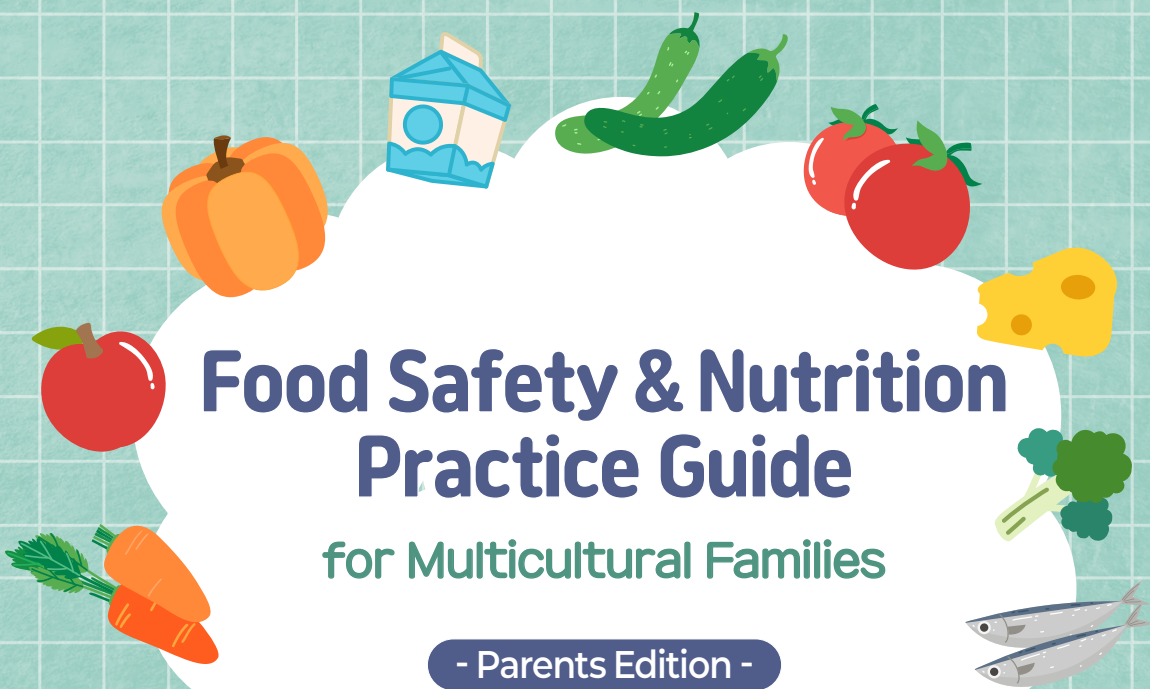




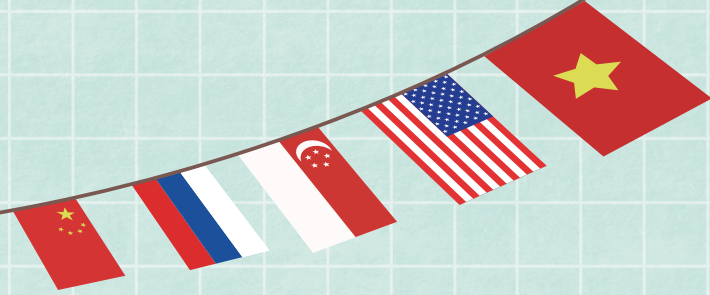
Food Safety & Nutrition Practice Guide

for Multicultural Families

- Parents Edition -



Ministry of Food and
Drug Safety



Food Safety & Nutrition Practice Guide

for Multicultural Families

- Parents Edition -





Introduction

This practical guide was developed to help parents from immigrant and multicultural families understand and actively support their children’s safe and healthy eating habits at home.

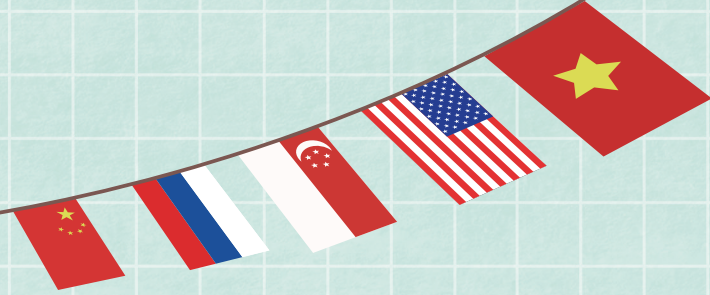
As the number of children from diverse cultural backgrounds continues to grow, a shared understanding of basic food safety and nutrition principles at home and at school has become an essential foundation for children’s stable growth and healthy daily lives.

While respecting cultural diversity, this guide clearly and simply presents core food safety and nutrition information that is important for all families.

It is organized into three steps—“What is it?” (Understanding the basics) – “Why is it important?” (Impact on children) – “What can we do?” (Practical actions at home)—to help parents and children think together and make informed, healthy choices.

The guide focuses on practical, easy-to-apply content drawn from everyday life, including grocery shopping and food selection, food preparation at home, and choosing snacks, eating out, or ordering delivery food.

We hope this guide will serve as a helpful resource for parents to better understand their children’s eating environment and nutritional needs, and to work in partnership with schools to continuously support healthy growth and the development of positive eating habits.

