

Time	Narration
00:01	Welcome to the spoken tutorial on safe preparation, serving and storage of baby food.
00:09	In this tutorial, we will learn about baby food safety guidelines for its:
00:15	Preparation Serving and
00:18	Storage.
00:20	Let us begin.
00:22	Safe preparation of baby food is very important.
00:26	It protects the baby from foodborne infections.
00:31	The first step in preparing food safely is personal hygiene.
00:37	Personal hygiene is explained in detail in another tutorial of the same series.
00:44	Next step is cleaning.
00:47	Clean the entire food preparation area,
00:50	utensils and chopping boards.
00:53	Use warm, soapy water to clean them.
00:57	Always clean them before and after use.
01:01	Also, clean them after handling raw food
01:05	and before contact with other foods.
01:09	Utensils used for baby food preparation should be scrubbed well.
01:14	They should be washed well with boiling water.
01:18	They should be air dried or wiped with an unused clean cloth.
01:24	They must always be kept covered.
01:28	All the food ingredients should be cleaned properly.
01:32	Wash fresh fruits and vegetables thoroughly with clean water.
01:38	Wash them before peeling and cutting.
01:41	This will remove contaminants,
01:44	parasites and pesticides.
01:47	Use separate cutting boards for non-vegetarian and vegetarian foods.
01:53	Also, use different utensils and chopping boards for raw food and cooked food.
02:00	This will prevent the transfer of germs from raw food and meat to other foods.
02:07	Change and wash any cloth used in the kitchen at regular intervals.
02:14	Baby food must be cooked properly to destroy harmful bacteria.
02:20	Therefore, before serving, ensure that baby food is completely cooked.
02:27	Check if the food is cooked by tasting it.
02:31	Also, look for any uncooked food signs.

02:36	One such sign is visible pink flesh or juice inside or outside meat.
02:43	These were the basic safety guidelines to be followed while preparing baby food.
02:49	Now, let's discuss safety guidelines to be followed when serving food to a baby.
02:56	First, thoroughly wash the baby bibs and feeding utensils.
03:02	Clean the eating area and the baby's chair or sitting area with a wet cloth.
03:09	Dry them completely before use.
03:12	Mother's and baby's hands should be washed clean before feeding the baby.
03:18	Babies eating food with their fingers must wash their hands before eating.
03:24	Test the temperature of the food before feeding the baby.
03:29	It can be tested by placing a small quantity of food on the feeder's wrist.
03:36	Sometimes, small hidden spots in the food may have higher temperature.
03:42	Therefore, food must also be stirred well.
03:47	Feeding the baby may take time.
03:50	Hence, the cup or plate from which the baby is fed should be kept covered.
03:57	Covering it properly will protect the baby food from dust and flies.
04:04	While feeding a baby, the risk of choking is very high.
04:09	To prevent choking, make sure the baby is sitting upright.
04:15	The baby should not walk or run while eating.
04:19	Never leave the baby unattended while eating.
04:24	Encourage the baby to eat slowly and chew the food well.
04:29	Avoid giving hard foods that may cause the baby to choke.
04:34	Whole nuts and raw vegetable pieces are examples of such foods.
04:40	Avoid bottle feeding.
04:43	Now, let's discuss safe storage of baby food.
04:48	First and foremost, freshly cooked food is the best for babies.
04:54	Always throw away any uneaten leftover food in the baby's dish.
05:00	Leftover food in the dish, has been in contact with the baby's saliva.
05:05	It will contain bacteria.
05:08	These bacteria will multiply rapidly when food is stored for reuse.
05:15	After cooking, avoid touching the food with your hands.
05:20	Keep the food in a covered container protected from dust and flies.
05:26	Always store dry and fresh ingredients away from each other.
05:31	Also, keep raw and cooked food in separate places.
05:37	Cooked food should not be stored for more than 1 to 2 hours in a hot climate.
05:44	If a fridge is available, baby food can be stored in it.
05:49	The fridge must be in good running condition.
05:53	It must be cleaned at regular intervals.
05:58	Temperature of 5°C or below should be maintained to keep the food fresh.
06:04	Protect stored drinking water from dust, hands and dippers.
06:10	These guidelines must be followed for preparing,
06:14	storing

	and feeding baby food.
06:18	Nutritious food, when fed hygienically, will make a baby strong.
06:23	Whereas, if it is fed in an unhygienic manner, it may make a baby sick.
06:30	Hence, take precautions to ensure that the food does not harm the baby at all.
06:37	This brings us to the end of this tutorial. Thank you for joining.