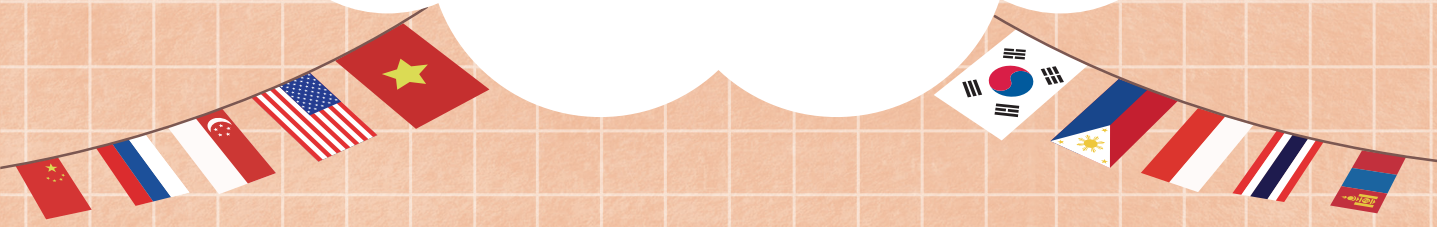
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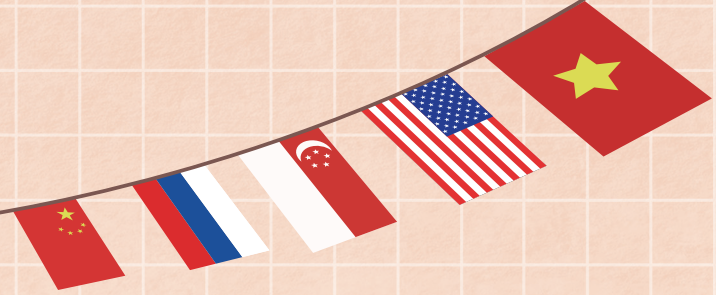
for Multicultural Families

- Children Edition -





Ministry of Food and Drug Safety

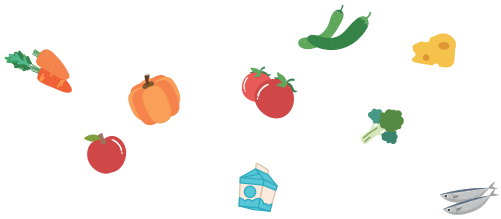


Food Safety & Nutrition Practice Guide

for Multicultural Families

- Children Edition -





Introduction

This practical guide is a book made to help children from immigrant and multicultural families learn how to eat safely and healthily at school and at home in an easy and fun way.

These days, more and more children around us come from different countries and cultures.Knowing what to eat and how to eat well is an important skill that helps children enjoy school life and stay healthy every day.

This guide respects different cultural backgrounds while sharing important stories about food safety and nutrition in a simple and friendly way.It is organized into three steps:“What is it?” – “Why is it important?” – “What can we do?”, so children can practice thinking for themselves and making good choices.

Using familiar situations—such as school meals, choosing snacks, eating out, or ordering delivery food—the guide shows simple tips that children can try right away. Fun quizzes and activities also help children look at their own eating habits and set small, doable goals.

Through this guide, we hope children will develop habits of thinking about health and safety—from choosing food to before and after eating—and practice them confidently in their everyday lives.

Food Safety & Nutrition Practice Guide

for Multicultural Families

- Children Edition -



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01 SODIUM



Learn about Food Safety and Nutrition

1. What is Sodium?
2. What foods are high in Sodium?
3. What happens if you eat too much sodium?

1. What is Sodium? [1) 2)]

The food with the highest sodium content is salt. Salt is scientifically known as sodium chloride, which consists of sodium and chlorine. Most of our sodium intake comes from foods that contain added salt. Sodium is also naturally present in many foods, providing enough for the body to stay healthy.

2. What foods are high in sodium?

It is found in large quantities in salty foods and processed foods.

