Food safety haz ards

Many who cook at home have likely done one or more of their kitchen practices based on commonly believed myths. But these kitchen practices can increase your risk of food poisoning.

1. Can’t be left food there in the sink? For food safety, we always assume the temperature danger zone is between 10°C and 50°C, which is where bacteria can grow quickly, said Mr Martin Wong, manager of Singapore Polytechnic’s Food Innovation and Research Centre. “If we keep food in the sink, the temperature of the outer parts may go above 10°C. Before the food is really heated up, it will be heated up by the sink. This places the food at risk of bacteria growth.”

2. The main point to note is to not let the defrosted food sit at room temperature for an extended period of time. As soon as it has defrosted, it should be immediately used for cooking or returned to the freezer and used within a day.

3. Should we wash raw meat before cooking? This is not necessary. Washing meat upvotes bacteria onto your hands, clothes, clothes and tools, said Britain’s Food Standards Agency. Through washing will kill any bacteria present.

4. Does refrigeration food in the microwave make it safe to eat? A mistake that people commonly make is to refrigerate food in the microwave for an extended period of time. As soon as it has defrosted, it should be immediately used for cooking or returned to the freezer and used within a day.

5. Can we eat food that has fallen on the floor right after it’s wiped up? The truth is that no matter how fast one picks up the food, it would have been contaminated with bacteria, said Prof Chen. “The amount of bacteria contamination would depend on how clean the floor is and other factors.”

6. Is beef meat can be eaten raw, why can we not prepare other types of meat for consumption this way? The truth is that all types of raw meat can’t be cooked to consume bacteria, which can be harmful to human beings. Bacteria can pass through beef, not only in the meat but also in the bones, according to BSAFA guidelines.

7. What is the best way to handle eggs, especially if we want to ensure safety? It is not wise to consume eggs raw, or food that contains raw eggs like salad, as a risk of poisoning. Ensure egg shells are clean and are cooked in bacteria can enter through cracks in their shells, according to BSAFA guidelines.

8. Should I feel fruit before consumption to be safe? Washing will help remove bacteria from the surface of fruit and vegetables. Peeling the fruit can also remove bacteria, although some peels are packed with nutrients. Fruit and vegetables with hard surfaces, such as rock melons, potatoes or carrots, can be cleaned by scrubbing them with a clean brush under running tap water, said the NEA.

9. Do you wash your hands with soap and water before and after handling eggs, etc? Salmonella results in the intestinal tract and can be transmitted to humans when they consume eggs contaminated by salmonella found in chicken droppings. Salmonella can double every 20 minutes, so a bacterium can multiply into more than one million in eight hours at ambient conditions, according to the NEA.

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Preparation of a meal? Watch out for germs

Joyce To

Here is the foundation of the best kitchen practices so you can keep food poisoning at bay.

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