

## Food Safety...A Major Issue

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Food safety is now a major issue as nature's gift..food is more and more getting commercialised in form of packed products, dairy pouches, canned and tinned food and water in bottles specially.

The food industry gets risks of food contamination by

- Physical contamination : dirt and hair from animals, plastics/ metals from tinned food.
- Chemical contaminants : like pesticides, herbicides which contaminate our vegetables and fruits and veterinary drugs which cause contamination in animal foods and adulterants and food additives used in readymade foods.

The food should be handled properly and scientific handling of food can keep away food from contaminants plus save them from microbes causing disease like "salmonellosis".

### Considerations for food safety

- Food labelling
- Pesticides/herbicides residues
- Maintaining hygiene while cutting, peeling, cooking and storage
- following government guidelines on import and export inspection

### Food can be made safe while

- Proper storage - for example don't store raw and cooked food together.
- Temperature and cooking time - cook and move food for storage at proper temperature which may prevent it from germs. you can use thermometer for the same.
- Use safe and potable water.
- Use safe raw material - you should not cut/ chop raw material or same cutting board used for cutting meat.

### Follow the safety rules as under

- Cook appropriate
- Temperature appropriate
- Contamination prevention appropriate
- Hygiene appropriate

Keep food safety as it is major issue specially with population explosion.

Drink pure ...eat pure!!!

As you have to choose your safety...through your gut...while feeding it.



Figure

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