① Soups and stew


soy bean paste soup


yukgaejang


fish cake soup


galbitang

② Noodles


ramen


kalguksu


jjambbong


udon

③ Soy sauce and pickles


soybean paste, red pepper paste, soysauce


pickled vegetables (jangajji), pickled yellow radish(danmuji), pickle


fermented fish sauce

④ Processed foods


ham , bacon


fish cake


powder or solid curry


instant curry, instant jjajang, instant noodle(cup noodle)


sausage

⑤ etc


salted mackerel


seasoned chicken

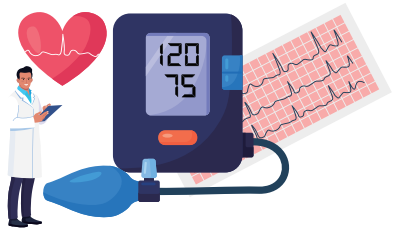

pizza


tteokbokki

1) The nutritious meal our bodies crave. Ministry of Food and Drug Safety. (2012)
2) Sodium for Me. Ministry of Food and Drug Safety. 2007)

3. What happen if you eat too much sodium? [3) 4)]

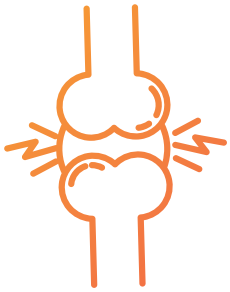
Increased blood pressure



Stomach Health issues



Deteriorating Bone Health



Swelling of the Body



① Increased blood pressure

- Too much sodium holds water in your body, which increases blood volume and raises blood pressure.

② Stomach Health issues

- Excessive sodium can damage the stomach lining, increasing the risk of gastritis and stomach cancer.

③ Deteriorating Bone Health

- Sodium is excreted in urine along with calcium, which can increase the risk of osteoporosis.

④ Swelling of the Body

- Sodium causes the body to retain water. When there is too much sodium, the body holds onto extra water, leading to swelling in the face, hands, and feet.

3) The nutritious meal our bodies crave. Ministry of Food and Drug Safety.(2012)
4) Sodium for Me. Ministry of Food and Drug Safety (2007)



Practicing Food Safety and Nutrition

1. Take the quiz 2. Apply 3. Check yourself

1. Take the quiz (Utilizing EduTech)

〈Scan the QR code〉 [5]

① What flavor does sodium mainly produce?

1) saltiness 2) sweetness 3) sourness 4) bitterness

② Sodium is an essential nutrient for our bodies. (O , X)

③ What happens to our bodies when we have too much sodium?

1) grow taller 2) run fast
3) memory improves 4) experience swelling and high blood pressure

④ Kimchi has absolutely no sodium. (O , X)

⑤ How can I eat food without getting salty?

1) Add more sauce 2) Eat food less salty
3) Add plenty of salt 4) Eat a lot of pickle

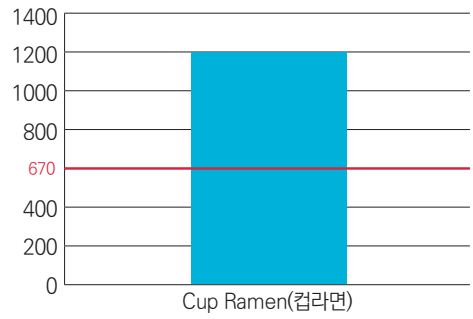
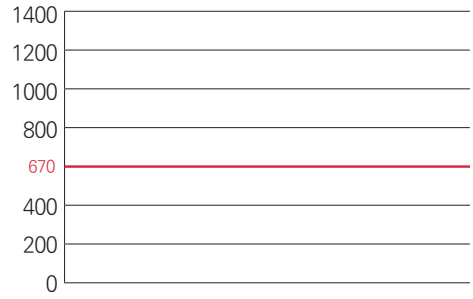
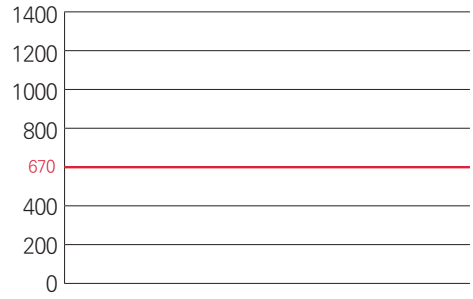
⑥ What nutrients give food its salty taste? (SOOOO)

⑦ What are some of our favorite salty foods made with noodles and soup? (ROOOO)

5) Answer 1.① 2.O 3.④ 4.X 5.② 6. Sodium(나트륨) 7. Ramen(라면)

2. Apply

※ Cut and paste the nutritional facts label from your favorite snacks (e.g., snacks, cup noodle, bread, etc.) and plot the sodium content on a bar graph below.
(The World Health Organization's recommended sodium intake is less than 2,000 mg / approximately 670mg per meal.)

Nutrition Facts Total Net Weight 62g **315 Kcal** **Sodium** 1,200 ㎎ 60% / **Carbohydrates** 41g 13% **Sugars** 4 g 4% / **Fat** 15 g 28% / **Trans Fat** 0 g **Saturated Fat** 5 g 33% / **Cholesterol** 0 ㎎ 0% **Protein** 4 g 7% / **Calcium** 81 ㎎ 12% The daily value (%) is based on 2,000 Kcal and may vary depending on individual caloric needs.	
	
