Mashhad University of Medical Sciences

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انگبین طب

Food safety

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➤ **Food safety during cooking:**

Before removing the meat from the heat source, cook the beef steaks, pork, lamb, and beef, finely chopped and grilled at a minimum internal temperature of 145 degrees Fahrenheit. For safety and quality, let the meat rest for at least three minutes before shaving or eating. For personal preference, consumers can cook meat at a higher temperature.

➤ **Food safety when eating:**

➤ Hot food should be stored at 140 degrees Fahrenheit or warmer.

➤ Cold food should be stored at 40 degrees Fahrenheit or colder.

➤ When serving food at the buffet, keep hot food with cold dishes, pressure cookers, and hot trays.

➤ Keep cold food cold by placing containers in ice cube trays or use small serving trays and change them regularly.

➤ Use a food thermometer to check the hot and cold storage temperatures.

➤ **Food safety challenges:**

➤ Changes in food production and supply,
  ➤ including most imported foods.

➤ Changes in the environment lead to food contamination.

➤ Better diagnosis of multimodal outbreaks.

➤ Bacteria, toxins, and new and emerging antibiotic resistance.

➤ Changes in consumer preferences and habits.

➤ Changes in tests that detect foodborne illness.

➤ **10 tips to make food safe:**

1- Clean.

2- Wash your hands with soap and water.

3- Clean the surface.

4- Clean refrigerated foods once a week.

At least once a week, throw out refrigerated foods that should no longer be eaten.

6- Keep the appliances clean.

7- Clean the inside and outside of the equipment.

8- When buying food separately.

9- Use a food thermometer when cooking.

10. Keep cold foods at 40 degrees Fahrenheit or lower. Keep hot foods at 140 degrees Fahrenheit or higher.

Food safety

Food safety refers to the control, preparation, and storage of food, in a way that can best reduce the risk of people becoming ill from foodborne illness. In short, food safety is the ability to access enough healthy and nutritious food.

➤ **Food safety principles:** Clean (Wash hands and surfaces regularly), Separate (Do not cross-contaminate), Cook (Cook at the right temperature, do this with a food thermometer), keep in a cool place (refrigerate immediately).

➤ **Food safety when shopping:** When buying from a store, first remove the non-perishable items and then the items that are stored in the refrigerator, Never choose meat or chicken in torn or leaking packaging, Pay attention to the expiration date on the material.

➤ **Food safety when thawed:**
➤ Refrigerator: The refrigerator allows for a smooth and safe thaw. Make sure that the broth and chicken do not spill on other foods.
➤ Cold water: Put food in a leak-proof plastic bag for faster thawing. Immerse the milk in cold water. Change the water every 30 minutes. Cook immediately after melting.

➤ Microwave: Cook meat and poultry immediately after thawing.

➤ **Food safety during preparation:**
➤ Always wash your hands with soap and warm water before and after handling food.
➤ Do not be infected. Keep raw meat, poultry, fish, and water away from other foods. After cutting raw meats, wash knives and countertops with warm soapy water.
➤ Store meat and poultry in a covered container in the refrigerator.
➤ Clean the cutting boards using a solution of 1 tablespoon of odorless liquid chlorine bleach in 1 gallon of water.