

## Food Safety and It's Importance

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### **Introduction**

Food safety is a scientific subject that describes how to handle, prepare, and store food in a way that prevents food poisoning. This involves a number of procedures that must be followed in order to avoid serious health risks. When food is prepared and/or eaten according to its intended usage, food safety precautions ensure that the customer is not harmed.

### **Importance of food safety**

Food hygiene is important for the following reasons:

1. You cannot eat or drink if the food or drink is unsafe to consume. The most basic example is safe drinking water. We'd never consume water that didn't come from a trusted source. In the case of food, the same logic applies.
2. Every day, people all around the world become ill as a result of the food or drink they consume. Food poisoning can be caused by bacteria, viruses, and parasites present in food.
3. You can't determine whether food is tainted right away because you can't see, taste, or smell anything out of the ordinary.
4. Food poisoning can cause gastroenteritis, dehydration, and even more serious health issues like renal failure and death.
5. Small children/babies, pregnant mothers, the elderly, and individuals with impaired immune systems, including HIV infections and cancer patients, are all at high risk.
6. Food hygiene and safety prevent germs from multiplying in foods an dangerous levels.
7. Ensures daily healthy family living.
8. Keeping one healthy and preventing the additional cost of buying medication and medical check-ups. This is especially important is business

9. Hand washing accounts from 33% of all related food poisoning cases. It is therefore important to maintain good personal hygiene practice. This is something we are taught early in our childhood, yet hand washing is still a critical problem in the kitchen.

### **Scope of food safety**

1. To offer an understanding and vision of the nature of food products and how they will be processed, including all raw materials, utilities, manpower, the environment, and other aspects that will be evaluated in order to provide a safe final result.
2. Identifying important points in food processing and handling that must be addressed in order to produce safe food
3. Using scientific methods to identify food safety hazards.
4. Become familiar with the deployment of actions to mitigate these risks where they are significant.
5. More efficient use of resources
6. Hazard management should be standardised to make auditing and inspection easier.

### **Factors Influencing the Safety of Food**

Food-borne illness cases have become significantly more common over the world. Is food less safe than it formerly was, and if so, what factors contribute to this? Some food safety hazards have existed since antiquity, while others are more recent, the result of shifting demographics and lifestyles, production processes, and even microbe evolution.

#### **1. Food contamination**

Food-borne diseases, often known as food-borne illnesses, are illnesses that people get as a result of eating certain foods. These diseases affect a large number of people and are costly to cure. Foodborne diseases are caused by consuming tainted foods and products. Bacteria, viruses, parasites, and chemical ageing illnesses are all caused by food contamination at any step, from manufacture to consumption.

#### **2. Demographics**

Infants, young children, the elderly, pregnant women, those on certain medications, and people with disorders that weaken their immune systems, such as acquired immunodeficiency syndrome, cancer, and diabetes, are all at a higher risk of falling critically



ill. According to one study, 89 percent of deaths caused by diarrhoea were caused by old persons or children under the age of five.

### **3. Consumer Lifestyles and Demand**

With the fast speed of life, we often eat meals on the go and spend less time preparing food, opting instead for restaurants, convenience foods, or ready-made meals. This means that your meal may have been carried, cooked, cooled, stored, moved again, reheated, and handled by a number of people by the time you consume it. Each stage in the processing adds a new pathogen.

### **4. Food Production and Economics**

In the past, foodborne illness outbreaks were small and localised. Local events such as weddings, public meals, and other gatherings where a big number of people ate the same food were linked to illness. Food is produced in significantly different ways today than it was merely a few decades ago. Locally grown, produced, and distributed food was once the norm. Food production is now more centralised and on a larger scale than previously. Products created in large quantities in a single processing factory are sent all over the country, and occasionally even around the world. A processing error will be felt across the country rather than just locally.

Even the manner in which farmers raise animals can contribute to an increase in food safety problems. Animals are frequently packed together, which increases their stress levels and weakens their immune systems. This overcrowding also makes it easier for disease to transmit from one animal to another. In the past, a sick animal would be kept in a separate area and would not spread illness to the rest of the flock or herd. Closer animal-to-animal contact, on the other hand, can quickly spread disease throughout the entire group.

### **5. New and Evolving Pathogens**

Scientists have only discovered four foodborne pathogens fifty years ago. Today, there are five times as many people on the list. Three of the four bacteria that the Centers for Disease Control consider the most important in causing foodborne illness—*Campylobacter jejuni*, *Listeria monocytogenes*, and *E. coli*—weren't even known twenty years ago. *C. cayetanensis* was initially discovered in 1979 and is still a mystery. As laboratory techniques advance, scientists are likely to find novel food-borne pathogens.