

## FOOD HYGIENE

**Introduction:** food is any substance that contains nutrients which when eaten, nourishes the body and promotes healthy growth. This important function of food can only take place if the food is safe, properly handled and prepared under hygienic conditions.

### Meaning of food hygiene

Food hygiene means preventing harmful bacteria from growing in food, by keeping the kitchen, appliances, tools and yourself clean before and during food preparation. This is also called **food sanitation**.

### Guidelines and rules for food hygiene

1. Select and wash fresh vegetables and fruits.
2. Use all perishable food on time especially when there are facilities for storage eg., refrigerator.
3. Do not purchase canned foods that are dented or containers swollen.
4. Always wash the top of canned food before usage.
5. Keep pest such as pussy cats and dogs, out of the kitchen.
6. Wash your hands thoroughly before working with foods and after using the toilet.
7. If insecticides are used to kill insects, do not allow it come in contact with food or surfaces, utensils or containers that will touch food.
8. Store perishable foods such as meat and fresh fish and some cooked food in the deep freezer.
9. Left-over foods should be boiled properly before consumption.
10. Use clean plate for cooked food. Never use the same plate that held the raw food.

### Food spoilage

The spoilage of food can be caused by any of the following:

- a. Micro-organisms e.g., bacteria, mold and yeast
- b. Food enzymes
- c. Chemicals

### Food borne diseases

The consequence of the consumption of any contaminated food is development of diseases. Such diseases that occur due to the consumption of contaminated foods are called food borne diseases. These diseases can be classified into two broad groups;

- a. **Food poisoning;** this refers to an illness caused by a poison or toxin in the food when eaten. Such poison or toxins are usually produced by micro-organisms or the result of some chemical

reactions in food. Examples of micro-organism that cause food poisoning are staphylococcus aureus and clostridium botulinum

- b. **Food infection:** this refers to an illness caused by a pathogenic organism carried by the food and transmitted to man. Example, salmonella

The presence of poisonous chemicals in food can also lead to food poisoning. Such chemicals are lead, mercury, arsenic, uranium, cobalt etc

### **Home work**

1. Define food hygiene
2. Define food borne diseases
3. What is food poisoning?
4. What is food infection?
5. Outline 5 guidelines for food hygiene.