



মহাশিক্ষা বিভাগৰ অধীনৰ শিক্ষা বিভাগ (অসম)

**DEPARTMENT OF EDUCATION (S)**

Government of Manipur

## UNIT VI

### FOOD HYGIENE AND METHODS OF SELECTION AND STORAGE OF FOOD

#### NOTES

Food sanitation is concerned with cleanliness in the storage, handling, preparation and serving of food for human consumption. Other factors also contribute to food contamination.

Food handling is concerned with harvesting, storage, preparation and serving. Food handler should be free from communicable diseases like colds, any respiratory ailments, cuts or boils, as they may be responsible for transferring these to the consumers of the food. Human hair, nasal discharge, skin can also be sources of micro-organisms.

Entry of insects and rodents, which may contaminate the foods, should be checked. Keep foods in covered cupboards with wire netting, filling cracks and fissures in the walls and floors and covering drain holes etc.

Special care should be taken up to ensure hygienic handling of foods. Purchases of food items depend on the storage life. Selection of non-perishable, semi perishable and perishable food should be done very carefully and storage area should free from any dirt, moisture and insects.

There are different ways in which different kinds of foods should be stored. Storage of vegetables should be done in cool, dry place. Peas and corn become less palatable during storage due to sugar being converted into starch. It is better to buy these vegetables only in the quantity needed for immediate use. Only sound vegetables should be selected and stored, even a few bruised tubers may contaminate the entire lot.

Milk is normally boiled in our homes, as soon as it is brought to the kitchen and stored in covered containers. Boiling destroys spoilage organism and also the enzymes present in milk. Thus, boiling helps storing milk in good condition for 12 – 14 hours at room temperature. Milk is converted to curd by adding buttermilk which contains lactic acid. The storage period can be extended to two weeks by refrigeration.

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