	

3. Check yourself √

☐ I can distinguish between foods high in sodium.
☐ We can talk about the problems that can occur in our bodies when we consume too much sodium.
☐ I can check the sodium content when choosing food.

02 SUGARS



Learn about Food Safety and Nutrition

1. What are sugars?
2. How much sugar is in food?
3. Problems that can arise from excessive sugar intake

1. What are sugars? [1)]

- Sugars are a sweetener found in many foods. Some sugars have a mild sweetness, such as those naturally present in fruits, milk, and vegetables, while others, like those in candy and chocolate, are much sweeter. These various forms of sugar are collectively called "sugars."

- The sugar in candies and chocolates is quickly absorbed by our body , which can lead to weight gain This intense sweetness also stimulates the brain, making you crave more sweets. Therefore, it is better to consume these foods in small amounts.

2. How much sugar is in food?

Castella (Sponge Cake) (1 slice, 70g)  Sugar (g) 23.6	Whipped Cream Cake(1 slice, 100g)  Sugar (g) 14.5	Tteokbokki(1 serving, 180g)  Sugar (g) 7.9
Fruit-flavored Jelly(1 pack, 80g)  Sugar (g) 51	Chocolate(1 bar, 70g)  Sugar (g) 35	Caramel Popcorn(1 bag, 65g)  Sugar (g) 23
Soft Serve Ice Cream(1 cone, 175g)  Sugar (g) 13	Soft Drink (Soda)(1 can, 250ml)  Sugar (g) 26.7	Chocolate flavored Milk(1 carton, 200ml)  Sugar (g) 21

Source: Food and Nutrition Database. Ministry of Food and Drug Safety.(2020)
[Ministry of Food and Drug Safety] Food and Nutrition Facts Database
https://various.foodsafetykorea.go.kr/nutrient/

1) Less salty, less sweet: Know it right away. Ministry of Food and Drug Safety.(2023)

3. Problems that can arise from excessive sugar intake [2)]

1



2



3



① Tooth Decay

- Any sweet food left in your mouth becomes food for harmful bacteria. The bacteria consume the sugar and produce acid, which gradually wears away the outer surface of the teeth, causing cavities.

② Weight Gain

- When you eat more sugar than your body needs, the extra is stored as fat, making you gain weight.

③ Risk to Bone health

- Eating too much sugar can prevent your body from absorbing calcium or cause it to leave your body through urine, which can make your bones weak.



Practicing Food Safety and Nutrition

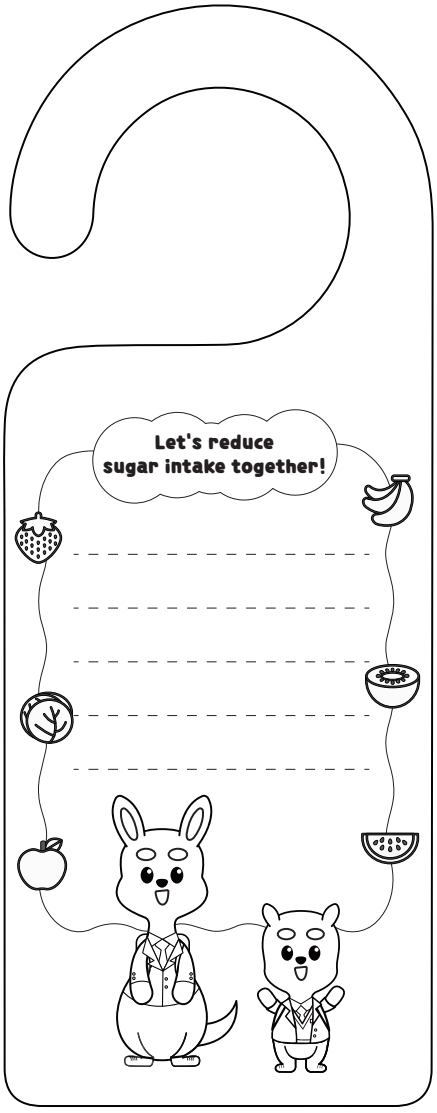
1. My promise 2. Apply 3. Check yourself

1. My promise

- Think of a promise to yourself to reduce sugar.
- Write it down on a "Door Hanger" and hang it on your door to remind yourself every day!

