



Haris and the Secret of the Food Safety Heroes

KALAEVAANIE A/P DEVARAJ



Haris stands in the middle of a lively school canteen, surrounded by the delicious aroma of nasi lemak and fried chicken. With a growling stomach and a big smile, Haris reaches for a plate of food, ready to dive into a tasty Malaysian lunch.



Just as Haris is about to take the first bite, Cikgu Siti appears with a friendly smile and a raised finger. She reminds Haris that the first step to any great meal starts at the sink, where soap and water wait to wash away invisible visitors.



Haris looks at their hands and imagines a tiny, colorful troop of germs called the Germ Squad dancing on their palms. These round, silly-looking bacteria are trying to join the lunch party, but Haris knows exactly how to stop them with a good scrub.



Later that evening, Haris and their friends visit the bustling Pasar Malam, where rows of colorful stalls sell everything from sweet apam balik to grilled satay. The air is filled with smoke and laughter, but Haris keeps a sharp eye out for more than just snacks.



Haris notices two different stalls; one has food sitting out in the open where flies are buzzing, while the other keeps everything neatly covered under clear lids. Cikgu Siti explains that covered food stays safe from dust and pesky insects that carry germs.



With a confident nod, Haris chooses the stall where the vendor wears a clean apron and keeps the food protected. Haris realizes that being a food hero means making smart choices that keep the body strong and the tummy happy.



Back at home, Haris and their younger sibling explore the kitchen, looking at the labels on a carton of milk and a loaf of bread. They learn to hunt for the expiration date, ensuring that everything they eat is fresh and full of goodness.



In the kitchen, Haris helps organize the refrigerator, making sure the raw vegetables are kept away from the cooked dishes. They learn that keeping food in the right places is like putting puzzle pieces together to build a wall of health.



The Germ Squad looks grumpy as they realize they can't get past Haris's clean habits and smart choices. Haris feels a surge of energy, knowing that their body is protected by the invisible shield of food safety and good hygiene.



Haris sits down with family and friends for a wonderful feast of local fruits and home-cooked treats. Everyone practices their new safety habits, proving that safe food keeps their bodies strong, their minds sharp, and their smiles bright.