

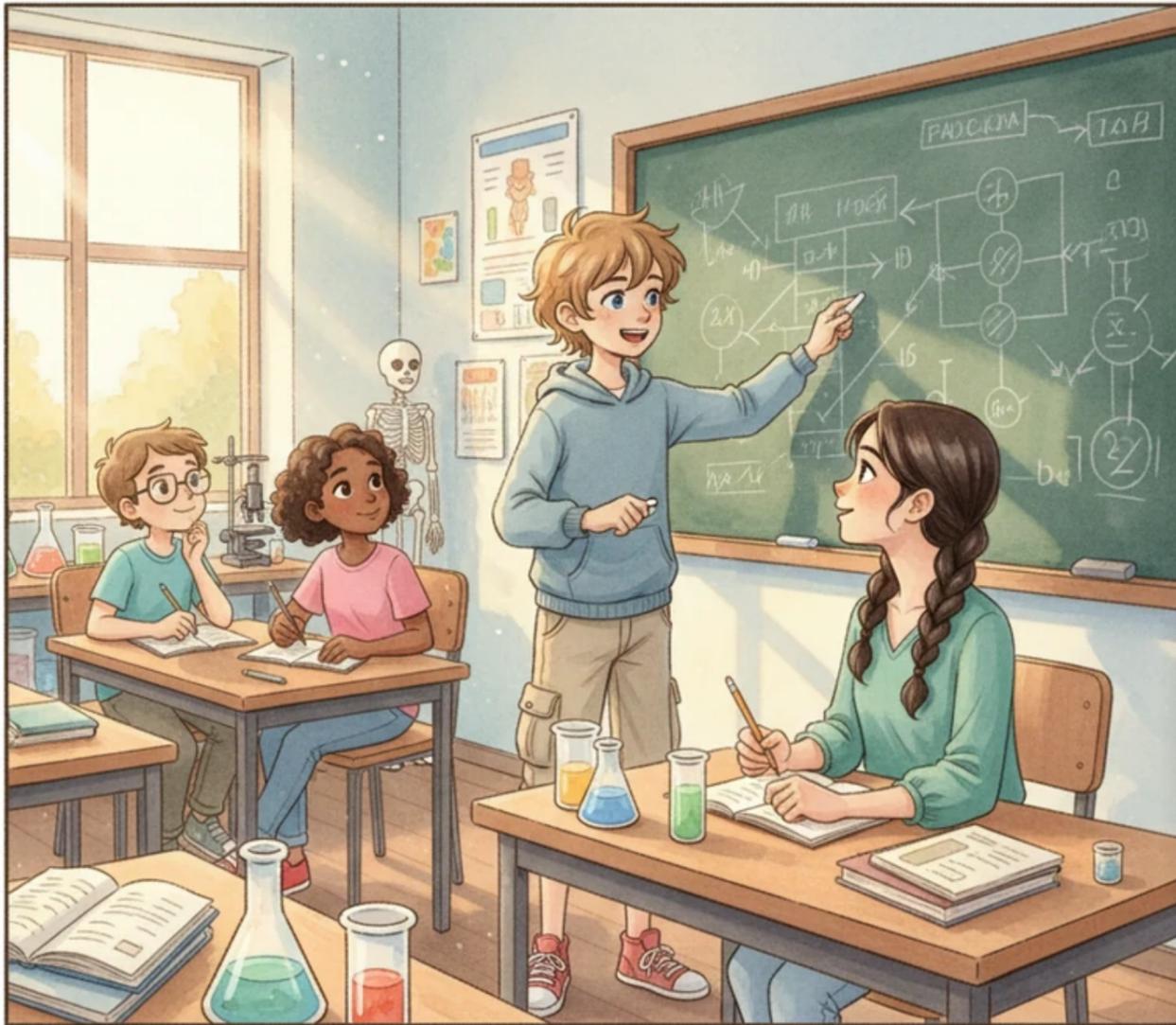


ADAM: The Food Safety Hero: Adam's Mission

Iffah Razali

ADAM:
CHRONICLES OF
THE LOST REALM

Sparks of Discovery

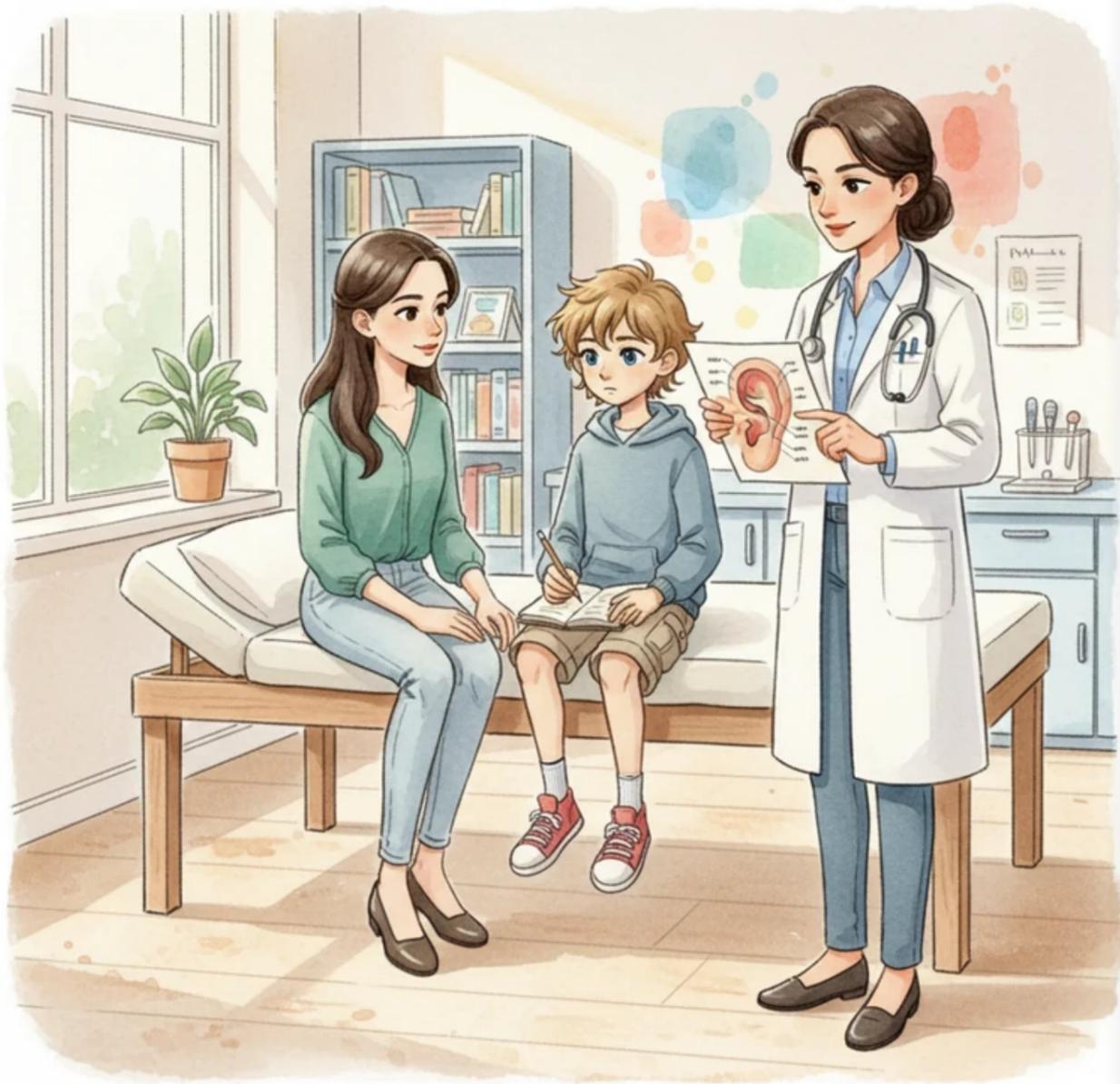


After school, Adam shares his theories with Hana.

Adam and his best friend Maya were excited to try the colorful snacks from a roadside stall after school. While the food smelled delicious, Adam noticed the vendor was handling money and food with the same bare hands without washing them.



The next morning, Adam was worried when he saw Maya's empty chair at school. He later learned that Maya had become very sick with a stomach ache and fever, likely caused by the snacks they had seen the day before.

