Food Safety and Hygiene

**Can eating 5-day old rice and pasta can kill you?**

Definition and causes of Food poisoning – use examples from the articles supplied

Food poisoning is an acute enteritis caused by food or water. It is most commonly caused by a virus (eg n, a bacterium (e.g. Salmonella), or a toxin produced by a bacterium. In addition, food poisoning can be caused by chemicals, fungi, plants, parasites or animals. The most common route of infection is carelessly cooked, stored, produced or served food. According to Anukriti Mathur, explained that the bacteria will reproduce by utilizing the nutrients from the food products [..] including rice, dairy products, spices, dried foods and vegetables."

Explanation of high-risk foods, safe handling procedures, the importance danger zone rules.

Food that can support the growth of pathogenic micro-organisms is considered a high risk. This includes all meat, seafood, poultry, dairy products, eggs, and processed fruits and vegetables. Low-risk foods are items that are not usually associated with foodborne illnesses. This will include most dry goods such as crackers, flour, sugar, grains, bread, sweets, dried beans and dried fruits. Fresh unprocessed fruits and vegetables are generally considered low risk.

Rice and pasta can be the high-risk food from food poisoning point of view. They can become polluted with bacillus cereus, which can primarily pollute and animate in raw rice and pasta as spores. As these cooked moist so bacteria breed in it and spread. Not proper storing of cooked pasta can be high risk of food poisoning.( Food safety .com)

How to prevent food poisoning from cooked pasta

Cooked pasta is a high-risk food, for example: poultry, eggs, cooked rice, etc., simply because bacteria, the cause of food poisoning, prefer to live in these products than in others. All cooked rice/pasta should be stored in the refrigerator at the correct temperature, under 5 degrees Celsius, to avoid the further growth of bacteria. (Naranjo, Denayer, Botteldoorn, Delbrassinne, Waegenaere, Dierick, 2011).

References

Naranjo, M., Denayer, S., Botteldoorn, N., Delbrassinne, L., Veys, J., Waegenaere, J., . . . Dierick, K. (2011, December). Sudden death of a young adult associated with Bacillus cereus food poisoning. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3232990/>

10 High Risk Foods More Likely to Cause Food Poisoning. (n.d.). Retrieved from https://www.foodsafety.com.au/resources/articles/10-high-risk-foods-more-likely-to-cause-food-poisoning