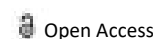




COMMENTARY



Commentary on Food Safety

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ARTICLE HISTORY

Received: 03-Jan-2022, Manuscript No. AJPMPH-22-52188;

Editor assigned: 05-Jan-2022, PreQC No: AJPMPH-22-52188 (PQ);

Reviewed: 19-Jan-2022, QC No: AJPMPH-22-52188;

Revised: 24-Jan-2022, Manuscript No: AJPMPH-22-52188 (R).

Published: 31-Jan-2022

Description

Food safety refers to how we handle, store, and prepare food to prevent infection and guarantee that we get enough nutrients to eat a healthy diet. And what exactly is food safety, and why is it so important, Food safety and cleanliness are critical because they ensure the safety of the food you touch and manufacture. Food safety is a scientific method or field that explains how to handle, prepare, and store food in order to avoid food-borne illness. And it was Food processing is the process of converting agricultural products into food or converting one type of food into another. Food processing involves a wide range of activities, from grain grinding to producing raw flour through home cooking to modern industrial procedures used to produce convenience foods.

Food storage is a method of reducing food supply unpredictability in the face of natural, unavoidable variability. It allows food to be consumed after it has been harvested for a period of time rather than immediately. It is a traditional domestic skill as well as an essential industrial and commercial activity in the form of food logistics. Food security requires food preservation, storage, and transportation, as well as timely delivery to consumers, especially for the majority of people throughout the world who rely on others to supply their food. Any sickness caused by pathogenic bacteria, viruses, or parasites that contaminate food, as well as prions and toxins such as aflatoxins in peanuts, deadly mushrooms, and several types of beans that have not been boiled for at least 10 minutes, is known as foodborne illness.

A food-borne disease outbreak is defined as the emergence of two or more instances of a comparable illness caused by the eating of a common food. This contains a number of procedures that must be followed in order to avoid health risks. The World Health Organization defines health as “a condition of complete physical, mental, and social well-being,

rather than simply the absence of sickness and disability.” Food safety and food defense frequently overlap in this way to protect customers. And the protection of food items from intentional contamination or adulteration by biological, chemical, physical or radioactive substances introduced with the intent of causing injury is known as food defense.

There are two tracks within this line of thought; safety between industry and market, and then safety between market and consumer. Food origins, food labeling, food cleanliness, food additives, and pesticide residues, as well as biotechnology and food policies and guidelines for the management of governmental import and export inspection and certification systems for foods, are all factors to consider. When it comes to market-to-consumer operations, the common belief is that food should be safe in the marketplace, with the primary issue being food distribution and preparation for the customer.

Pathogens can be transmitted through food, causing illness or death in humans and other animals. And Bacteria, viruses, mold, and fungus are the most common pathogens. Bacteria are a common noun, while bacterium is a single bacterium. Bacteria are usually free-living organisms that are often made up of only one biological cell. They make up a broad group of prokaryotic organisms; a virus is a small infectious agent that replicates only within an organism's live cells. Molds are a broad and taxonomically diverse group of fungal organisms that produce discoloration and a fuzzy appearance, particularly on food, due to the formation of hyphae. A fungus is a type of eukaryotic creature that includes microorganisms like yeasts and molds, as well as the more well-known mushrooms.

Finally, Food poisoning is theoretically 100% avoidable. However, because to the large number of people engaged in the supply chain, as well as the fact that diseases can be introduced into foods regardless of how many measures are taken, this is not possible.

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