The Foods We Think are Safe

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The government allows various types of contaminants at a “safe” level and a certain amount of filth in the foods that we purchase to eat. These hazards are biological, chemical, and physical contaminates. I was shocked when I discovered that bacteria, viruses, parasites, hair, insects, and in some cases even small reptiles. This is interesting that the government would allow for contaminates to be allowed in the food source. Knowing what I know now about the production of fresh and processed foods, I think that it is safer for me to dedicate my spare time growing my own vegetables.

Food safety is a topic that many people just do not give much attention until recently. Because of a number of illnesses due to tainted food in the past year, this subject has move to the frontlines. Scares stemming from listeria (blue bell ice cream), E.coli (Spinach), and salmonella (Peanut Butter), are sweeping the country. Going to the kitchen in the middle of the night to fix a bowl of your favorite ice cream could now become a death sentence. The food and drug administration should require more safety measures placed on the foods that we as consumers eat. The foods that we are consuming are killing us in many ways and we seem less concerned about it.

“Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent foodborne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards.” If food safety guidelines were not in place, in my opinion, the number of deaths would skyrocket. It is to our benefit to educate ourselves with the various ways food that we feed our families become tainted. This is why as consumers we must take careful measures to inspect the foods that we purchase for consumption. It is disturbing to know that allowing filth is a common practice of the government.

“Three pathogens, Salmonella, Listeria, and Toxoplasma, are responsible for 1,500 deaths each year, more that 775% of those caused by known pathogens, while unknown agents account for the remaining 62 million illnesses, 265,000 hospitalizations, and 200 deaths. Overall, foodborne diseases appear to cause more illness but fewer deaths that previously estimated.” This is somewhat shocking but food safety not taken serious, the statistics will continue to grow putting more and more people in danger. When I go out to dinner, I expect to have a decent meal and not a date with death. It is frightening to dine outside of the household and in some cases; it is frightening to dine at home.

A co-worker of mine from years ago was always in the habit of bringing to work a Mississippi Mud pie. The first time I ate it I could not believe how good it was. She was indeed a great cook. I enlisted her to prepare a pie for me to serve at a party, she agreed. I arrived to her home to pick up the pie and to my amazement, she had to be the filthiest woman on I had ever met. I entered into her kitchen and I thought that I was in an episode of the Twilight Zone. It was disgusting, and it was safe to say that she did not take interest in food safe guidelines. There on the counter amidst the dirty dishes and filth, there sat two tabby cats. Needless to say, the pie went in the dumpster, I could not serve my guests cat fur.

This leads me to say that even in private kitchens; the board of health should make surprise visits throughout the nation. If not to inspect, a law or ordinance needs to be in place to ensure that filthy cooks cannot spread their diseases to unsuspecting dinners. I think that this will help keep contaminations low.

References:

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