

SNS COLLEGE OF NURSING COIMBATORE-35

COURSE NAME : B.Sc., Nursing I Year

SEMESTER : II semester

SUBJECT : Applied Nutrition & Dietitics

UNIT : V

TOPIC : Food Safety

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Objectives

At the completion of lecture, the students will be able to describe the Food Safety with clinical implications, develop desirable attitude and apply in clinical practice

Case Study

A 34-year-old woman attended a family barbecue where chicken was grilled but not fully cooked. Within 12 hours, she developed severe abdominal cramps, diarrhea, and a fever of 101°F (38.3°C). Symptoms persisted for three days, leading her to seek medical care. A stool sample confirmed Salmonella infection. She was treated with fluids and advised to rest, recovering fully within a week.



Definition

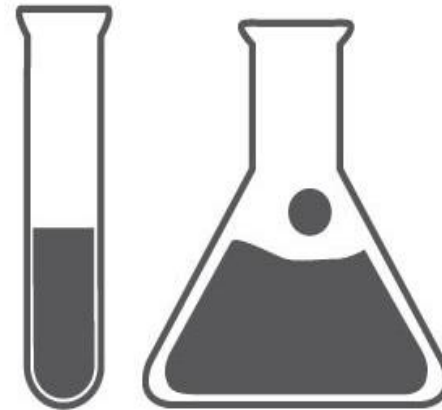
Food safety refers to practices that reduce the risk of food poisoning by preventing contamination from germs like bacteria, viruses, or parasites. Unsafe food causes over 200 diseases, affecting 600 million people annually and leading to 420,000 deaths worldwide.