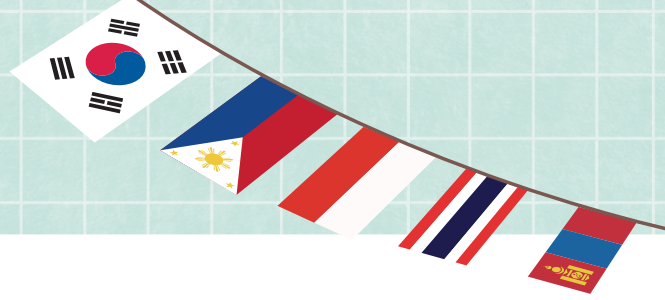


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01 SODIUM

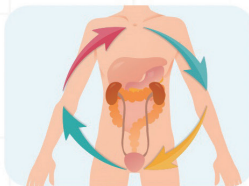


Learn about Food Safety and Nutrition

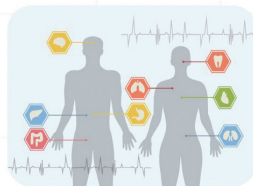
1. What is Sodium?
2. What effect does sodium have on our the body?
3. What are the recommended guidelines for sodium intake?

1. What is Sodium? ¹⁾

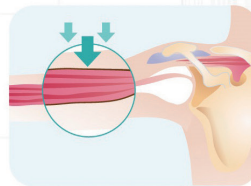
- The main ingredient in salt, which gives it its salty taste, is sodium chloride (NaCl). Sodium chloride is composed of 40% sodium (Na) and 60% chlorine (Cl).



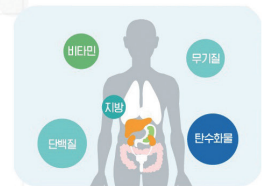
Regulation of osmotic pressure and body fluid balance



Transmission of nerve impulses



Muscle contraction



Absorption and transport of nutrients

2. What effect does sodium have on the body?

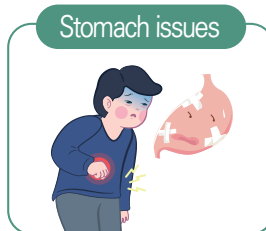
- Consuming excessive sodium can raise blood pressure, leading to conditions like heart disease and stroke, and can also strain the stomach and weaken bones. Therefore, moderating sodium intake is crucial ²⁾



Stroke



Hypertension



Stomach issues



Osteoporosis

1) [Food Safety Korea] Sodium Information: Reduce sodium intake starting today, for just one week.

https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=2912&menu_grp=MENU_NEW03&bbs_no=NAINFO

2) [Ministry of Food and Drug Safety] Reducing Sodium: A Guide to Food Statistics

https://www.mfds.go.kr/brd/m_629/view.do?seq=14&srchFr=&srchTo=&srchWord=&srchTp=&multi_itm_seq=0&company_cd=&company_nm=&page=2

3. What are the recommended guidelines for sodium intake?

- The World Health Organization (WHO) recommends less than 2,000 mg/day of sodium (equivalent to less than 5 g/day salt)³⁾



Amount equivalent to 5g of salt

1g of salt contains 400mg of sodium.



- The average sodium intake for adults worldwide is 4,310 mg/day (10.78 g/day of salt)⁴⁾. This is more than double the World Health Organization (WHO) recommended sodium intake of 2,000 mg/day (5 g/day of salt).
- Korean adults (ages 19–29) consume 3,204 mg of sodium, which is somewhat lower than the global average, but higher than the World Health Organization (WHO) recommended sodium intake⁵⁾.

The average sodium intake
for adults worldwide is
4,310 mg

Average sodium intake for
Korean adults (ages 19–29):
3,204 mg

The World Health
Organization (WHO)
recommends 2,000 mg of
sodium intake

- Among Korean foods, foods that significantly affect sodium intake include noodles, dumplings, broth, stir-fries, and stews. These foods often use high-sodium ingredients such as soy sauce, soybean paste, salt, and seasoning sauce, so sodium intake can easily increase. Therefore, when consuming, it is necessary to make efforts to reduce sodium content, such as leaving the broth and eating mainly the solid ingredients, reducing the amount of salt or soy sauce when cooking, and using low-sodium seasoning (Korea Food and Drug Safety Evaluation Institute, 2025)⁶⁾



3) Sodium intake for adults and children. World Health Organization. (2014)

4) Noncommunicable Diseases Data Portal. World Health Organization. (2022)

5) 2025 Report on Analysis of Intake of Potentially Harmful Nutrients (Sodium and Sugar). National Institute of Food and Drug Safety Evaluation. (2025)

6) 2025 Report on Analysis of Intake of Potentially Harmful Nutrients (Sodium and Sugar). National Institute of Food and Drug Safety Evaluation. (2025)



Practicing Food Safety and Nutrition

1. When shopping

2. When ordering food

3. When eating

1. When Shopping ⁷⁾

■ Choosing Foods

- Choose fresh produce over pre-packaged or processed foods.
- Reduce purchases of canned goods, marinated meats, and salted foods like jeotgal (fermented seafood) and jangajji (pickled vegetables).
- When purchasing processed foods, look for products labeled "low-sodium" or "reduced".

