

Food Hygiene (النظافة)



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Food hygiene

- Food is a very important route of infection
- Food can be contaminated at any point from production to consumption
- Food can be contaminated with microbes like bacteria and viruses or with harmful chemical substances
- Food hygiene is the science of clean and safe practices during food production, distribution, cooking, and serving of food 

Food-borne diseases

- Bacterial – Typhoid fever, salmonellosis, dysentery
- Viral – viral hepatitis, poliomyelitis
- Parasitic – tapeworm, roundworm, amoebiasis
- Chemical poisons – Pesticides
- Others (due to toxins), aflatoxicosis



Prevention of food-borne diseases

Food Handlers

- Persons having diseases like typhoid, viral hepatitis, diarrhea, infected wound etc. should not touch, cook or serve food
- People handling food should be educated about the importance of food hygiene & how to prevent contamination of food
- They should be kept under medical surveillance
(المراقبة)



Prevention of food-borne diseases

Milk

- Microbes grow very fast in milk, so milk hygiene is very important
- Milk should be pasteurized before storage
- Domestic milk should be boiled or kept in refrigerators



Prevention of food-borne diseases

Meat hygiene

- Meat of animals suffering from disease can infect people
- Contamination can occur after slaughter (الذبح) (of animals)
- Tapeworm, Hydatid disease, Anthrax etc.



Meat hygiene

- Animals should be examined and approved by veterinary doctors
- Meat should be stored at low temperatures to prevent bacterial growth



Prevention of food-borne diseases – **General principles**

- Food must be cooked at the right temperature & duration
- Food must be stored at low temperature for future use
- Food must be kept covered to prevent flies from sitting on it
- The floor & surroundings where food is cooked & stored must be clean & free of flies, cockroaches etc.



Prevention of food-borne diseases

- Vessels used for cooking must be cleaned without any leftover food
- Manufacturer's instructions must be followed for processed food
- Do **NOT** use if you suspect the food is not safe
- Food items must not be stored with other poisonous substances and chemicals



Conclusion

- Food hygiene is very important for maintaining the health of the community.



