

## **Food Contamination**

Food contamination is a commonly used term. However, only a few people are aware of the exact reasons for food contamination and its effects on your health.

When food items are not handled or cooked safely, the disease-causing organisms such as bacteria, parasites, and viruses result in food contamination. The disease-causing parasites produce toxins that may also lead to food intoxication. In addition, the presence of pesticides, certain cleaning compounds, contaminate the food. The common reasons for food contamination are:

- Improper storing, handling and preparing food
- Improperly cleaned or sanitized utensils
- Contamination by flies, cockroaches, insects, and pests

### **Different Types of Food Contamination**

There are a number of reasons that can lead to food contamination. However, food contamination falls under four different categories which are:

- 1. Biological contamination**
- 2. Chemical contamination**
- 3. Physical contamination**
- 4. Cross-contamination**

### **Biological Contamination**

Biological contamination is one of the common causes of food poisoning as well as spoilage. Contamination of food items by other living organisms is known as biological food contamination. The common places where you can find bacteria are:

- **Dust**
- **Raw meat**
- **The air**
- **The human body**
- **Pets and pests**
- **Kitchen clothes**

### **Physical Contamination**

When harmful objects contaminate the food it leads to physical contamination. At times, food items can have both physical and biological contamination.

### **Chemical Contamination**

Chemical contaminants are one of the serious sources of food contamination. These contaminants can also lead to food poisoning. Pesticides present in fruits and vegetables are one of the main sources of contamination. In addition, kitchen cleaning agents, food containers made of non-safe plastic, pest control products also lead to food contamination.

## Cross-Contamination

Cross-contamination takes place when pathogens are transported from any object that you use in the kitchen. Dirty kitchen clothes, unclean utensils, pests, raw food storage can lead to cross-contamination.

### Sources