Nutrition Facts		Total Net Weight 62g 315 Kcal
Per Total Serving Size 1,200 mg 60%	% Daily Value (%DV)	
Sodium 00mg	00%	
Carbohydrates 00g	00%	
Sugars 0g		
Fat 00g	00%	
Trans Fat 00g		
Saturated Fat 00g	00%	
Cholesterol 00mg	00%	
Protein 00g	00%	
The daily value (%) is based on 2,000 Kcal and may vary depending on individual caloric needs.		

■ How to read sodium content labels

(How to Check the Nutrition Facts on Food Packaging))

- Check the 'sodium (mg)' content and the percentage (%) of the daily recommended intake listed on the Nutrition Facts label.
- The World Health Organization (WHO) recommends 2,000 mg of sodium intake, calculate sodium intake based on the amount consumed per serving.⁸⁾
- On foreign products, sodium may be listed as "sodium."

■ How to reduce Saltiness in broths and Stews (using natural seasonings and spices)

- Reduce the use of salt, soy sauce, and soybean paste, and enhance flavor with natural seasonings such as kelp, anchovies, and shiitake mushrooms..
- Add flavor and aroma using spices and aromatic vegetables such as red pepper powder, pepper, green - onions, water parsley, garlic, and ginger for enhanced flavor and aroma.
- Use smaller broth bowls to reduce broth consumption, and focus on eating more solid ingredients.
- Do not use the entire seasoning packet when cooking instant noodles; leave some out.

⁷⁾ The nutritious meal our bodies crave. Ministry of Food and Drug Safety. (2012)

⁸⁾ High School Food Safety and Health. Ministry of Food and Drug Safety. (2021)



■ Comparison of sodium content in processed foods such as ramen, ham, and sausage

Ramen (including broth)  Sodium (mg) 1,930	Ham (grilled)  Sodium (mg) 1,203
Sausage  Sodium (mg) approximately 1,000	White bread  Sodium (mg) 66

→ Compared to fresh produce, the sodium content can be up to hundreds of times higher.

2. When Ordering Food ⁹⁾

■ How to Choose Low-Sodium Menu Options at Restaurants

- To choose menu items that are lower in sodium: Avoid broth-based dishes like broth, stews, hotpots, noodles, and ramen.
- Choose bibimpap, salads, dishes that use plenty of fresh vegetables and fruits.

⁹⁾ The nutritious meal our bodies crave. Ministry of Food and Drug Safety. (2012)

■ Expressions you can use at restaurants to request less sodium (and less salty food)

Korean	Japanese	Chinese	Russian	English	Vietnamese
소스는 따로 주세요. 국물은 조금만 주세요. 싱겁게 해주세요. 양념장은 절반만 주세요.	ソースは別にしてください。 スープは少なめにしてください。 薄味にしてください。 タレは半分だけにしてください。	酱汁请另外放。 汤请少放一点。 请做得清淡一些。 调味汁请只放一半。	Пожалуйста, подайте соус отдельно. Пожалуйста, налейте меньше бульона. Пожалуйста, сделайте блюдо менее солёным. Пожалуйста, положите только половину соуса.	Please serve the sauce separately. Please give me less broth. Please make it less salty. Please give me only half the sauce.	Làm ơn cho nước sốt riêng. Làm ơn cho ít nước dùng thôi. Làm ơn nấu nhạt một chút. Làm ơn cho một nửa nước chấm thôi.

■ How to Request Less Sauce or Seasoning When Ordering Delivery

- Ask for sauces or seasonings to be packaged separately so you can control the amount you consume.

■ How to Choose Low-Sodium Menu Options When Ordering

- Even with the same main ingredients, choose options with less sodium—for example, grilled fish instead of braised fish, or noodles with plenty of vegetables instead of noodles served in salty broth.
- If side dishes are unnecessary, ask to exclude them to reduce additional sodium intake.
- Search customer reviews using keywords such as “짜다(salty)” to help select restaurants or menu items.

3. When Eating

■ How to reduce sodium intake during meals

- Eat more solid ingredients rather than drinking the broth.
- Dip food into sauces instead of pouring them over the food.
- Limit the intake of salted foods such as pickles, radish pickles, preserved vegetables, salted seafood, and kimchi.
- For dishes like seolleongtang or gomtang that are seasoned at the table, taste the broth first before adding salt. When eating them with kimchi or pickled foods, season the broth more lightly.
- For bibimbap or spicy mixed noodles served with gochujang, soy sauce, or other sauces, remove some of the sauce or avoid using all of it.



02 SUGARS



Learn about Food Safety and Nutrition

1. Let's learn about the definition and types of sugars?
2. What role does sugar play in the body?
3. What's the difference between sugars in Natural and Processed foods?
4. What problems can arise from excessive sugar intake?

1. Let's learn about the definition and types of sugars?

- Sugars are sweet ingredients and can be divided into natural sugars and added sugars.
- Natural Sugar: sugars that occur naturally in foods and are found in whole foods such as fruits and sweet potatoes.
- Added sugar: sugars added during food manufacturing or cooking to enhance flavor, color, or shelf life.

Natural Sugar

Naturally occurring sugars in fruits, vegetables, milk, etc.



Added Sugar

Sugars such as sugar, starch syrup, and syrups that are added during food processing or cooking.



2. What role does sugar play in the body? ¹⁾

① Provides an immediate energy source

- Sugars are absorbed without digestion or are quickly broken down and absorbed after consumption, so they are used immediately in the brain, nerves, and muscles. In particular, the brain uses glucose as its main energy source, so consuming adequate sugars can help maintain concentration and cognitive function.