2) [Food Safety Korea] Sugar Information: Reduce sugar-rich processed foods for a week. https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do



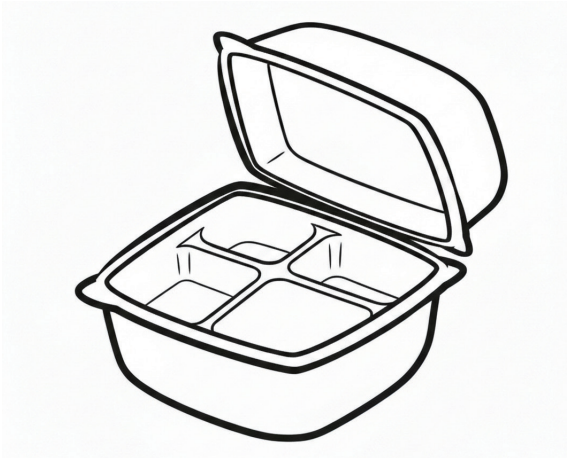


Let's reduce sugar intake together!
Sugar Reduction Pledge

2. Apply

※ I'm trying to fill my snack bag. Refer to the table below for information on less salty and less sweet foods. Choose three snacks and calculate how much sugar you would eat.

Castella (Sponge Cake) (1 slice, 70g)  Sugar (g) 23.6	Whipped Cream Cake(1 slice, 100g)  Sugar (g) 14.5	Tteokbokki(1 serving, 180g)  Sugar (g) 7.9
Fruit-flavored Jelly(1 pack, 80g)  Sugar (g) 51	Chocolate(1 bar, 70g)  Sugar (g) 35	Caramel Popcorn(1 bag, 65g)  Sugar (g) 23
Soft Serve Ice Cream(1 cone, 175g)  Sugar (g) 13	Soft Drink (Soda)(1 can, 250ml)  Sugar (g) 26.7	Chocolate flavored Milk(1 carton, 200ml)  Sugar (g) 21



Total sugar in the snack I chose : (g)

How I felt :

3. Check yourself

- ☐ I can tell what sugars are.
- ☐ I can check how much sugar is in my snacks.
- ☐ I can plan my own healthy snacks.

03 CAFFEINE



Learn about Food Safety and Nutrition

1. What is Caffeine? 2. What happens if you drink too much caffeine?
3. What happens if you drink too much caffeine?

1. What is caffeine? [1)]

– Caffeine blocks the signals in your brain that make you feel tired. At first, it may seem like it helps you focus better and stay awake, but over time, it can have the opposite effect, making you less focused and more tired. Caffeine is colorless, odorless, and has a slightly bitter taste

● high : 60mg or more ● medium: 30 ~ 59mg ● low : 1 ~ 29mg	Maximum recommended daily intake = body weight(kg) X 2.5mg

● Energy drinks (1can, 250ml)



80mg

● can coffee(1can, 250ml)



103mg

● coffee flavored milk (1carton, 200ml)



47mg

● Chocolate (100g)



18mg

● Coke(1can, 250ml)



27mg

● Green Tea(1 tea bag)



22mg

Source: [Food Safety Korea] Food Safety Knowledge: Adolescents, One High-Caffeine Drink is Enough! (October 27, 2023)
https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1096971&menu_grp=MENU_NEW01

[Ministry of Food and Drug Safety Blog] Caffeine is not just in coffee! Retrieved from(February 17, 2022)
https://m.blog.naver.com/kfdazzang/222650391820

[Ministry of Food and Drug Safety] Beverage Trends Based on Food Statistics (January 21, 2021)
https://www.mfds.go.kr/brd/m_629/view.do?seq=28&srchFr=&srchTo=&srchWord=&srchTp=&itm_seq_1=0&itm_seq_2=0&multi_itm_seq=0&company_cd=&company_nm=&Data_stts=A&page=1

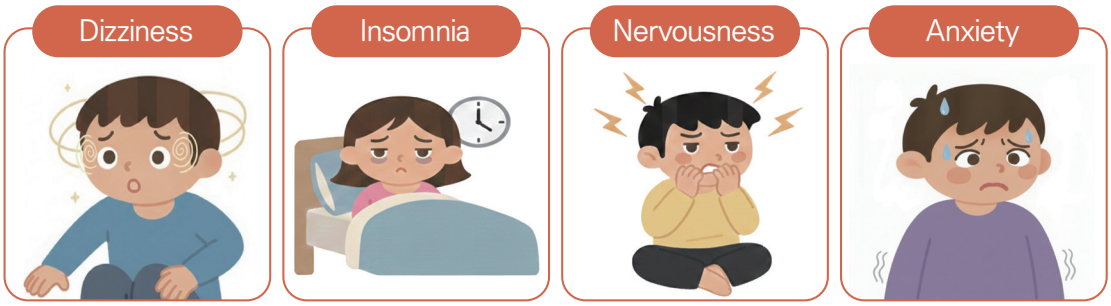
1) [Food Safety Korea] [Card News] Young people, one cup of high-caffeine beverage is enough(October 25, 2023).
https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1096971&menu_grp=MENU_NEW01