Food Hazards

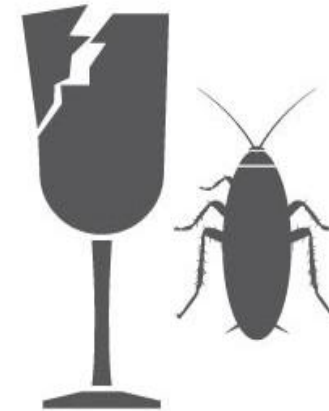
Biological



Chemical



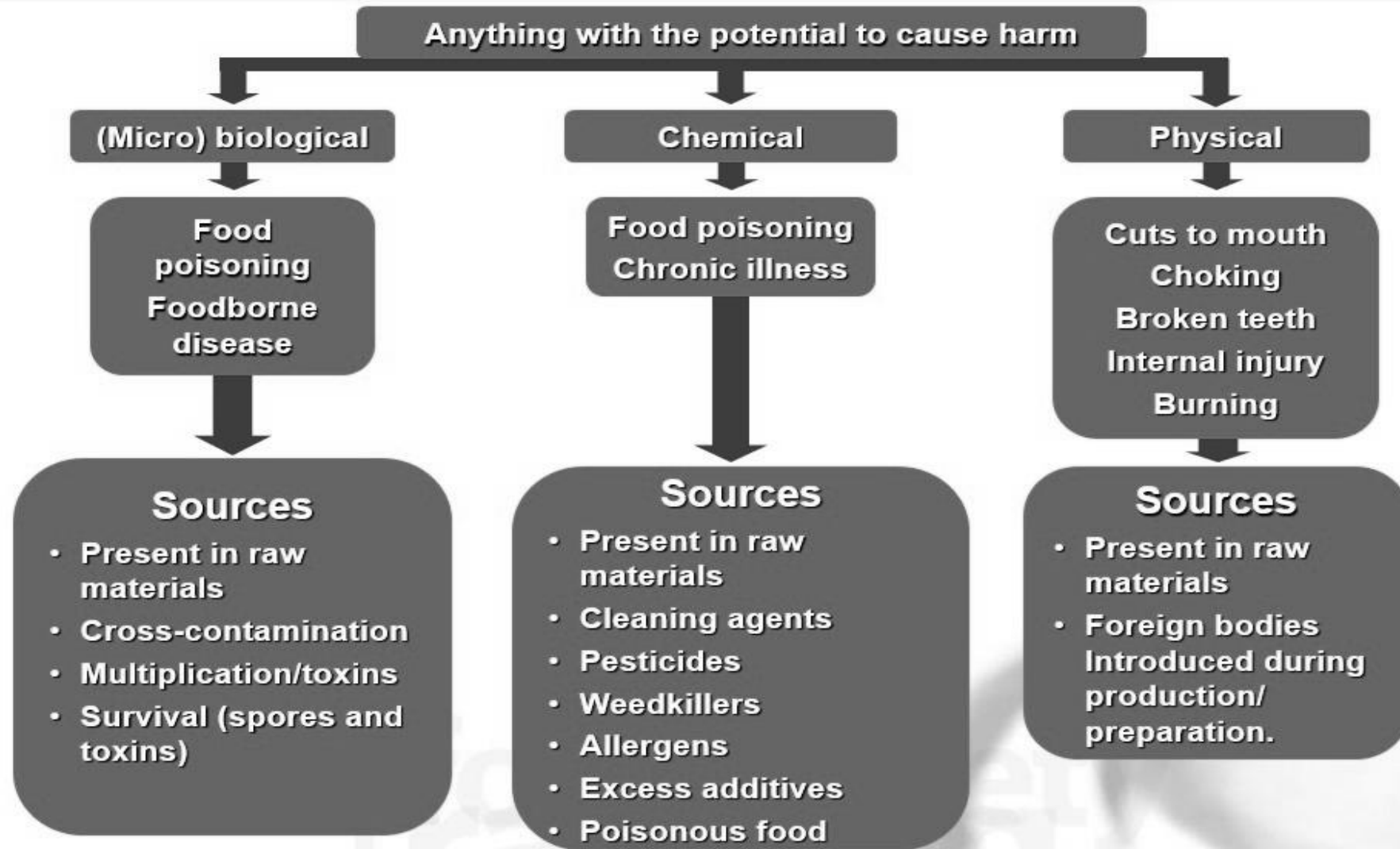
Physical



A food hazard is any agent that has the potential to pose a threat to human health or cause illness.
When a hazardous agent comes in contact with food - it causes food contamination.

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What is a hazard?

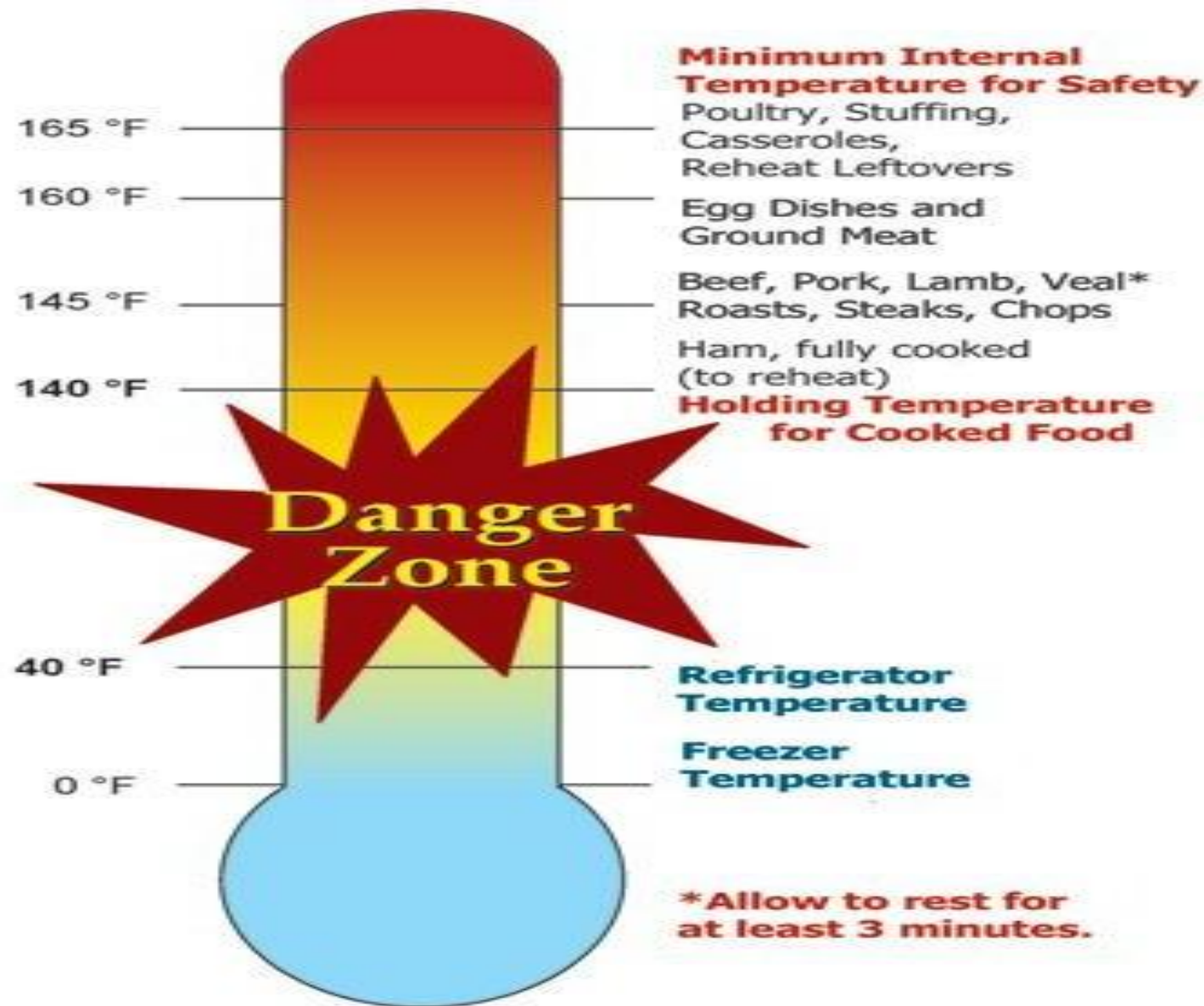


KITCHEN HYGIENE CHALLENGES.