¹⁾ [Food Safety Korea] Sugar Information: For just one week, try reducing processed foods high in sugar.
<https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do>

② Supporting Physical Activity

- Sugars can be used as an energy source for muscles during exercise and daily activities, making them an efficient nutrient for children and adolescents with high levels of physical activity.

③ Energy Storage and Use

- Excess sugar is stored in the liver and muscles as glycogen or converted to fat, serving as a long-term energy source

④ Maintaining metabolism and physiological functions

- Sugars help keep blood glucose levels stable, supporting normal metabolism and the proper functioning of organs.



3. What's the difference between sugars in Natural and Processed foods? ²⁾

Sugars in Natural Foods

Natural sugar

Rich in vitamins, minerals, and dietary fiber
Cause a gradual rise in blood glucose levels



Fruits, vegetables, milk, etc.

Sugars in Processed Foods

Added sugar

Added during manufacturing and cooking
Contain little nutritional value other than sugar
Cause a rapid rise in blood glucose levels



sugars, corn syrup, honey

2) 2020 Nutrient Intake Standards for Koreans. Ministry of Health and Welfare, Korean Nutrition Society. (2020)

4. What problems can arise from excessive sugar intake? ³⁾

① Tooth Decay

- Sugars feed the bacteria in your mouth, producing acid that dissolves your teeth and causes cavities. Therefore, it is necessary to develop the habit of rinsing or brushing your teeth with water after eating sweet foods.



② Obesity

- Sugars that are not used in the body are converted into fat and stored in the body. Long-term overconsumption can lead to weight gain and abdominal obesity.

③ Metabolic Disease

- Excessive sugar intake causes frequent and rapid fluctuations in blood sugar levels and weakens insulin function. This increases the risk of metabolic diseases such as diabetes, hypertension, and dyslipidemia.



④ Osteoporosis

- Sugar can weaken bones by increasing calcium excretion from the body. Frequent consumption of carbonated beverages can lead to increased calcium loss and hinder bone growth during growth.

⑤ Accelerate Aging

- High sugar intake can damage cells in the body, leading to premature aging of the skin and blood vessels.



3) [Food Safety Korea] Sugar Information: For just one week, try reducing processed foods high in sugar.
<https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do>



Practicing Food Safety and Nutrition

1. When shopping
2. When eating at home
3. When ordering delivery food

1. When shopping

① (When shopping) Choosing Low-Sugar Snacks

- Choose snacks that are low in sugar.
- Instead of processed foods such as sugary drinks, candy, and snacks, buy seasonal fruits, nuts, and unsweetened yogurt. ⁴⁾

② How to read sugar content labels

- Check the “Sugars (g)” information on the Nutrition Facts label on the package. Adjust according to the daily intake standard (100g) and be sure to check the amount per serving
- Also confirm whether the information is based on per package, per unit content, or per serving size. ⁵⁾

Nutrition Facts				Total Net Weight 235ml 80 Kcal		
Sodium 45 mg 2%		Carbohydrates 19 g 6%		Sugars 12 g 12%	Dietary Fiber 2.6 g 10%	
Fat 0 g 0%		Trans Fat 0 g		Saturated Fat 0 g 0%		Cholesterol 0 mg 0%
Protein 0 g 0%		Calcium 30 mg 4%		Vitamin D ₃ 0.8 μg 8%		Vitamin B ₁ 0.18 mg 15%
The daily value (%) is based on 2,000 Kcal and may vary depending on individual caloric needs.						

③ Using Natural Sweetness in Cooking

- Reduce the amount of sugar, corn syrup, or syrup by half, or use a substitute sweetener. Create natural sweetness by using ingredients rich in dietary fiber, such as onions, cabbage, sweet potatoes, pumpkins, carrots, and paprika.

4) [Ministry of Food and Drug Safety Blog] How to Choose Smart Snacks?(February 8, 2021)
<https://m.blog.naver.com/kfdazzang/222236095631>

5) [Effective September 19, 2025] [Prime Minister's Decree No. 2049, September 18, 2025, Partially Amended]
<https://www.law.go.kr/LSW//lsByllInfoPLinkR.do?lsiSeq=273571&lsNm=%EC%8B%9D%ED%92%88+%EB%93%B1%EC%9D%98+%ED%91%9C%EC%8B%9C%93%86%8D%EA%B4%91%EA%B3%A0%EC%97%90+%EA%B4%80%ED%95%9C+%EB%B2%95%EB%A5%A0+%EC%8B%9C%ED%96%89%EA%B7%9C%EC%B9%99&bylNo=0005&bylBrNo=00&bylCls=BE&bylEfYd=20250829&bylEfYdYn=Y>



2. When eating at home

① Avoid Dishes with Strong Sweet Flavors When Choosing Menus

- When planning meals, choose cooking methods with less sweetness, such as steaming, boiling, grilling, and salads, rather than braised or fried dishes that use a lot of sweet sauces.. Instead of soy sauce or gochujang seasoning, use natural spices or vegetables to add flavor.

② Drink water or unsweetened tea instead of soft drinks

- During meals or snack times, choose sugar-free drinks such as water, sparkling water, barley tea, or corn tea instead of juice or soft drinks.

