

# Food Safety

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**Abstract**—To eat is a necessity, but to eat safely is an art. Food can give nourishment but it can also be a route to transmit diseases from person to person that can cause food borne illness. To prevent this, food needs to be handled, prepared and stored in a scientific manner. In considering market to consumer practices, the food preparation and safe delivery of food are important aspects of food safety. In the developed countries, the food safety measures are stringent and adhered to whereas in developing countries it is not so. The first concern is availability of adequate safe water for cooking. Moreover many people in these places have forgotten food safety rules followed at homes. Today most consumers are not growing their own food and are depending on market for raw, semi-prepared and prepared foods. This gives them less control over the food they eat. Raw food coming from farm to table maybe infected by microbial pathogens and chemical contaminants. Food itself can cause food allergy. The food safety regulation authority makes policies to maintain standards of production, processing, packing, distribution and transportation, storage which are integral part of food safety. But besides this it is important to conduct education and awareness programs for the general public on food safety norms. Then public can participate in getting these standards maintained. Consumers themselves, the doctors and dieticians have an important role in spreading this awareness. Remember! Every time you eat or drink you are either feeding a disease or fighting it.