

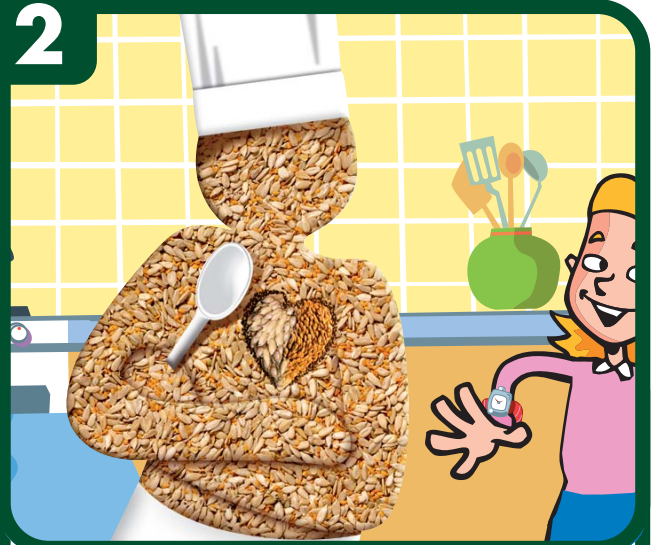
Seeds takes on Germs and his gang

1



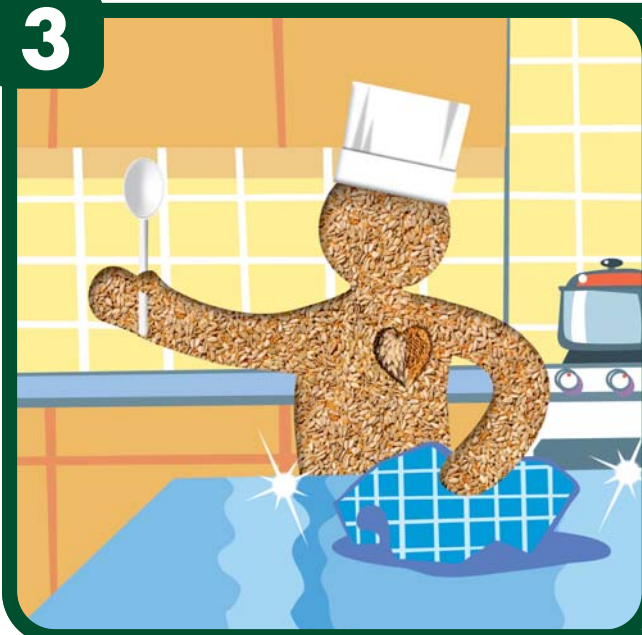
Say hello to Seeds. Seeds is made up of thousands of heart healthy seeds and is full of goodness and good ideas. Seeds wants to help all children prepare and cook healthier foods safely so that they grow up to be healthy and strong. Seeds knows that we must follow safety and hygiene rules when preparing food to keep Germs and his gang away!

2



When Sarah and Timmy come back from school and go into the kitchen to make a quick healthy snack, Seeds is close by to make sure they follow all the food safety and hygiene rules. Seeds has a difficult job because Germs and his gang are lazing around on the dirty kitchen surfaces in the middle of the dirty pots and pans.

3



Sarah and Timmy go to the bread bin, take out the bread and are just about to put it down onto the surface when Seeds comes to the rescue. He knows that Sarah and Timmy must clean the surfaces first or Germs and his gang will get their dirty hands on their lunch! Seeds grabs the pot and pans. The Germ gang tries to hold on to the pots but Seeds is healthy and strong. He moves the pots and pans into the wash basin to protect Sarah and Timmy. Then he grabs a clean, blue wet cloth. Germs begins to jump around to avoid getting caught in the clean stuff. He loves the dirt. He wants to spread his nasty germs all around the kitchen. But before he can escape, Seeds captures him in the bright blue cloth and begins to lead him to the kitchen sink!



Seeds takes on Germs and his gang

4



However, Germs won't be beaten that easily because he grabs on to Sarah's beautiful flowing hair. He sees that she hasn't tied it back. There's every chance that strands of her hair may fall into her food making it unsafe to eat! Germs really is a nasty piece of work! Seeds comes to the rescue. He knows exactly what he needs to do to get rid of Germs this time! He has the perfect weapon. A sparkly band to tie back Sarah's long hair. Germs has lost again! He slides down Sarah's hair and crashes to the ground.

5



On his way down something catches the corner of his eye. It's a wrist band. Yes, I can hide in Timmy's wrist band Germs thinks. But, it's too late. Seeds is far too quick for him and has blocked his way. Timmy works out what is going on and quickly whips it off. He tells Sarah to take her jewellery off too. It's the cleanest and safest thing to do before they begin to prepare their lunch. It's the only way to keep Germs and his gang away.



Seeds takes on Germs and his gang

6



Germs is running out of ideas. All his nasty plans are failing. Then he sees that Timmy and Sarah aren't wearing aprons. Before he has a chance to get into action, Seeds flies across the kitchen with aprons for them both. Germs can't believe his bad luck. Even their clothes are now protected so that they won't get dirty when they prepare their food!

7



Seeds is determined to keep Timmy and Sarah safe by making sure they follow all the food safety rules in the kitchen! But can Seeds get rid of Germs and his gang once and for all? Germs begins to tremble. He can see that Seeds is taking Timmy and Sarah to the sink! As they both begin to wash their hands from top to bottom with soap, Germs runs down the plug hole with his gang! They keep running and running down the pipes as far as they can to get away from Timmy and Sarah's clean working kitchen!

