

# FOOD SAFETY AND HYGIENE

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Guest Lecture

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## Abstract

*Food safety and Hygiene is an important public health issue in the India. Eating at Restaurants and other food service facilities increasingly has been associated with diseases. Food safety indicates to those hazards that have physical, chemical and microbiological effects it makes food injurious to health. It also describes handling, preparation and storage of food in order to prevent food borne illness. Food safety often overlaps with food defense to prevent harm to consumers. Food can transmit disease from persons to other persons as well as serve as a growth medium for bacteria that can cause food poisoning so food safety and Hygiene is a significant public health issue. Every year death of approximately two million people occurs due to unsafe food. More than 200 diseases occurs because of harmful bacteria, viruses, parasites or chemical substances in Food.*

**Key Words:** *Food, Safety, Hygiene, Health and Service.*

## I. INTRODUCTION

Humans must have food to survive. In India and other countries, the system of obtaining food was highly localized before the twentieth century. With the development of new technologies and improved transportation, food production and distribution systems became national in scope and more complex.

The current food system stretches from producers to consumers and is international in scope. Ensuring its quantity, nutritional adequacy, and safety has become more complicated, and requires major government and private-sector efforts.

Food safety encompasses a wide spectrum of issues-not only the avoidance of foodborne pathogens, chemical toxicants, and physical hazards, but also issues such as nutrition, food quality, labeling, and education. The system for regulating the food supply in India involves all levels of government from federal to local.

## Food Hygiene

Food hygiene are the conditions and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Lack of adequate food hygiene can lead to foodborne diseases and death of the consumer.

## II. BACKGROUND

In large scale cooking, food is handled by many individuals, thereby increasing the chances of food contamination due to improper handling. Deliberate or accidental contamination of food during large scale production might endanger the health of consumers, and have very expensive repercussions on a country.