

Food poisoning

Food poisoning can be defined as an illness caused by eating contaminated food, or by eating food that contains harmful bacteria. The common symptoms of food poisoning are diarrhea, vomiting, abdominal pain, and sometimes headaches and fever symptoms may become evident after six hours and up to three days after eating such infected food. The main reasons of food poisoning by the people are:

- Ignorance about the rules of hygiene.
- Carelessness, thoughtlessness or negligence while preparing the food.
- Poor standard of equipment's and facilities to upkeep hygienic standard.

Causes of Food Poisoning

1. Chemical Food Poisoning

It is related to certain harmful chemicals, metals, plants, etc. The follow are the some chemical food poisoning:

- Lead poisoning can occur from using water that has been in contact with lead pipes.
- Arsenic is used to spray on vegetables, fruits, and occasionally poison the food.
- The harmful amounts of copper cause food poisoning, therefore, storage in copper pots is very dangerous.
- Certain poisonous plants such as fungi, rhubarb leaves and the part of potatoes, which are exposed to the sun above the surface to the soil many cause food poisoning.

2. Bacterial Food Poisoning

Harmful germs may enter the food from human, animal or other sources. The bacteria themselves or the toxins (poison) produced in the food by certain bacteria may cause the foods to be harmful

Keep foods either hot above 65°C or cold below 5°C. The bacteria that cause food poisoning grow best when food in warm. Be especially careful with raw poultry, seafood and foods with a base of eggs, such as mayonnaise or egg salad, or bread, like stuffing or puddings. Make sure the temperature in your refrigerator is 5°C degrees or under.

There are often a lot of chemicals in the kitchen. Drain cleaner, bleaches, and strong acids can be dangerous.

Never mix different types of these products, explosions or dangerous gasses may result. Make sure these are always used strictly according to the directions on the package, and make sure that the containers are properly sealed when not in use. Pesticides such as pest killers, rat or cockroach poison and other rodent bait should be considered dangerous. If you get them on your hands, wash them off. When you use them, make sure there is no uncovered food they can get into. Store carefully, and preferably not in the kitchen.