③ Use only as much sauce and dressing as you need

- Instead of mixing sweet dressings or sauces into salads or dishes in advance, serve them on the side and use only the amount needed to reduce added sugar intake. At home, it is better to make simple dressings using vinegar, lemon juice, and olive oil rather than store-bought sauces.

④ Avoid desserts and snacks in moderation and sweet foods.

- If possible, avoid sugary drinks, ice cream, cake, etc. after meals, and if you do eat dessert, choose foods with less sugar, such as fruit or unsweetened yogurt.

⑤ Control the frequency and amount of eating out

- Try to minimize meals that are high in sugar, such as fast food or desserts, and when cooking at home, reduce the amount of seasonings and sauces that contain a lot of sugar.

⑥ Making Low-Sugar Snacks at Home

- Fruit Salad: Mix seasonal fruits with low-sugar yogurt and top with a few nuts.
- Vegetable Sticks: Carrots, cucumbers, and paprika served with a low-sugar yogurt sauce.
- Roasted Sweet Potatoes: Roast the sweet potatoes in the oven or air fryer with the skin on.

3. When ordering delivery food

- ① Before ordering – when selecting a menu
 - When choosing a menu on a delivery app, avoid items with keywords like “sauce,” “seasoning,” or “sweetness,” and Choose dishes such as grilled, steamed, raw fish, salads, or seasoned vegetables that are prepared with little or no added sugars or syrup.
- ② When ordering – Writing Special Requests
 - For foods with a lot of sauce, such as tteokbokki or chicken, Writing Special Requests
- ③ After receiving your order – further cooking or Mixing the Food
 - If the delivered food is too sweet, add water or vegetables to make it milder.
 - Replace store-bought salad dressings with homemade, low-sugar dressings (such as olive oil and lemon juice).
- ④ When eating – Changing Side Items
 - Instead of the cakes, cookies, ice cream, and sodas included in the set menu, eat them with fruits, nuts, and unsweetened tea that you have at home.



03 CAFFEINE



Learn About Food Safety and Nutrition

1. Let's learn about the characteristics of caffeine?
2. What is the maximum recommended daily intake of caffeine?
3. What are the positive effects of caffeine on the body?
4. What happens if you consume too much caffeine?

1. Let's learn about the characteristics of caffeine? ¹⁾

- Caffeine is a substance found in coffee, green tea, black tea, cola, energy drinks, and other foods, and it can be easily found in many products.
- Beverages commonly consumed by children and adolescents, such as chocolate drinks and soft drinks, also contain caffeine.
- Caffeine is known to reduce sleepiness and make people feel less tired

2. What is the maximum recommended daily intake of caffeine?

- Caffeine has both positive and negative effects, like two sides of a coin, and sensitivity to caffeine varies from person to person, so individuals need to regulate their own caffeine intake.

※ Maximum recommended daily intake of caffeine ²⁾

- 400 mg for adults, 300 mg for pregnant women, and 2.5 mg per kg of body weight for children

1) [Food Safety Korea] Food Safety Knowledge: Caffeine (November 26, 2014)

https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=21759&menu_grp=MENU_NEW01

2) [Food Safety Korea] Food Safety Knowledge: Teens, 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

3. What are the positive effects of caffeine on the body?

① Caffeine Helps You Stay Awake and Feel More Alert

- Our bodies produce substances that make us feel sleepy, but caffeine blocks their effects, making us feel more alert. As a result, caffeine can improve concentration while studying or working and make you feel more refreshed.

② Caffeine helps you feel more energetic and less tired during exercise.

- Caffeine reduces feelings of fatigue and increases energy when you are physically active. As a result, physical activities such as exercising for longer periods or using strength may feel easier.

4. What happens if you consume too much caffeine? ³⁾

① It Can Make It Hard to Fall Asleep

- Caffeine is a stimulant that helps you stay awake. If consumed late in the day, it can make it difficult to fall asleep and interfere with deep sleep.
- Children and adolescents are especially sensitive to caffeine, and a lack of sleep is not good for their growth

② It Can Cause Anxiety and Tremors

- Drinking too much caffeine can make you feel anxious, cause a racing heart, and make it hard to concentrate.
- Some people may experience tremors or feel nervous.

③ It Can Upset the Stomach

- Caffeine causes the stomach to produce more acid, which can irritate the stomach. As a result, People who experience stomach irritation or have gastritis may feel worse pain.

④ It can have a negative impact on a child's growth

- Caffeine can interfere with the absorption of calcium, which is important for strong bones. Therefore, drinking too much caffeine can be harmful to bone health, make it difficult to concentrate on your studies, or cause feelings of anxiety.

⑤ It Can Become a Habit and Cause Headaches When Stopped

- Frequent intake of coffee or energy drinks can make the body dependent on caffeine. Suddenly stopping caffeine intake may lead to headaches, fatigue, or irritability.

3) [Food Safety Korea] How to Read Caffeine Labels (August 24, 2017)

https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1064663&menu_grp=MENU_NEW01



Practicing Food Safety and Nutrition

1. When eating at home
2. When eating out
3. When ordering delivery food

1. When eating at home

- ① Drink decaffeinated and caffeine-free beverages
 - At home, choose decaffeinated coffee or tea, or traditional caffeine-free teas such as barley tea, corn tea, and roasted chicory (donggulle) tea.
- ② Check for Caffeine in Snacks
 - Since chocolate, cocoa, and ice cream can also contain hidden caffeine, it is recommended to replace children's snacks with fruits, nuts, or milk.
- ③ Control your consume time
 - The effects of caffeine can last 3 to 6 hours, so try to avoid consuming it after 2 or 3 p.m.
- ④ Get in the habit of checking labels ⁴⁾
 - Look for labels that indicate "high caffeine content" and avoid these products if you are a child, adolescent, pregnant woman, or sensitive to caffeine.