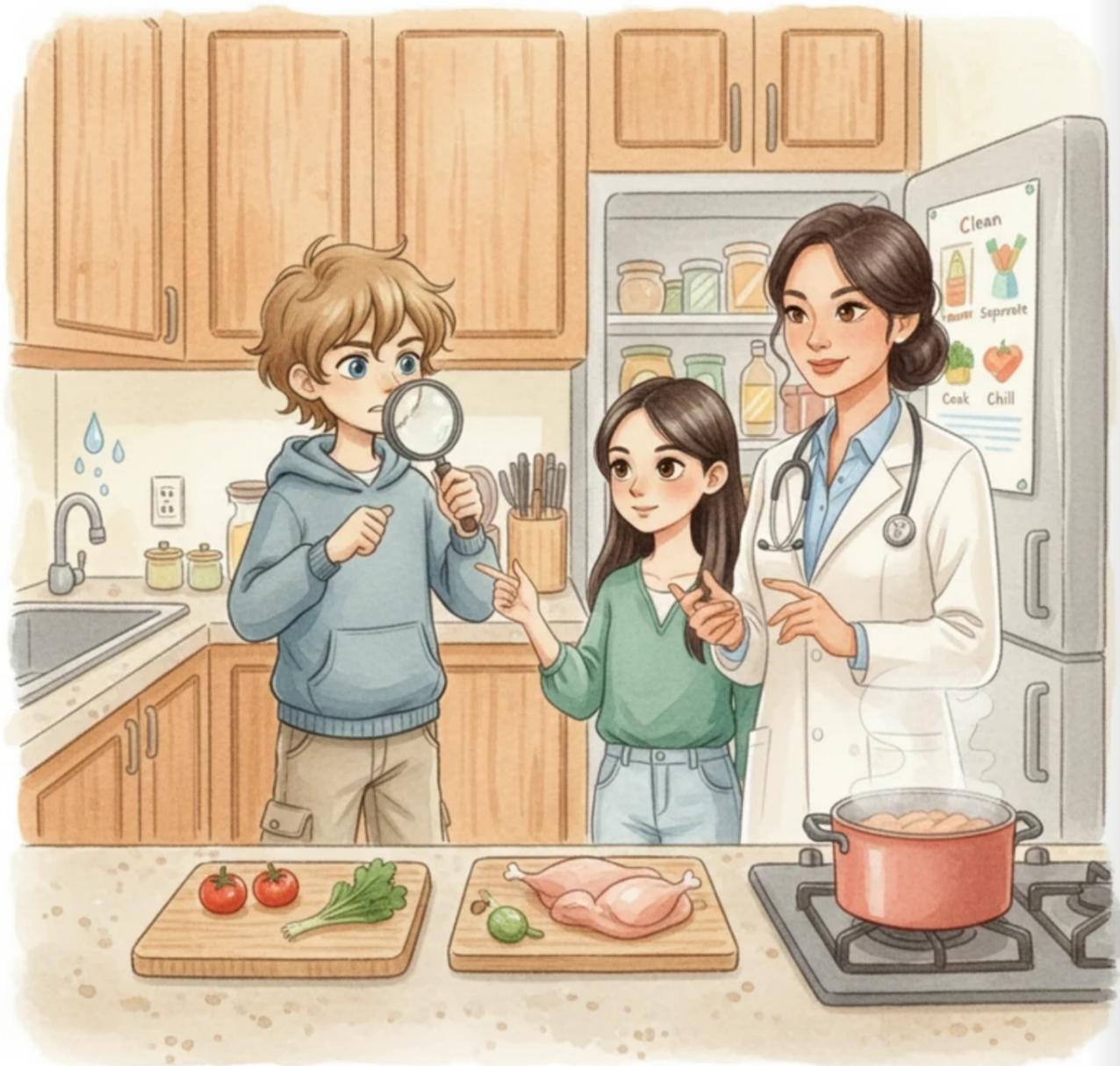


Local Health Clinic

Adam visited the local health clinic where Dr. Hana explained that invisible germs called bacteria can thrive in food that isn't prepared cleanly. She showed him how these tiny invaders can make people very ill if we are not careful about what we eat.



