

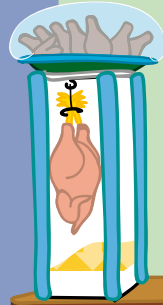
What I Learned Today

Pocket Poultry Cooking Guide



This little book explains how flu travels from one person to another. Alone flu viruses only travel a few centimeters each day. But with peoples help, they can go a long way.

Virus travel when you touch things that have been touched by someone who has flu or when they cough and sneeze. They can hide on hard surfaces, cloth, tissue or paper.



To Give your family the very best. Buy from sellers that are above the rest

Buy only healthy looking poultry meat and eggs from people we trust.





Market professionals know just what to do.
It's safer when they slaughter poultry for you.
They take off the feathers and give you the meat
So you only take home the parts you will eat.



It is safer to have poultry slaughtered by professionals in the market then you only bring home the meat.



Use separate utensils and cutting boards too, when your handling poultry it's the smart thing to do.

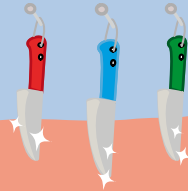


Always keep raw poultry separated from vegetables and foods that are ready to eat



When you cook poultry this you must do, have one knife for raw meat and one for the stew.

Have one knife and cutting board for raw poultry and another for cooked or ready to eat foods.





When you cook poultry this you must do. Wash counters, and knives, and chopping boards too. The secret to poultry that does not make you sick is water and soap it's the easiest trick.

After preparing poultry, wash work surfaces. knives, chopping boards, and bowls with soap and clean water.





If it's a little bit red inside you have left a place for germs to hide.

Always cook poultry through and through, then its really safe for you





Blood pudding is not
good for you.

Don't eat it to
stay away from
the flu.





When you touch poultry
remember this trick, Wash
your hands often so you
don't get sick.

Wash your hands with
running water and soap
(or ash if soap is not available)
before and after preparing food.





Any new birds that come onto your farm may carry a virus and do your flock harm. Isolate new birds well away from your flock after two weeks you'll know if they're safe or they're not.



This ensures the new birds are healthy and do not carry infections.



Live chickens and ducks are
not little toys;
they never are played with by
smart girls and boys.

Keep your small
brothers and sisters
away from poultry.





No one likes to be sick. Following a few simple rules can prevent most sickness. Germs like to hide on your hands and jump off onto the things or people you touch. Soap and water kills germs. Germs hate soap and water.

Remember, wash your hands, cover your mouth when you cough or sneeze, and never share your eating utensils or glass when you are sick. Then you protect your friends and family from getting sick too.

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