

FOOD CONSUMPTION

SAFETY & HEALTH

FOOD CONSUMPTION

- **The food supply chain:**

- It refers to the different stages from production until the consumer arrival.
 - Production, storage, transport and commercialisation.
- In all those stages hygienic conditions are essential to avoid contamination, spoilage or deterioration.
- Food needs to be preserved because its **organic composition**

FOOD ADDITIVES

- Natural or artificial substances added to foods for the following purposes:
 - **Preservatives:** prevent microorganism growth and decomposition.
 - **Colourings:** give a certain colour.
 - **Antioxidants:** prevent food oxidation.
 - **Flavour enhancers.**
 - **Stabilisers:** keep texture and look.
 - **Sweeteners:** natural sugars or artificial sweeteners.
 - **Texture modifiers.**

NUTRITIONAL INFORMATION

Weight or volume

List of ingredients

Instructions for use or cooking

Special storage conditions

A *best – before* date

A *use – by* date

Name and address of the manufacturer, packer or seller.

The image shows a box of SpongeBob SquarePants cereal. The label features the product name at the top, followed by the 'Nutrition Facts' section. Three yellow callout boxes are present: one pointing to the product name, one pointing to the 'Nutrition Facts' header, and one pointing to the '% Daily Value**' column of the nutrient table.

Amount Per Serving	SpongeBob SquarePants Cereal	with 1/2 cup skim milk
Calories	100	140
Calories from Fat	10	10
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsat. Fat 0.5g		
Monounsat. Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 115mg	5%	7%
Potassium 60mg	2%	7%
Total Carb 22g	7%	9%
Dietary Fiber 1g	6%	6%
Sugars 8g		
Other Carbohydrate 13g		
Protein 1g		

Name of the product

Nutritional Value

Reference intake percentage

PRESERVING FOODS

- **Low temperatures methods:**
 - Refrigeration ($0 - 4^{\circ}\text{C}$)
 - Freezing ($\leq - 18^{\circ}\text{C}$)
- **High temperatures methods:**
 - Sterilisation
 - UHT processing: $135^{\circ}\text{C} / 2 - 3$ seconds
 - Pasteurisation: $65 - 75^{\circ}\text{C} /$ short time



PRESERVING FOODS

- **Dehydration**
- **Preservatives use:**
 - Salt
 - Vinegar
 - Smoke
 - Artificial chemical additives

PRESERVING FOODS



Salting: Preservation with dry edible salt



Smoking: Preservation with smoke