※ Based on my weight, what is my maximum recommended daily intake of caffeine?
※ If I eat 30g of chocolate and 1 cup of grapefruit black tea a day, calculate your caffeine intake in mg and compare it to my recommended maximum daily intake of caffeine.

※ Reference

1. Look for “Caffeine Content” or “Cautionary Statement” on the nutrition facts label
2. Avoid foods labeled as high in caffeine.

2. What happens if you drink too much caffeine? [2)]



① Dizziness
- Caffeine can make your heart beat faster and increase blood flow, which may lead to dizziness.

② Insomnia
- Caffeine stops your brain from feeling "tired," making it very difficult to fall asleep at night.

③ Nervousness
- Caffeine keeps your brainconstantly "on" alert, which can make you easily startled or more sensitive than usual.

④ Anxiety
- When your body stays tense for too long, you might start to feel anxious or feel a tightness in your chest.

2) [Food Safety Korea] Children, be careful of excessive chocolate consumption!(February 2, 2019). https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1072120&menu_grp=MENU_NEW01



Practicing Food Safety and Nutrition

1. Finding caffeine-free drinks
2. Let's make a promise!
3. Check yourself

1. Finding caffeine-free drinks

Find five caffeine-free drinks among the connected letters, circle them and write them in the correct answer box below.

lemon-	wa-	-drink	orange-	- tea
-ale	-ade	-ter	-juice	mil-
black-	-tea	sports-	herbal-	-k
co-	soy-	choch-	corn-	so-
-milk	-ffee	-late	-tea	-da
barley-	-tea	oat-	coconut-	-shake

[3]Answer : _____ , _____ , _____ , _____ , _____ ,

3) Answer : wa-ter, corn-tea, mil-k, soy-milk, barley-tea



2. Let's make a promise!

Let's choose foods without caffeine and make a promise! Look at the examples, write your own pledge, and whatch for changes in your body and mind.

1) Choose Foods You Can Eat Instead of Caffeinated Foods

〈Example〉

Foods with caffeine	Caffeine-Free Foods
coke	fruits
energy drinks	milk
choco bread	ginger tea
green tea	yogurt drink
cocoa	honey rice cake
chocolate	

Foods I used to eat	Alternative food	What does it taste like? (5 out of 5)	How I felt

2) Promise to take action

I [ ] will now eat [ ] instead of the [ ] I used to eat.

starting date : year ____ month ____ date ____

signature : _____

3. Check yourself V

☐ I can name at least two side effects of consuming too much caffeine.
☐ When I have some food, I can choose caffeine-free options.
☐ I can keep the commitment I made today.

