

Food Safety: Prevention of Disease and Maintaining Health

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Introduction

The definition of human health involves the enjoyment of both factors: physical and psychological. The concept has been shaped by far more than just being out of the disease, but also with the elements of a perfectly healthy body. The said health body attainment requires effort to achieve a positive and comprehensive balance of the various issues surrounding the human, both physical and psychological factors which should be integrated into each other. Health is more than an absence of illness, because it provides the opportunity for one to enjoy all aspects of his or her life, both physical and sensory, as well as intellectual, emotional and spiritual.

Factors involved

It is to be noted that one's ideal health is attained by providing nutrients at both levels: quality and quantity wise to keep it free from problems of illness and disease. Human health lies in a significant part of it on consuming food containing essential nutrients and other important components.

There are also the influences being related to the surrounding environment. These aspects also contribute to one's growth and development, and to the pathways that have a distinctive role in establishing healthy and sustainable features. One should also note the importance of the role of self-development, particularly for those who have engaged themselves in knowledge acquisition and development in fields of food and human nutrition. One should also note that success attained in the said task could only be achieved by pursuing the effort to acquire knowledge in fields of food science and nutrition, as well as in biochemistry and other related sciences. Being so well equipped in these fields enables a person to apply the available data on the ground. Further attention and active efforts should be devoted by actively following up the following tasks: Reduce the number of deaths of people caused by heart disease, cancers, stroke and anemia; they are cases of diseases different in their causes and in the method followed in the treatment of each. For example, iron deficiency anemia - the most common and widespread type - can be treated with intervention and alteration in the diet. Iron supplements are also recommended for low blood level. It is evident that attention should be paid to the recent review of the food, which have been recently introduced into various regions of the world.

In such a case one should rethink of a lifestyle that favors the adoption of a balanced diet - not too much or too short. In such an adopted system, there should be a commitment to an exercise-oriented lifestyle that reflects positively on one's health to the enjoyment of life. In addition to all of this, one should also consider and notes the benefit of reducing the amounts spent - wasted - in the name of health care/ medical expenses, which are indeed large sums of money that are becoming more and more complex.

It is evident that attention should be paid to the recent reviews of types of food being recently adopted all over the world, which seem to becoming prevailing not only in western countries but in other part of the world. In such a case one should rethink of a lifestyle that favors the adoption of a well-balanced diet - not much or too short.

In the said adopted system, there should be a commitment to an exercise-oriented lifestyle that reflects positively on one's health to the enjoyment and pride. In addition to all of this, one should consider the benefits attained by reducing the amounts spent-or rather wasted - in the name of health care/medical expenses, which are indeed large sums of money. Eventually, these issues are becoming more and more complex.

Prevention of Cross-contamination

What is meant by microbial contamination is the arrival of microorganisms to cause damage to nutrients and illness to the consumer. This transition takes its course through the performance of abnormal processes carried out in the course of the circulation of food.

Microbial contamination can take place at any time in any of the following three cases:

1. From food to another food item,
2. From hands to food and
3. From tools and fittings to food.

Attention accompanied with instant action should be devoted to prevent the occurrence of all types of pollution. In addition, It should be emphasized that food must be prepared with a special care in order to be free of all types of contamination.

Pollution and protection Various types of issues dealing with food handling and production are normally accompanied by a change of staff at the end of each working period of eight consecutive hours. It is therefore important to work closely with individuals being under training in each of the following categories:

1. Health matters aspects.
2. The prevailing temperature and the applicable period.
3. Control of pollution cases, which are characterized as being permanently in existence.

Management of food safety issues

It is indeed worthwhile to devote more attention to the responsibility assumed by members of all groups working in the food processing facilities. It is also necessary to do whatever possible to achieve the previously stated issues.

In order to achieve the safety status of food-targeted production every person entrusted with any of the production and handling tasks should share a part of the presumed activity relating to food safety. It is therefore important to do the assigned work in terms of awareness and guidance of the all members of the working group. It is also important to note that effective management control in any food processing facility should be carried out closely and with utmost vigilance to avoid any wrongdoing and un-oriented performance. It is therefore designed to correct any abnormal situation immediately and right away at the moment of its occurrence.

Moreover, it is of importance to guide the working class by adopting all available means of clarification in accordance with a list of appropriate examples of the situation being dealt. Each of the issues being dealt with should be appropriately handled and dealt with a practical manner.

Effective control

The vigilant management oversight is the commitment to achieve the following tow aspects:

- Implementation of the members of the working class to the steps of work according to the line and the already approved stages of performance.
- Correct errors in the work place as soon as they occur, with some illustrations to avoid repeating them again. Immediate steps of correction should be performed toward errors.
- A suitable action should be taken to assure preventing a re- occurrence of said errors.
- A strict abidance of all aspects should be taken toward the establishment of a food safety status. Such a status should be covering various aspects relating to food-handling activities being practiced in the manufacturing facility.

Needless to emphasize the role of an effective management as per possible contamination and relation to health aspects activities:

- Receiving materials,
- Storage,
- Preparation and processing,
- Cooking,
- Detention,
- Refrigeration and

- Heating and preparation for handling.

Moreover, the training of labor is another important issue to consider in avoidance of the consequences of any possible pollution. This issue of training labor should be carefully considered and applied at all levels of any food processing facility. The exposure of foodstuffs to contamination during circulation and may take place at any of the stages of trading and handling prior to being exposed to the manufacturing processes.

Contamination may also take place at any of the steps preceding its consumption. Each food manufacturing facility has its own way of handling raw materials, manufacturing, storage and marketing method(s). However, there are three general issues to consider in terms of safety of a product:

1. Health of personnel operating in a food processing facility.
2. Control of temperature to be away from optimum for microorganisms to multiply and cause damage.
3. Prevention of pollution. It is therefore important to emphasize that it is a matter of priority for the duties of the body operating in any food processing facility to avoid the performance of any action or behavior likely to end up with a pathogen microorganism's infection.
4. It is also the obligation of the group of individuals being involved with food materials to comply with the approved personal health standards and avoid the circulation of food that is likely to be addressed by the risk of exposure to any physical, chemical or biological contaminants.

It should be noted that the commitment to exercise high levels of personal hygiene should be adhered to in order to achieve a good overall image. Moreover, the role of the distinctive retention of healthy and appetizing foods, healthy while keeping them away from pollution, all add to the extension of validity of the treatment.

Factors that can be included under hygiene standards:

- a- Wash hands.
- b- Trimming nails.
- c- Exclusion of patients from the workers and keep them away from the field of work, as well as with those with wounds or burns until the completion of recovery.
- d- Prohibition of the use of each of the following activities and events.
- e- Imitating jewelry and use of toiletries.
- f- Habits of eating, drinking, smoking, spitting and wearing gloves and jewelry.

A final and important note should be addressed as per wearing clothing exclusively for the exercise of production activities. Personal hygienic standards should also be strictly established and adhered [1-7].

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