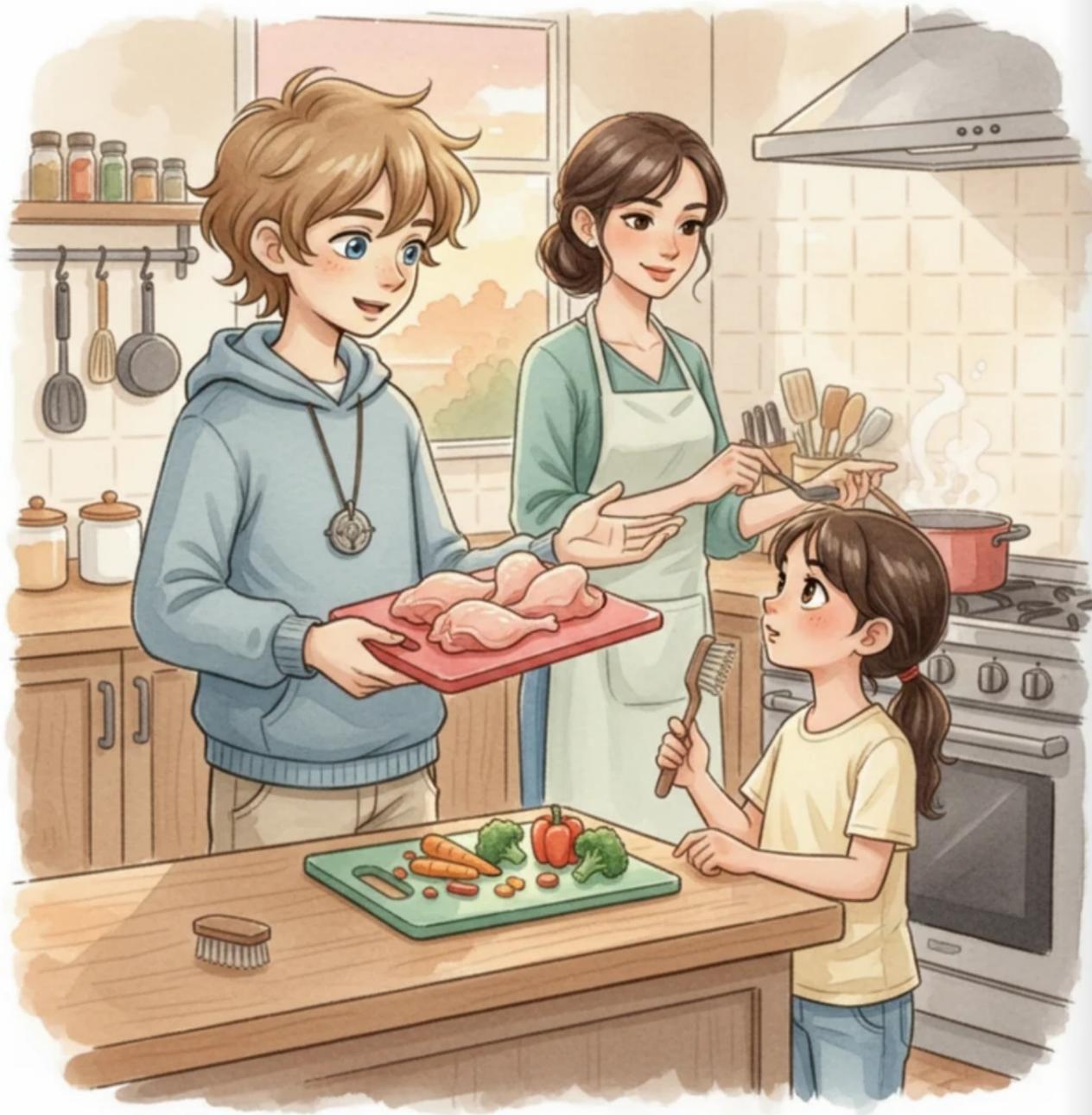
Dr. Hana taught Adam the most important rule of food safety: always wash your hands thoroughly with soap and clean water. Adam practiced the technique, making sure to scrub for twenty seconds to ensure all the hidden germs were washed away.



Inspired to help, Adam went home and looked at his kitchen like a detective on a mission. He remembered the four key steps to food safety: Clean, Separate, Cook, and Chill, and decided to teach his family everything he had learned.



He helped his mother organize the refrigerator by placing raw meat on the very bottom shelf so its juices wouldn't drip onto other foods. They checked the fridge thermometer together to make sure it was cold enough to stop bacteria from growing.



While helping prepare dinner, Adam explained to his younger brother why they must use different cutting boards for vegetables and raw chicken. He showed him how preventing cross-contamination keeps their family meals healthy and safe for everyone.



**ADAM & MAYA:
THE FRESHNESS LESSON**

At the grocery store, Adam carefully inspected the 'Use By' dates on milk and yogurt containers before putting them in the cart. He also taught his mother to avoid buying canned goods that were dented or swollen, as they could be dangerous.



Adam decided to share his knowledge by creating a vibrant poster for the school science fair about the importance of food hygiene. His classmates gathered around as he confidently explained how simple daily habits can prevent food-borne diseases.



The story ends at a joyful community picnic where every family brought food prepared with the highest safety standards. Adam felt proud seeing his friends eating happily and healthily, knowing that his mission as a food safety hero was a great success.