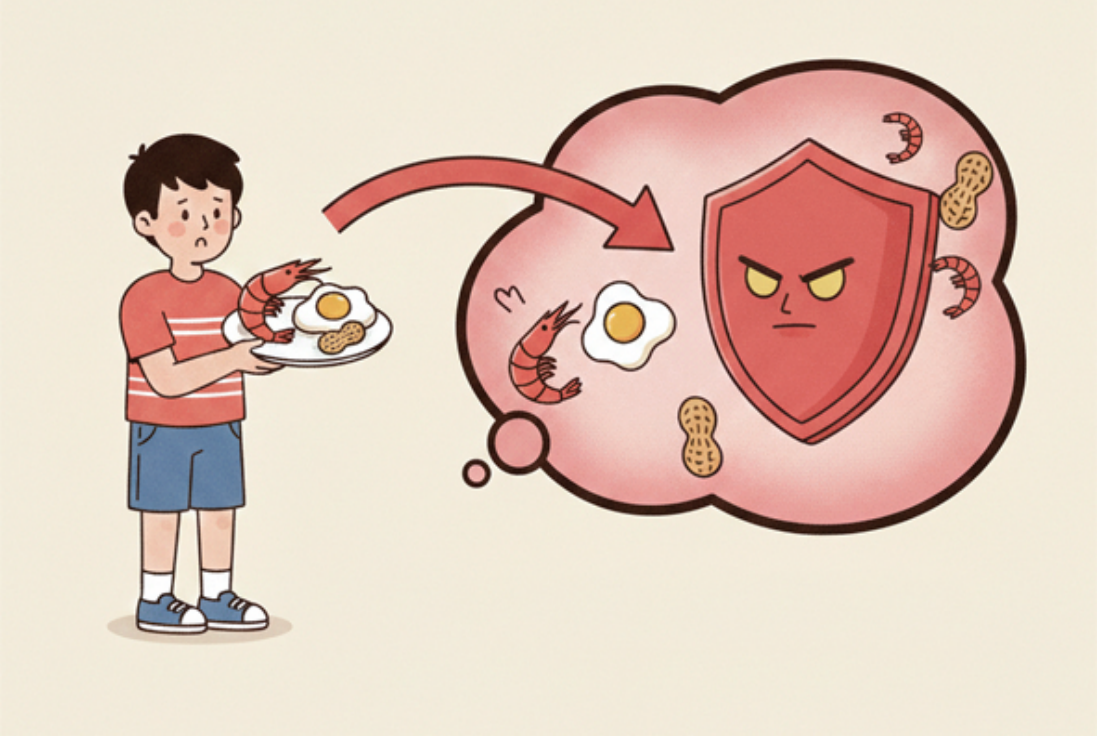
04 FOOD ALLERGIES

Learn About Food Safety and Nutrition

1. What are food allergies?
2. What are the symptoms and prevention methods for allergies?
3. What foods cause allergies?

1. What are food allergies?

A food allergy happens when the body mistakenly identifies a certain food as an “enemy” , searches for it, attacks it, and works to eliminate it through an immune response. Symptoms can vary and may include reddened skin, itching, swelling of the mouth or throat, abdominal pain, diarrhea, and vomiting.





2. What are the symptoms and prevention of allergies?

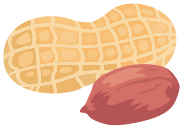
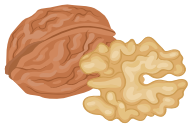
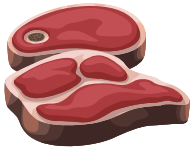
Allergy Story: Minjun's Lunchtime

Today at lunch Minjun received snacks containing peanuts.
His friends started eating it, saying it was delicious, but Minjun felt a bit worried.
"Teacher, I have a peanut allergy, so I can't eat it," he said.
The teacher asked in surprise,
"Minjun, what happens if you eat peanuts?"
Minjun answered cautiously,
"When I eat peanuts, I get hives all over my body and have trouble breathing. So I have to be very careful."
His friends were surprised,
"Wow, what if we have allergies to other foods?"
The teacher explained,
"That's right. Besides peanuts, other foods that can cause allergies include milk, eggs, wheat, soybeans, shrimp, crab, fish, and buckwheat. Everyone reacts differently. Some people may get a stomachache or itchy skin just from drinking milk."
Minjun nodded and said,
"So, before I eat lunch or snacks, I always ask, 'Does this food have peanuts in it?'"
His friends nodded and promised,
"From now on, let's also carefully check the ingredients in our food and help those with allergies!"

※ Prevention Methods

at home	at school	when eating out/delivery
- Check the ingredients and allergen labels carefully	- Complete and submit the allergy survey at the beginning of the semester. - Inform your homeroom teacher and school nutritionist of your food allergies and symptoms.	- Inform the staff about your food allergies before placing an order. - Check the allergen information on menus

2. What foods cause allergies? [1]

(1) Eggs(poultry)	(2) milk	(3) buckwheat	(4) peanut	(5) soybeans (legumes)
				
(6) wheat	(7) mackerel	(8) crab	(9) shrimp	(10) pork
				
(11) peach	(12) tomato	(13) sulfurous acids	(14) walnut	(15) chicken
				
(16) beaf	(17) squid	(18) shellfish (oysters, abalone, mussels)	(19) pine nut	
				

Source: [Food Safety Korea] Learn about food allergies(July 19, 2024)
https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1100304&menu_grp=MENU_NEW01

Aside from these, a variety of other foods can cause allergic reactions.

1) [Food Safety Korea] Learn about food allergies(July 19, 2024)
https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1100304&menu_grp=MENU_NEW01



Practicing Food Safety and Nutrition

1. Make a commitment 2. Apply 3. Check yourself

1. Make a commitment: Create a Food Allergy Safety Mini Book

※ Fill in the blank below with what you remember and create your own mini-book

※ If you don't have food allergies, think about what you would do for a friend who does and write down your own resolution.