Source: [Ministry of Food and Drug Safety] Caution on Excessive intake of High-Caffeine Drinks by Adolescents (April 3, 2023)
https://www.mfds.go.kr/brd/m_99/view.do?seq=47137&srchFr=&srchTo=&srchWord=&srchTp=&itm_seq_1=0&itm_seq_2=0&multi_itm_seq=0&company_cd=&company_nm=&page=1

2. When eating out ⁵⁾

- ① Choose drinks with less caffeine
 - You can significantly reduce your caffeine intake by choosing herbal teas, fruit juices, and smoothies instead of coffee
- ② If you choose coffee
 - Ask for a decaffeinated version to reduce caffeine intake.

4) [Food Safety Korea] Food Safety Knowledge: Teens, 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

5) [Food Safety Korea] Children, Beware 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

③ Limit refills

- Even if refills are available, limit caffeinated drinks to one refill only, and choose a different beverage afterward.

④ Be careful of caffeine in desserts

- Tiramisu, green tea cake, and chocolate cake also contain caffeine. Fruit-based pastries or yogurt are safer options, especially for children

⑤ Beware of high-caffeine drinks

- Some cafes and restaurants sell energy drinks or high-caffeine beverages (0.15 mg or more per mL) that carry warning labels stating they should be avoided by adolescents and pregnant women. Always check labels and instructions when eating out.

3. When ordering delivery food

① Change set drinks

- Ask to replace cola or coffee included in chicken or pizza sets with orange juice, yogurt drinks, or caffeine-free beverages.

② Avoid high-caffeine drinks

- Energy drinks and high-caffeine coffee on delivery menus can exceed the recommended daily caffeine limit for teenagers with just one can. It is best to avoid ordering them if possible.

③ Ordering for Children

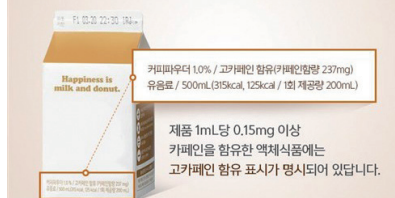
- Drinks for children should always be caffeine-free. You can make requests such as, "Please replace the cola with juice."

④ Be careful when ordering late at night

- Consuming caffeinated beverages after 7 p.m. can interfere with sleep. It is better to choose caffeine-free drinks at night, especially since adequate sleep is important for learning and growth in adolescents.

How to Check Caffeine Labels in Liquid Foods

카페인 과잉 섭취 주의!
라벨에서 **고카페인 함유 표시**와
카페인 함유량을 확인할 수 있습니다.



Source: [Food Safety Korea] How to Read Caffeine Labels
(August 24, 2017)
https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1064663&menu_grp=MENU_NEW01



04 FOOD ALLERGIES

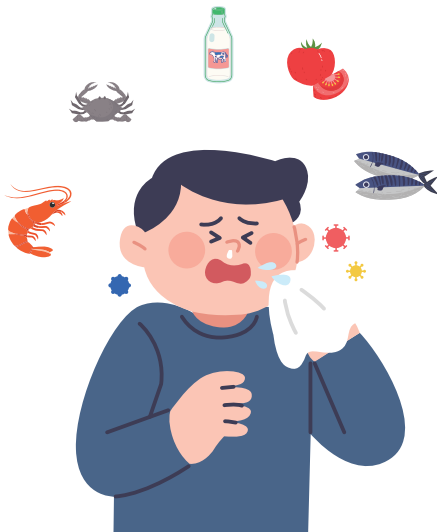


Learn About Food Safety and Nutrition

1. What is a food allergy?
2. What are food allergens?
3. Let's learn how to check the labeling of food allergens
4. Let's learn how to prevent food allergies.

1. What is a food allergy? ¹⁾

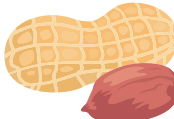
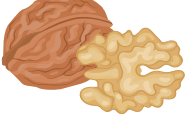
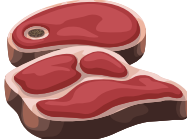
– A food allergy occurs when the person consumes a food that is normally harmless to most people, but the body's immune system overreacts to its ingredients. This can cause a variety of symptoms, including skin rashes, hives, itching, vomiting, and difficulty breathing.



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

2. What are food allergens? ²⁾

(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) beef	(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.

²⁾ [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



3. Let's learn how to check the labeling of food allergens ³⁾

① where can you find the information?

- Processed Foods : The ingredients and potential food allergens are listed on the food label, usually on the back or side of the packaging.
- Restaurants & Delivery Food: They are required to display “food allergens information” on their menus, websites, and apps.
- School Meals: Menus listing ingredients that may cause allergies must be shared through school newsletters, on the school website, in the cafeteria, and in classrooms.

