

KIDDI ES ALERT!!!

SAFE CHILDREN

**....A Healthier & Stronger
Nation**



CONSUMER AFFAIRS COMMISSION

Is Your Food Safe?

Where do you buy your snacks and treats? Do you know if the vendor has a **Food Handlers Permit**? This makes it **legal** for them to sell and serve you food.



- Have a covered garbage bin for rubbish.

You should:

- Check out the **package**. Make sure it has not been opened.

- Read your food **labels**.

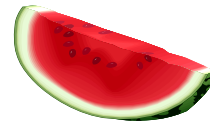
Look out for **expiry dates**. This shows how long the food can last without spoiling.

- If the date has passed, don't buy it; but if you have already bought it ,

return it with your **receipt** for a full **refund**.

- Ask your parents about food **ingredients**. Some foods are not healthy or safe to eat.

Remember, when your parents are not around, you control the food you eat, so protect yourself.



Eat Right....Stay Strong!

Protect your Right to Safe Food.

The person handling your food should:

- wash their hands and cover their hair.
- serve from a clean, well covered container.
- Keep their surroundings free of dust, flies and other germs.

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Medication & Safety



Medication is given when you are sick. There are different kinds of medication for different forms of illnesses. They come mainly in the form of tablets or liquid.

Some taste really good and some not so good. But they are all to help you get better.



Here are some tips to keep you safe:

- Don't take medication that belongs to someone

else or is meant for an illness other than the one you have; it may cause you serious harm.



- Don't take medication that has **expired** .

- Take all medication under **adult supervision**. Follow their instructions. Chew, swallow, insert or inhale as told.

- Some tablets look and taste like candy. Don't

take it without permission. Ask your parents if it is safe to eat it.



Stay Healthy...Keep Safe!

Don't put anything in your mouth without being given it by an adult you trust.

What about dem toys?

Toys are pretty cool. When you get one on a special occasion, like a birthday or Christmas, it really brings a lot of joy.

But it can bring you pain too, if you buy or receive a toy that's not safe.

Here's why:



Most toys are made for children of a certain age, for their own protection.

EXAMPLE: toys for babies and small children, ages 0 to 8 years, are usually large & solid, without sharp parts which could choke the child.

The paint used will also not lead to poisoning.

If you buy gifts for yourself & your friends:



Buy a safe toy and play, without fear of harm

- Always read the label.
- Make sure the toy fits the age group.
- Avoid toys with sharp edges which may hurt you, causing scratches or cuts.
- Don't play with the silica crystals which sometimes come in the packaging; they may poison you if

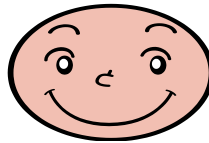
swallowed.

- Don't place wrappers around your neck or over your face or head. You could be stifled.



**Be Responsible...
Play it Safe**

General Tips



- *Wear safety gears when you play*
- *Use your seat belts*
- *In the home, stay away from poisons and pesticides*
- *Don't play with matches, the stove or electrical outlets*
- *If you love surfing on the internet, watch out for those viruses*
- *Keep all emergency numbers where you can find them easily when needed.*

.....BE AS SAFE AS YOU CAN BE!!!



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Safety Puzzle

Find the highlighted words from the passages in the puzzle:

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

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Story Time - Poor Sally

Sally was a bright little girl. She lived with her parents and older brother Phillip. 9 year old Sally loved to spend money. She didn't like to save very much, because she always saw something she wanted to buy right away. On the other hand, Phillip loved to save. He always saved up little by little, so he could buy gifts for his friends on their birthdays.

Sally couldn't wait that long, she even borrowed money from Phillip! But he didn't encourage her much; he always had goals he couldn't afford for her to mess up. "That's money towards my new bicycle", he would say. "I'll give it back" Sally would retort, but never did. "You need to manage your money better, Sally", he would say, concerned about his little sister. "One day", she would quip, running off to

buy what she wanted.

When would she learn?

One day, Sally's friends at school decided to go to get fast food after school. Sally had already bought lunch for that day, and had enough for bus fare and lunch money for the next day.. but oh, how much she liked fried chicken, fries and soda. She couldn't resist. So off she went.

Afterwards, they all went to the bus stop to wait for their buses. Sally's friends got their bus, and she was left alone to await hers. She waved them goodbye as she went into her pocket for her bus fare...nothing! She searched and searched, but there was nothing there...she had spent it all.



Sally loved to go shopping with her mother. She loved to spend and hated saving. When would she learn?

She couldn't beg strangers... that wouldn't be safe and Phillip was nowhere around. She was afraid to ask the conductor...and she couldn't walk. It was too far.

Sally burst into tears. And started to wail loudly. She felt herself being grabbed and she yelled in fear. It was Mommy. "Hush Sally, you had a bad dream", she cooed.

Sally clung tightly to her mother, grateful that it was only a dream. "No", she thought, "it wasn't a bad dream...it was a

good one, I've finally learnt my lesson. I am going to save from now on. No more careless spending for me!"