay safe in a carton and on a shelf.

Clue: don't let raw meat juice drip onto other food - cover and keep at the bottom.

Clue: fruit and vegetables like space to breathe.

Lee needs your help to put the food in the fridge the right way! Draw a line from each food to the perfect shelf so it stays fresh, cold, and doesn't mix with other foods.

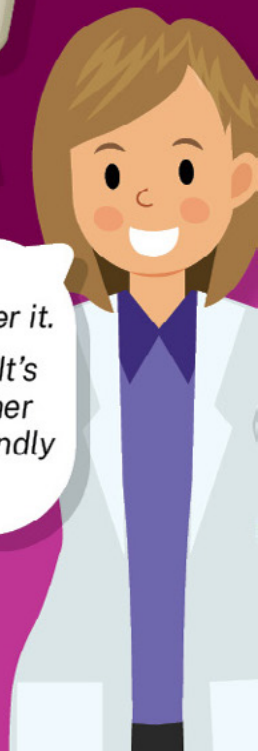


STOP

Which food doesn't belong in the fridge right now? Draw a big X over it.

That's right — the steaming pot! It's too hot for the fridge and could make other foods warm. If you want to be a fridge-friendly food saver — cool it before you chill it.

Shut the fridge door! Did you know your parents are right when they say this? If the fridge door stays open, warm air gets in and can make bacteria grow on the food. Yuck! So always shut the door to keep the food cool and safe.





It's a date!

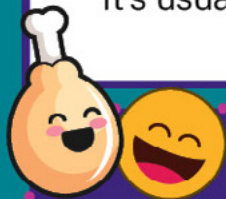
Sam learnt that checking the dates on food labels is super important to avoid getting sick from bad food. No one wants food poisoning –yuck!

Activity time! Go on a treasure hunt in your kitchen:

1. Look in your fridge and pantry for foods with a 'use by' or 'best before' date.
2. Check today's date.
3. If you find food past its 'use by' date, it's not safe to eat. Even if food looks, smells, and tastes okay, it might still have tiny bacteria that you can't see (unless you shrink like Sam and Lee). Ask an adult to help you throw it away safely.
4. Food past its 'best before' date might not taste as yummy or be super fresh –but it's usually still safe to eat.



If in doubt, ask a grown-up!



Joke

Q: Why didn't the chicken go to the picnic?

A: Because it checked its 'Use By' date and said, 'I'm not feeling very fresh today!'

'Food scientists are like food safety superheroes! They figure out how long different types of food are safe.'




Lucky's food safety fun

Lucky had a blast showing Sam and Lee around the test kitchen and teaching them all about food safety.

Can you help Lucky complete these sentences to learn more about keeping food safe to eat.

Fill in the blanks using the words provided.



Make sure you always remember the golden rules of food safety, keep it hot, keep it cold, keep it clean and check the label.

Words to use: clean dropped safe steaming taste

1. Always start with _ _ _ _ hands, bench and equipment before you cook.
2. Keep your food _ _ _ _ by making sure your fridge always stays cold between 0°C and 5°C.
3. Germs don't follow the '5 second rule' about _ _ _ _ _ food. They can attach to dropped food quicker than you can pick it up!
4. Always check the use by date. You cannot _ _ _ _ , see or smell bacteria on your food.
5. Leftovers are yummy but must be reheated until _ _ _ _ _ hot or at least 60°C.

Picnic time!

Sam and Lee are having a picnic, but they've been playing soccer, and forgot all about the food sitting out in the sun.

When outside, keeping food safe is super important to avoid tummy troubles — definitely not the kind of picnic fun they want!

Here are some tips for a food safe picnic:

- Keep cold foods cold by using an esky or cooler bag with ice bricks to transport food.
- Throw away any food that's been left out for more than 4 hours.
- Wash hands before you eat. It's a good idea to take some sanitising wipes in case there's no water!
- Keep ready-to-eat foods (like fruit and sandwiches) away from uncooked food (like sausages).



Joke



Q: Why did the sandwich go to school before the picnic?

