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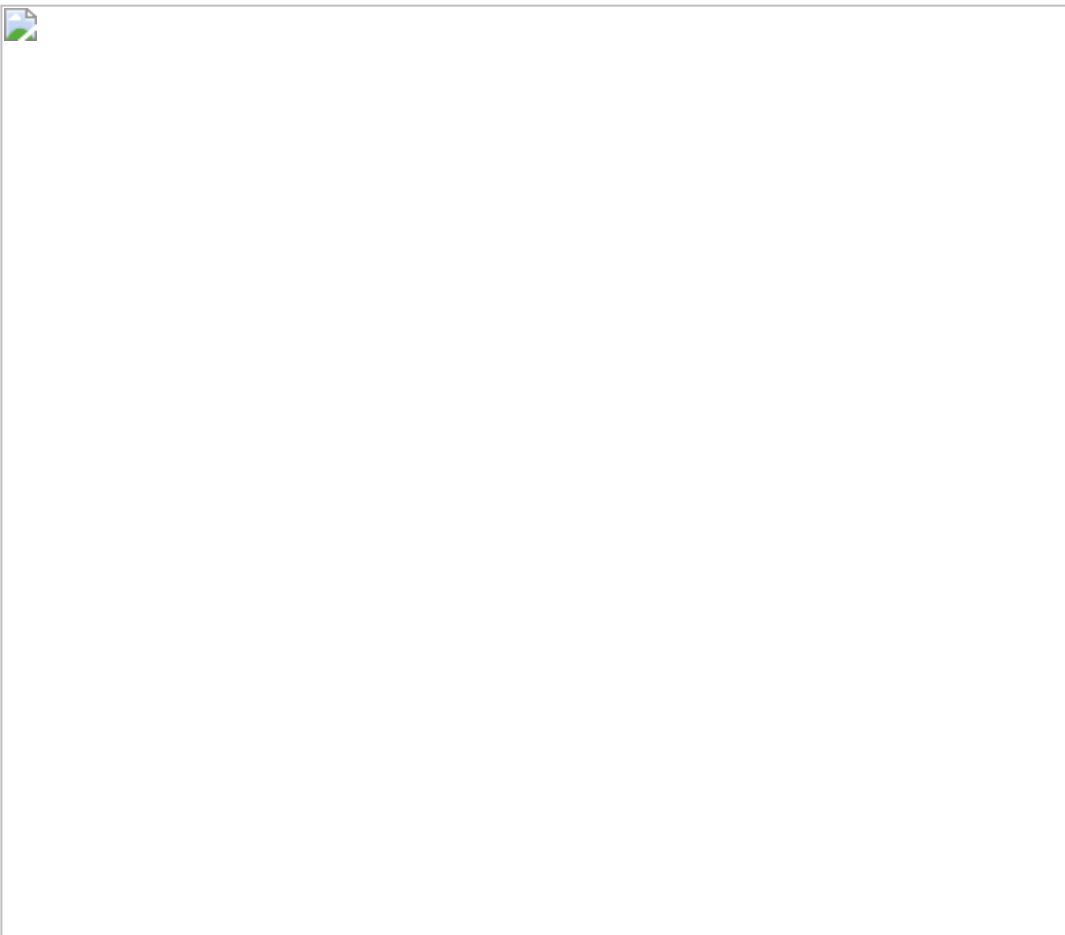
Home Family and Home Science - Selection, Purchase and Storage of Food, Food Spoilage: Causes and Hazards & Safe Handling of Food

Selection, Purchase and Storage of Food

- What we do when we go to the market to buy food? We probably quickly run our fingers over wheat, rice, dal, etc. we press a tomato, mango or banana gently to see if it is firm. Why we do this? We do this to assess the quality of food item. We generally buy more than what we need could use it, would mean wastage of money.
- The food that we purchased could also spoil if it is not stored properly. This again would mean wastage of food and money. If we leave dals and spices in paper bags, they will absorb moisture and then sometime fungus and small insects will grow on them. Biscuits would become soggy and loss namkeens would lose their freshness. This means that proper storage of food stuff is as important as the purchase of quality foodstuff.

Food Spoilage: Causes and Hazards

Food spoilage occurs when the quality of food is damaged, hence it becomes unfit for human consumption.



Safe Handling of Food

Safe handling of food means hygienic handling of food and it is required for food safety as well as for those who consume it. Unsafe food carries germs which can cause diseases. Hence, food meant for human consumption should be handled safely so as to prevent any harmful effects.

Remember the following points while handling food:

- Wash your hands before cooking and eating

- Wash all fruits and vegetables before cooking or eating them raw.
- While coughing or sneezing, cover your mouth and nose.
- While tasting use a separate spoon and do not put this spoon back in the food.
- Keep all perishable foods in a cool place or in a refrigerator
- Use perishable foods at the earliest.
- Keep your kitchen and storage facilities clean.
- Use clean utensils.
- Buy food especially, milk and milk products, meat products etc ... , from reliable while buying.
- Ensure quality while buying.