Five Keys TO SAFER FOOD

1 KEEP CLEAN



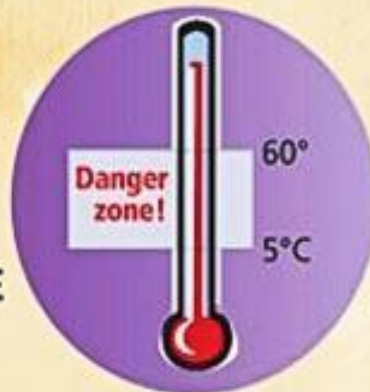
2 SEPARATED RAW AND COOKED



3 COOK THOROUGHLY



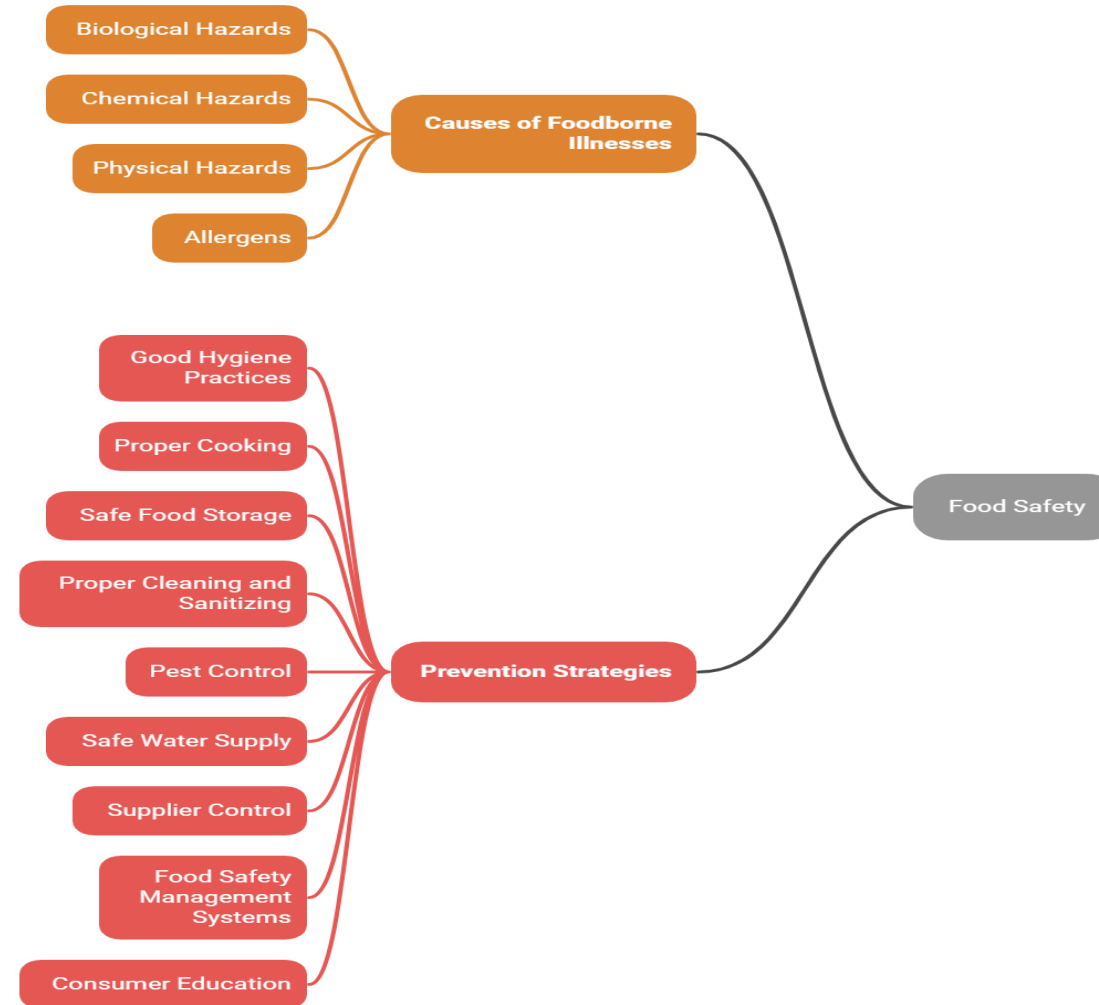
4 KEEP FOOD AT SAFE TEMPERATURE



5 USE SAFE WATER AND RAW MATERIALS



Food Safety Mindmap



References

- Gilbert, J. A., & Schlenker, E. (2023). *Williams' essentials of nutrition and diet therapy* (13th ed.). Elsevier.
- Swaminathan, M. (1974). Essentials of Food and Nutrition (Vol. 1: Fundamental Aspects; Vol. 2: Applied Aspects). Ganesh & Co.
- Srilakshmi, B. (2024). Dietetics (9th ed.). New Age International Publishers.