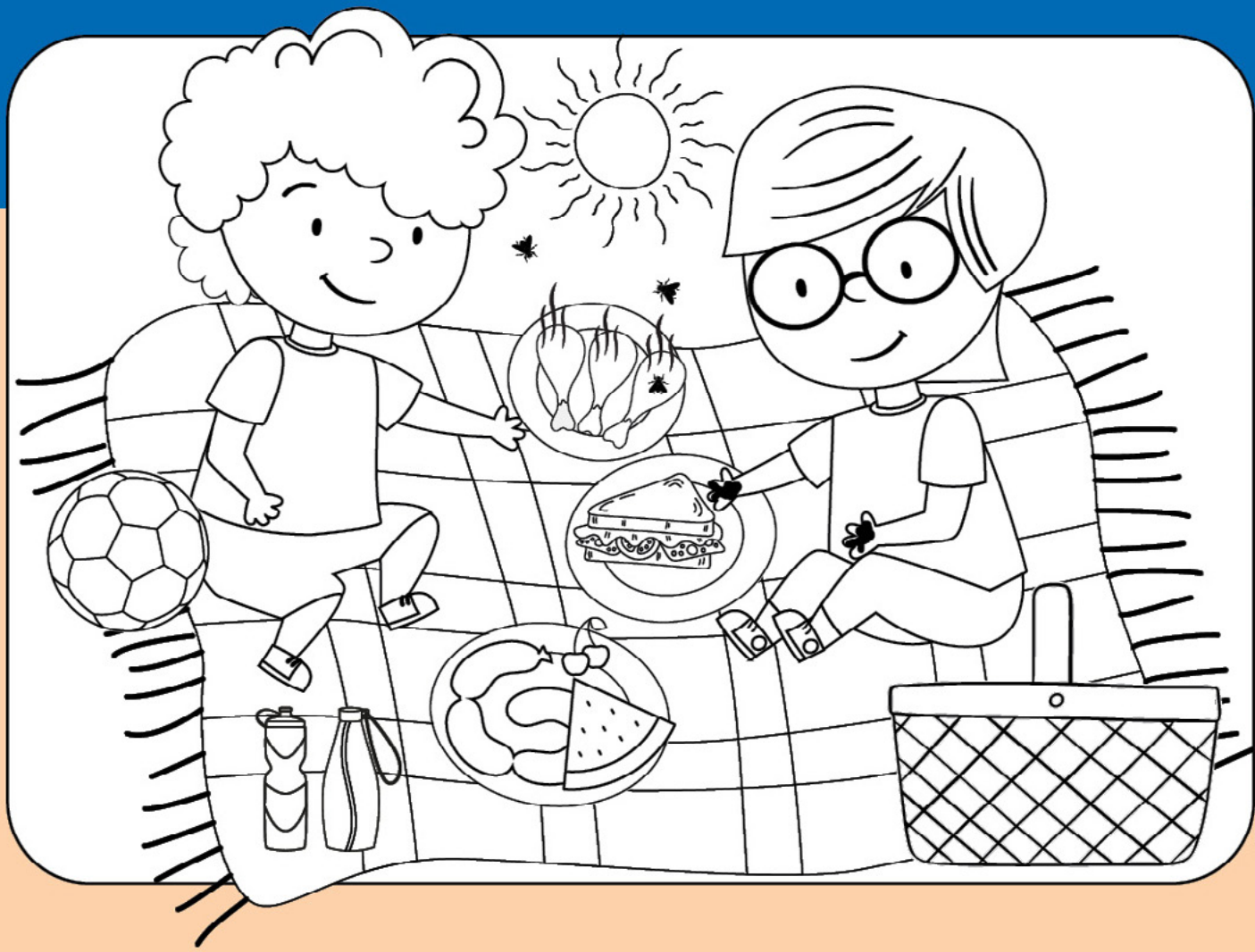
A: To learn about "breaducation" and food safety!



Can you spot 4 things that could make you sick in the picture?

Circle them and colour the rest of the picture.

ANSWERS: 1 Food left out in the sun, 2 Flies on food, 3 Dirty hands reaching for sandwiches, 4 Ready-to-eat food (fruit/vegetables) packed with raw food (uncooked sausages).



Lee's word hunt



Heat up the fun and help Lee on a mission to find these important food safety words hiding down, across and diagonal.

B	I	C	L	K	S	D	M	A	H	C	L	A
A	T	H	O	T	X	A	R	L	W	Y	E	F
C	B	E	T	S	C	E	F	L	L	L	E	K
T	I	Y	M	O	T	E	A	E	F	J	S	I
E	Y	K	T	P	I	O	B	R	T	K	T	T
R	S	T	F	H	E	A	R	G	C	Y	Y	C
I	E	N	L	R	L	R	E	E	E	F	F	H
A	P	C	O	A	I	K	A	N	H	L	R	E
W	E	L	L	T	C	D	E	T	L	B	E	N
S	R	E	J	E	A	K	G	W	U	I	E	K
Y	A	H	H	A	A	F	Y	E	T	R	Z	K
H	T	C	O	L	D	N	Z	S	A	M	E	G
L	E	F	T	O	V	E	R	S	Z	E	L	W

ALLERGEN
BACTERIA
CHECK
CLEAN
COLD
FREEZE
FRIDGE
HOT
KITCHEN
LABEL
LACKY
LEE
LEFTOVERS
SAFETY
SAM
SEPERATE
STORE
TEMPERATURE

5 steps to healthy hand washing

Follow these steps for healthy hand washing before handling and eating food.



1

Wash your hands with soap and warm running water.



2

Rub soap into your hands. Don't miss the tricky spots on the backs of your hands, between your fingers and under your nails.



3

Scrub your hands for at least 20 seconds – time yourself by humming the “Happy Birthday” song from beginning to end.



4

Rinse your hands under clean, warm, running water to remove all the soap.



5

Dry your hands using a clean towel (preferably paper) before preparing or eating food.



Joke

Q: Why is the T-Rex extinct?

A: Because they couldn't wash their hands!



Proper handwashing is the easiest way to stop germs and stay healthy – it's really that simple!



Sam and Lee's Micro Mission



Come on a journey with Sam and Lee as they shrink to discover tiny, bad bacteria (germs) that might be hiding in the kitchen—even on their food. **EWW!**

You can't see the germs, but they're up to no good. With Dr Lisa's help, the children will track down these sneaky germs and learn how to keep food safe –so they don't get a funny tummy, or do a big **yucky** 🤢 **chucky**.



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www.foodauthority.nsw.gov.au