



These days, foodborne diseases (FBDs) are one of the most significant problems at the global level linked to public health, both in developed and developing countries. The knowledge of good hygienic practices in handling and preparing food could improve food safety and quality in the region and, as a consequence, increase food security.

For the public to identify with the problem, to incorporate desirable habits in their health culture and to spread those concepts, it is fundamental to teach people, starting with children, how to eat safe, contamination-free food.

The comic book has been launched by the Food Safety and Quality Team of the FAO Regional Office for Latin America and the Caribbean, under the “Eat Safely” Campaign, with the objective of raising awareness of safe practices in the handling and preparation of food, thus contributing to improving eating habits and reducing the impact of FBDs.

Enjoy reading and learning!

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**HELLO!**

My name is Kathy and I want to invite you to learn everything that I've been taught about preparing, handling and storing food, in order to ensure a safe and healthy diet.

I've got lots of entertaining stories for you to read and learn... let's go!