② Check point

- √ Find food allergens (19 types, including milk, eggs, wheat, and peanuts) in the ingredients list.
- √ Pay attention to text that is bolded or in a different color.
- √ Do not confuse this with the Nutrition Facts—always check the ingredients section. -

4. Let's learn how to prevent food allergies.

Identifying Allergy Triggers in Advance

Please have your child undergo professional testing to identify which specific foods trigger their allergic reactions.

Avoiding Food Allergens

Strictly avoid all diagnosed food allergens and take extra care to ensure they are not consumed by accident.

Checking Labels When Shopping

When purchasing processed foods or snacks, please carefully check the ingredients list for any potential allergens.

Caution When Dining Out or Ordering In

When dining out or ordering delivery, ensure you do not select dishes or menu items that contain your known allergens.

3) [Food Safety Korea] Let's learn about food allergen labeling(March 9, 2023)

https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=4847&bbs_no=bbs039&ntctxt_no=1093585&menu_grp=MENU_NEW03



Practicing Food Safety and Nutrition

1. When eating at home 2. When eating out 3. When ordering delivery food

1. When eating at home

- ① Check food labels carefully ⁴⁾
 - Always check the packaging for statements like “Contains food allergen ○○.”
 - Be aware that warnings are also provided for products made in the same facility, so please
- ② Be careful not to mix things up when cooking. ⁵⁾
 - If your child has a food allergy, use separate knives, cutting boards, and ladles for their food.
 - For example, if you use a knife that has touched peanut butter to scoop jam, the jam will become contaminated with peanuts.
- ③ you can choose other foods instead ⁶⁾
 - Milk allergy → substitute with anchovies, tofu, or seaweed.
 - Soy allergy → substitute with tuna, cheese, mackerel, beef, or pork.
 - Egg allergy → substitute with fish, beef, pork, or tofu.
- ④ Prepare for emergencies ⁷⁾
 - Keep any medications prescribed by a doctor (antihistamines, EpiPen, etc.) at home, and make sure family members know how to use them.
 - If allergic symptoms occur, call 119 or go to the hospital immediately.

Key things to remember at home

- ✓ Check the ingredient labels thoroughly.
- ✓ Share your child’s allergy information with others(school, relatives, teachers)
- ✓ Practice emergency response steps in advance.

※ Be sure to discuss with your doctor any foods that may cause allergies in your child, and confirm which foods are safe for them to eat.

4) [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

5) [Food Safety Korea] Let's learn about food allergen labeling(March 9, 2023)

https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=4847&bbs_no=bbs039&ntctxt_no=1093585&menu_grp=MENU_NEW03

6) 2025 Children's Meal Management Support Center Menu Operation and Management Guidelines, Ministry of Food and Drug Safety, Korea Food Safety Management Institute. (2024)

7) [Food Safety Korea] Let's learn about food allergen labeling(March 9, 2023)

https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=4847&bbs_no=bbs039&ntctxt_no=1093585&menu_grp=MENU_NEW03



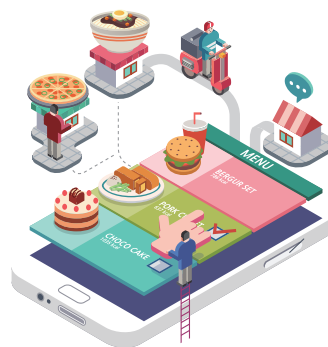
2. When eating out

- ① Informing the staff before ordering
 - When ordering, it is best to ask, “My child has an allergy to ○○. Does this food contain that ingredient?”
 - Be especially careful as they are often hidden in sauces, broths, and batters.
- ② Selecting menu items
 - Choosing foods that are cooked as simply as possible (grilled, steamed) with less seasoning or sauces will reduce your risk.
 - Avoid broth, as they may contain flour, soy sauce, or seafood.
- ③ Choosing a place to eat out
 - Select a restaurant that provides allergen labeling or has a children’s menu.
 - If allergic symptoms occur, call 119 or go to the hospital immediately.

3. When ordering delivery food

As a rule, always check the ingredients on the packaging carefully. If you are unsure about any item, do not give it to your child.

- ① Check in delivery app
 - Many delivery apps now display “allergy information.” Be sure to check this before placing your order.⁸⁾
- ② Contact the store
 - If information is missing, call the restaurant to confirm the ingredients. “Does this contain ○○ ingredient?”
- ③ Request separate sauce
 - Asking for sauces to be served separately can help reduce the risk of cross-contamination.
- ④ Be careful with foods you try for the first time.
 - When trying a new food for the first time, give your child a small portion and monitor for any adverse reactions.



8) [Food Safety Korea] Let's learn about food allergen labeling(March 9, 2023)
https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=4847&bbs_no=bbs039&ntctxt_no=1093585&menu_grp=MENU_NEW03

05 FOOD POISONING



Learn about Food Safety and Nutrition

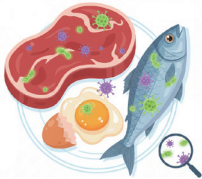
1. What is Food Poisoning?
2. Why does food poisoning occur?
3. Food Poisoning Prevention Tips

1. What is Food Poisoning? ¹⁾

- Food poisoning is an illness caused by consuming food contaminated with harmful bacteria or viruses. It can occur when food is not cooked properly or is left out in hot weather for too long, allowing harmful bacteria to grow.

2. Why does food poisoning occur? ²⁾

GERM



Bacteria grow in undercooked meat, eggs, and fish.

