

## **FOOD SAFETY**

### **Meaning of food safety**

Food safety involves the handling, preparation and storage of food to prevent food borne disease and allergies.

It includes process that should be followed to avoid hazards or diseases. Food safety also involves the practice that relates to food like labeling, food hygiene, food pesticides, delivery, preparation, serving and storage of food for consumption.

### **Reasons for storing food**

Food should be stored properly for the following reasons:

1. To avoid food poisoning.
2. To prevent contacting disease from food that can be infected by pest and rodents.
3. To be used in time of emergency.
4. To avoid wastage of food and money.
5. To maintain good quality by retain flavor, colour, texture, etc. of the food.
6. To have food when they are out of season.
7. To avoid increase in food price.

### **Methods of storing food**

Foods can be stored using the following methods:

#### **S/N Method and their meaning**

##### **1. Refrigeration OR freezer**

These are equipment used to store food at a very low temperature to retain the freshness and quality of foods. Perishable and semi-perishable.

2. **Air tight containers:** these are containers with good covers that cannot allow the growth of pest eg weevils on the food. Semi-perishable and non-perishable foods. Eg. oils, grains, tuber, nuts, beans, etc.

3. **Cupboard:** these are equipment used to store food items. They are placed in the kitchen with doors. Kitchen utensils can also be kept inside the cupboard. Beans, soup. Prepared and cooked foods, cereals, grains, provision, etc.

4. **Shelves** are arranged and fixed at walls of the kitchen and store. Foods are kept on the shelves for future use. Non-perishable and semi-perishable foods are stored and arranged properly on shelves. Such foods are dry fish, oil, grains, tomatoes, carrot, canned foods etc.
5. **Drawers** are also attached to cupboard to keep small snacks and kitchen utensils/tools. Semi-perishable foods and provisions e.g. snack.
6. **Cans:** are used to store non-perishable foods that can stay for a long time. Oils. Beans, etc.

### **Homework**

1. Define the term “food safety”
2. Define food processing
3. State the three methods of food processing.