



Assorted Cookies

Vol XVI Issue II, December 2021

FOOD SAFETY- Introduction to Prevention

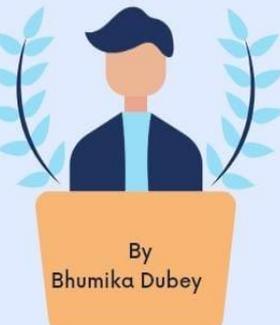
Food is very essential for life and food safety is basic human right, because billion of people in this world are at high risk of unsafe food. Consumption of contaminated food occurred as a result food borne illness. Food safety and food analysis of food in the food market is one of the key areas of focus in public health in this pandemic. Because, it affects people of every age, gender and income level around the world. We all should know that what our food quality is before buying and purchasing. The food we eat what condition it goes through. There is a food chain from cultivation, over harvesting, processing, storage and distribution. This food chain starts from farm to fork while challenges include microbial, chemical, environmental and personal hygiene. Keeping all these things in mind consumer awareness is essential by reading labelling on food products. On the other hand food laws and standards protect the consumer against unsafe, adulterated and misbranded foods. It also facilitated the movement of food across the borders. Food handling methods in proper way means a lot for good and aware consumers. While food hygiene methods are the prevention from unsafe and contaminated food. We can follow this process by chilling, cooking, cleaning and avoiding cross contamination and can stop the spread of bacteria in food. We must say that before consumption people should ensure what they eat and know about food safety in this pandemic and in 21st century.



Dt. Nandita Thakur
 Chief Dietician,
 Medicare Hospital
 and Research
 Centre, Indore



FOOD STANDARDS & LAWS



By Bhumika Dubey

LAWS

- 1 The Prevention Of Food Adulteration Act 1954
- 2 Fruit Product Order, 1955
- 3 The Meat Food Product Order, 1973
- 4 The Milk and Milk Products Order, 1992
- 5 The Vegetable Oil Product Order, 1947

STANDARDS

- 1 FSSAI (food safety and standards authority of India) Act 2006
- 2 BIS (bureau of Indian standards) Act 2016
- 3 AGMARK (agriculture mark)

LOVE FOOD HATE WASTE

WASTE LESS. SAVE MORE.

- Cook just enough
- Order what you can finish
- Make monthly budget

WASTING FOOD WASTES EVERYTHING | **WATER. FUEL. MONEY. LOVE. LABOR.**

CARE FOR THE ENVIRONMENT

FOOD

- buy it with thought
- serve just enough
- save what will keep
- eat what would spoil
- use what is left

At consumer level 20% of food gets wasted **BUT DON'T WASTE IT!!**

ANNUAL GLOBAL FOOD WASTAGE

- 20% of oilseeds
- 30% of cereals
- 35% of fish
- 20% of meat & dairy
- 40-50% fruits & vegetables

1 in 7 PEOPLE are HUNGARY

1/3 of FOOD gets WASTED STOP IT!!

FOOD INVENTORY METHOD

FOOD PLANNING



PURCHASING

The purchasing process is an essential part of every food service operation. All component cooks should be skilled in buying the appropriate ingredients, in accurate amounts, at the right time, and at the best price.

- MARKET SOURCING
- PERISHABLE
- NON-PERISHABLE



FOOD COSTING

Food costs controlled by five standards:

- Standard purchase specifications
- Standard recipes
- Standard yields
- Standard portion sizes
- Standard portion costs



FOOD WASTAGE

Tracking well must become a habit to avoid wastage



HACCP

7 PRINCIPLES

Hazard Analysis Critical Control Point is an internationally accepted technique for preventing microbiological, chemical and physical contamination along the food supply chain.

1



Conduct a Hazard Analysis

Identifying significant hazards and focus on prevention, elimination and control by HACCP Plan

2



- Identify the Critical Control Points

A critical control point (CCP) is a point, step or procedure at which control can be applied and a food safety hazard can be prevented, eliminated or reduced to acceptable levels.

3



Establish Critical Limits

A critical limit (CL) is the max or min value to which a biological, chemical, or physical parameter must be controlled at a CCP to an acceptable level of a food safety hazard

4



Monitor CCP

The HACCP team will describe monitoring procedures for the measurement of the critical limit at each critical control point.

5



Establish Corrective Action

Corrective actions are the procedures that are followed when a deviation in a critical limit occurs. Team prevent hazardous food from entering food chain.

Source

6



Verification

Establishing verification procedure that HACCP system is working properly.

7



Recordkeeping

Record should include information on the HACCP Team, product description, flow diagrams, the hazard analysis, the CCP's identified, Critical Limits, Monitoring System, Corrective Actions, Recordkeeping Procedures, and Verification Procedures.

DEEN DAYAL UPADHAYAY KAUSHAL KENDRA, DAVV



Submitted By: Kajal Gupta

Submitted To: Dr. Nandita Thakur

KAJAL GUPTA, M.Voc(ND) II SEM

HIMANSHI LOWANSHI, M.Voc(ND) III SEM



Food Safety



Editorial Team

Ms. Mona Dharamsey
Co-ordinator, DDU-KK

Ms. Anshika Jain
Multi-Tasking Staff, DDU-KK

Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)

2nd Floor, Vigyan Bhawan, Takshashila Campus, Khandwa Road, Indore (MP)-452001,

Website: www.dduk.dauniv.ac.in

E-mail: ddukdavv@gmail.com

Contact: 0731 2464144, +91 9424450170