VIRUS



The virus can be transmitted through contaminated hands, water, or shellfish

NATURAL TOXIN



Natural toxins are found naturally in certain foods, such as poisonous mushrooms or sprouted potatoes.

- Meat: Harmful bacteria can survive if meat is undercooked. Poultry, in particular, carries a high risk of Salmonella. Always cook to the recommended internal temperature.
- Egg: Eggs may contain Salmonella if they are raw or undercooked.
- Fish·shellfish·and seafood: Raw or undercooked fish and shellfish can lead to Vibrio or Norovirus infections. During the summer, it is highly recommended to eat seafood fully cooked rather than raw.
- Fruits and vegetables: Soil and irrigation water can leave bacteria on the surface. Always rinse thoroughly under running water before eating or cooking.

1) Food Safety and Health Workbook (Teacher's Guide). Ministry of Food and Drug Safety. (2021)

2) Food Safety and Health Workbook (Teacher's Guide). Ministry of Food and Drug Safety. (2021)

3. Food Poisoning Prevention Tips ³⁾

- ① Hand Washing: Wash your hands with soap under running water for at least 30 seconds.
- ② Use separate: Use different knives and cutting boards for raw and cooked foods to prevent cross-contamination.
- ③ Clean & Sanitize: Wash and disinfect food ingredients and kitchen utensils thoroughly.
- ④ Temperature Control: Keep refrigerated foods at 5°C or below, and frozen foods at -18°C or below.
- ⑤ Cook Thoroughly: Heat meat to at least 75°C and seafood to at least 85°C for more than 1minute



3) [Food Safety Korea] Prevent food poisoning by taking good care of yourself!
https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=4423&menu_grp=MENU_NEW02&bbs_no=bbs405&ntctxt_no=1107139



Practicing Food Safety and Nutrition

1. When eating at home
2. When eating out
3. When ordering delivery food

Keeping Your Children Safe: Healthy Habits

Even when eating snacks like bread or fruit, making a habit of washing hands thoroughly can help prevent food poisoning. ⁴⁾

★ Precautions for consuming, cooking and storing food ⁵⁾



Always ensure shellfish and seafood are cooked through, and promptly refrigerate any leftovers.



Store grains and nuts in a cool, dry place with a stable temperature to prevent mycotoxin growth.

1. When eating at home ⁶⁾

- Boil water before drinking.
- Wash your hands with soap after returning home or before handling food.
- Eat properly cooked food.
- Any leftover food that has been refrigerated must be reheated thoroughly to a safe internal temperature before consumption.
- Prepare smaller portions to finish in one sitting; this reduces the need for storage and keeps your meals fresh.

4) [Food Safety Korea] How to Prevent COVID-19: Hand Washing (September 3, 2020)

https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=2873&menu_grp=MENU_NEW05&bbs_no=bbs109&ntctxt_no=1081003

5) [Food Safety Korea] Safe food management tips to prepare for climate and environmental changes (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

6) 2015 Revised Food Safety and Health (High School) Teacher's Guide. Ministry of Food and Drug Safety.(2021)

2. When eating out ⁷⁾

- When choosing a restaurant for a family meal or while traveling, check out "Our Neighborhood Food Safety Information" [Food Safety Korea] Our Neighborhood Food Safety Information ⁸⁾ for hygiene ratings (restaurant hygiene rating system) and model restaurants.
- In the summer, avoid bringing leftover food home after eating out. If you do, make sure to reheat it thoroughly before eating
- It is best to avoid perishable foods such as raw meat, raw fish, and undercooked egg dishes.

What is the "Restaurant Hygiene Rating System"? ⁹⁾

This system evaluates the sanitary conditions of restaurants and assigns grades—such as “Very Good” or “Good”—only to establishments that meet high standards. Be sure to check for the ‘Restaurant Hygiene Rating System’ mark at the restaurant entrance or near the cash register.



Source: [Food Safety Korea] Introduction to the Sanitation Rating System
https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=4433&menu_grp=MENU_NEW02&bbs_no=newbbs10

3. When ordering delivery food ¹⁰⁾

- Make sure your delivery food arrives at the proper temperature.
- Eat immediately: Consume delivered food as soon as possible, and refrigerate any leftovers right away.
- Wash your hands with soap under running water for at least 30 seconds before eating.
- Reheat left-overs thoroughly before eating.

7) [Food Safety Korea] Food Safety Knowledge: Everyday Use of Food Safety Nation and My Hands (App) (April 24, 2023)
https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=3120&bbs_no=bbs001&ntctxt_no=1094172&menu_grp=MENU_NEW01

8) [Food Safety Korea] Our Neighborhood Food Safety Information
<https://www.foodsafetykorea.go.kr:443/portal/fooddanger/foodSafetyInfo.do?>

9) [Food Safety Korea] Introduction to the Sanitation Rating System
https://www.foodsafetykorea.go.kr:443/portal/board/boardDetail.do?menu_no=4433&menu_grp=MENU_NEW02&bbs_no=newbbs10

10) [Food Safety Korea] Can't give up delivery food? Be sure to follow these food poisoning prevention tips(December 11, 2024)
https://www.foodsafetykorea.go.kr/portal/board/boardDetail.do?menu_no=4422&bbs_no=bbs404&ntctxt_no=1102147&menu_grp=MENU_NEW02

Food Safety & Nutrition Practice Guide

for Multicultural Families

Parents Edition

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