Title	What is a food allergy? A food allergy is _____
Symptoms Symptoms I know	Food that cause allergies Food name
risk if it's severe...	prevention methods prevention methods I remember
What if my friend has a allergy? What I can do	my promise I will

2. Apply (Utilizing EduTech)

Take a quiz about food allergies and review what you learned.

〈Scan the QR code〉 [2)]

① Food allergies have nothing to do with our body's immune response. (O , X)

② School lunch menu list allergen-causing foods using numbers. (O , X)

③ Among school lunch allergens, this one is caused by the hairs on the seeds or husks. What is it? (POOOO)

④ If you have a food allergy, it is best to ask if the food contains that ingredient before eating. (O , X)

⑤ The only food allergy reaction is hives. (O , X)

⑥ Which allergen was most recently added to the school lunch list? (POOO OOO)

⑦ People with food allergies do not need to check the nutritional labels. (O , X)

⑧ If you have food allergies, you may need to have food restrictions. (O , X)

3. Check yourself √

☐ I can identify food allergens .
☐ I can help my friend with allergies check allergy information and choose foods.
☐ I can keep the promise I made today.

2) Answer 1.X 2.O 3. peach(복숭아) 4.O 5. X 6. pine nut(잣) 7.X 8.O



05 FOOD POISONING



Learn about Food Safety and Nutrition

1. What is food poisoning?
2. Reasons food poisoning occurs
3. What are the symptoms and prevention methods of food poisoning?
4. Find pictures related to food poisoning safety

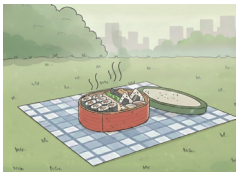
1. What is food poisoning? [1]

Food or water that is contaminated with harmful substances can cause illness when consumed. This is called food poisoning. Symptoms—such as stomachache, diarrhea, vomiting, and fever—usually appear within three days after eating the contaminated food. Food poisoning occurs most often in the summer but can happen in any season.diarrhea, and vomiting.

2. Reasons food poisoning occurs [2]

Hot weather

As the weather gets warmer, bacteria and viruses grow more quickly.



toxins

Some bacterial "seeds" (spores) or toxins can remain even after boiling.



Climate change and sanitation issues

- Climate change causes rising temperatures, seasonal imbalances, and extreme weather events, all of which can lead to the rapid growth of bacteria and viruses.
- If food is not handled or stored properly, the risk of food poisoning increases.



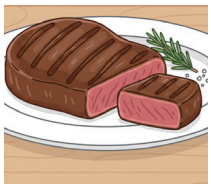
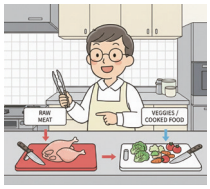
1) [Revised 2015] High School Food Safety and Health_Teacher's Guide. Ministry of Food and Drug Safety(2021)
2) [Food Safety Korea] Safe Food Management Tips for Climate and Environmental Change(July 15, 2019) https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1074472&menu_grp=MENU_NEW01

3. What are the symptoms and prevention methods of food poisoning? [3)]

※ symptoms

– If food is contaminated with bacteria, viruses, or toxins, symptoms can appear within three days. You may feel nauseous, have a headache, or feel very tired. In severe cases with dehydration or difficulty breathing, you must go to the hospital immediately.

※ prevention methos



① Wash hands
– Use soap and running water before eating.

② Fully cooked
– Meat and seafood should be cooked thoroughly.

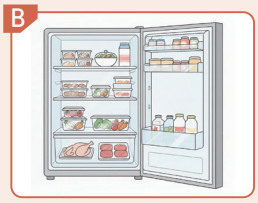
③ Keep raw and cooked foods separate.
– Use separate containers for raw and cooked foods.

④ Store Safely
– Keep leftovers in the refrigerator (below 5℃) and reheat them before eating.

4. Find pictures related to food poisoning safety

– Find the picture that causes food poisoning, circle it, and write down how you can prevent it.

A


B


C


D


How can we prevent it?

