

Time	Narration
00:00	Welcome to the spoken tutorial on personal hygiene needed for handling baby food.
00:08	In this tutorial we will learn about:
00:11	Personal hygiene
00:13	Guidelines to maintain it while preparing and feeding baby food.
00:19	Let's understand why personal hygiene is important for handling baby food.
00:25	Here, baby food means nutritious home-cooked complementary food.
00:33	Such food must be fed to a 6 to 24 months old baby along with breastfeeding.
00:41	At this age, the immune system of babies is not as developed as that of adults.
00:50	They are vulnerable to catching infections and
00:53	foodborne illnesses easily.
00:57	If cleanliness is not observed
01:00	then complementary food may harm the baby.
01:04	It may introduce infections
01:07	which can cause diarrhoea,
01:09	vomiting, cold and cough.
01:13	Therefore, baby food must be hygienically prepared,
01:18	cooked, stored and
01:20	fed.
01:22	Let's learn how to maintain personal hygiene needed for handling baby food.
01:29	Baby food preparation,
01:31	serving and storage areas should be always kept clean.
01:38	Never cough, sneeze,
01:40	smoke, chew gum,
01:42	spit or eat in these areas.
01:46	Also, do not change a baby's nappy in these areas.
01:53	Always wear clean clothing.

01:56	Tie back and cover long hair properly.
02:00	Keep fingernails short so they are easy to clean.
02:05	Don't wear nail polish because it can chip into the food.
02:11	Avoid wearing jewelry, especially on the hands and fingers.
02:17	Keep clothes and personal items away from where food is prepared or stored.
02:25	Do not let food and utensils touch any cuts or wounds on the body.
02:32	Completely cover all cuts and wounds with an unused clean cloth or bandages.
02:41	Do not let the cloth or bandages get wet.
02:46	Change the cover on the wounds regularly, especially before touching the food.
02:53	Do not touch the food if feeling unwell.
02:57	Never cough or sneeze over baby food.
03:02	Washing hands is the easiest, most effective way to stop the spread of disease.
03:10	It reduces the chance of contaminating food with bacteria.
03:15	To wash hands properly, use soap
03:18	and warm water.
03:22	Rub hands to lather soap on the back of the hands,
03:26	under nails and between fingers.
03:30	Do this for at least 10 to 15 seconds.
03:36	Dry hands immediately after washing them.
03:40	Always dry them with an unused clean cloth.
03:45	It is important to make sure that the hands are completely dry.
03:51	Never use a regular towel,
03:54	kitchen napkin or
03:56	your clothes to dry hands.
03:59	Teach children to wash their hands.
04:03	Take them to the bathroom or the place to wash hands.
04:08	Sing a short song of about 10 to 15 seconds while they wash their hands.
04:15	It will encourage children to rub and lather hands for at least 10 to 15 seconds.
04:23	Set a good example.
04:25	Wash hands together.
04:28	While washing hands with children, tell them why it is important.
04:34	Along with the technique, washing hands at the right time is also important.
04:40	Wash and dry hands thoroughly before touching,
04:45	preparing or feeding baby food.
04:49	Wash and dry them again frequently during food preparation.
04:55	Sometimes, you may take a break while preparing or feeding baby food.
05:01	Always wash hands after such breaks
05:04	and then continue.

05:06	After preparing food, wash them again.
05:10	Hand-washing is also necessary after handling
05:14	raw food and garbage.
05:17	It must be done after going to the toilet,
05:20	blowing your nose
05:22	and smoking.
05:24	After touching animals,
05:26	a sick child or a sick person,
05:29	wash hands again.
05:32	Also, wash them after touching ears,
05:36	nose, mouth
05:38	or other parts of the body.
05:41	Always wash hands after checking or changing a baby's nappy.
05:47	These personal hygiene guidelines must be followed while handling baby food.
05:53	Additionally, there are other equally important baby food safety guidelines.
06:00	They must be followed during preparation,
06:03	feeding and storage of baby food.
06:07	They are discussed in detail in another tutorial of the same series.
06:13	This brings us to the end of this tutorial. Thank you for joining