

Food contamination

Fahad Tahir*,

Department of Food Science, College of Food and Agriculture Sciences, King Saud University, Riyadh, Saudi Arabia

Commentary

Food contamination is generally described as foods that are spoiled because they contain microorganisms, such as bacteria, fungus, parasites and toxic substances that make people unsafe for consumption. These are 4 types of contamination are physical, biological, and chemical and cross contamination. Major contamination sources are water, air, sewage, insects, equipment, dust, rodents.

Causes of food contamination biological hazards (microorganisms) including, fungi, bacteria, viruses mold and yeasts, physical hazards. Chemical hazards including cleaning foods, chemicals with naturally occurring toxins, such as green potatoes.

Biological contamination: Biological contamination is one of the most common causes of food poisoning. Contamination of food items by other living organisms is known as biological food contamination. During biological contamination, the harmful bacteria spread on foods that you consume.

Physical contamination: When harmful bacteria contaminate the food it converted in to physical contamination. At that time, food items can have both biological and physical contamination. Some of the safety measurements that you can follow when handling food items to prevent food contamination. That are: tie your hair when handling food, dirt-kent vegetable and fruit cleaner helps in removing dirt from vegetables and fruits.

Chemical contamination: Chemical contaminants are one of the most serious sources of food contamination. Pesticides present in vegetables and fruits are one of the main sources of contamination.

Cross-contamination: However, this type of contamination can lead to a number of health problems. Cross-contamination takes place when infective are transported from any object that you use in the kitchen, unclean utensils, pests, raw, dirty kitchen clothes can lead to cross-contamination.

How can we prevent food contamination: Wash surfaces hands and often. Harmful bacteria can enter throughout the kitchen and get onto utensils, cutting boards, and counter tops. To prevent contamination wash hands with soap and hot water before and after handling food, changing diapers; handling pets and after using the bathroom.

Effects of food contamination: Foodborne pathogens can cause debilitating infections including meningitis and severe diarrhea or debilitating infections including meningitis. Chemical contamination can lead to acute poisoning or long-term diseases, such as cancer. Food borne diseases may lead to long-lasting disability and death.

Here are five common food spoilage errors-and how can you avoid them.

Cross-contamination, temperature abuse, improper storage conditions, unsafe ingredients, hand washing, shipping damage.

Cross contamination: Food and kitchen tools may become contaminated from raw food products (i.e., meat and poultry). Microbes can be transferred from one food to another by using the cutting board and same knife or other utensil without washing.

Prevention of cross contamination: Cross-contamination is the transfer of harmful bacteria from one person, place to another.

Temperature: Generally, refrigerator prevents all bacteria from growing. Food is heated sufficiently, parasites, viruses and most bacteria are killed.

Hand washing: Pathogens can be introduced into food from infected humans who handle the food without properly washing their hands.

These pathogens are transferred from trace amounts of fecal matter present on hands to the food.

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*Address to correspondence: Fahad Tahir, Department of Food Science, College of Food and Agriculture Sciences, King Saud University, Riyadh, Saudi Arabia; E-mail: Fahadtahir2@gmail.com

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