3) [Revised 2015] High School Food Safety and Health_Teacher's Guide. Ministry of Food and Drug Safety. (2021)

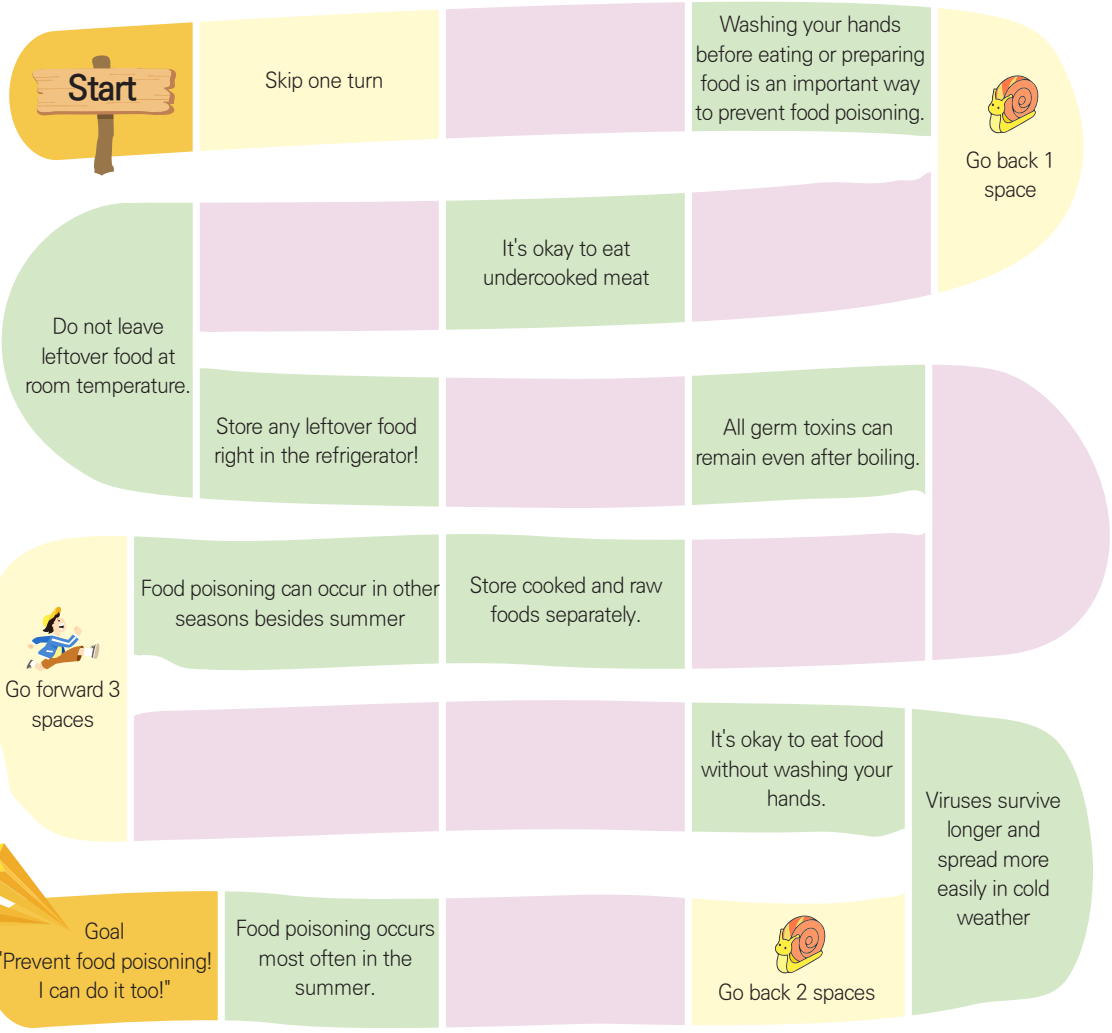


Practicing Food Safety and Nutrition

1. Make a commitment 2. Apply 3. Check yourself

1. Make a commitment

- Let's review what we learned by playing a food poisoning game with your family. (Materials: dice, game pieces)
- If you answer correctly, roll the dice one more time.
- If your answer is wrong, skip one turn.



2. Apply

How to Wash Hands with Soap and Water [4)]

① Wet hands with water.
② Apply enough soap to cover all hand surfaces.
③ Rub hands together and scrub everywhere.
④ Wash the front and back of your hands and in between your fingers.
⑤ Rinse hands with water.
⑥ Dry hands completely using a single use towel.
⑦ Use towel to turn off faucet and throw it away.



3. Check yourself √

☐ I can tell what food poisoning is.
☐ I can name at least two ways to prevent food poisoning.
☐ I can practice proper hand washing.

4) [Centers for Disease Control and Prevention(CDC)] How to Wash Hands Version 1 (May 13, 2024) https://www.cdc.gov/ebola/hcp/communication-resources/how-to-wash-hands-1.html#

Food Safety & Nutrition Practice Guide

for Multicultural Families

Children Edition

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