

ISSN : 2309-3234

TMSS MEDICAL COLLEGE JOURNAL

Volume 04, No. 01, January 2015



An Official Publication of TMSS Medical College, Bogra



TMSS Medical College Journal

January 2015

An Official Publication
of
TMSS Medical College, Bogra

TMSS Medical College Journal

Vol.3, No. 1, January 2015

An Official Publication of TMSS Medical College, Bogra, Bangladesh

Editorial Board

Chairperson : Prof. Dr. Most. Rebeca Khatoon
Editor-In-Chief : Prof. Dr. Md. Abdus Shukur
Executive Editor : Prof. Dr. Md. Azfarul Habib
Publication Editor : Dr. Md. Abdul Mazid
Finance Editor : Dr. Md. Matiur Rahman

Published by

Dr. Md. Abdul Mazid
on behalf of the TMSS Medical College

Graphic Designer

Md. Sirajul Islam
TMSS, Bogra

Members

Prof. Dr. M. A. Gafur
Prof. Dr. Md. Aynul Huq
Prof. Dr. Md. Shahjahan Ali Sarkar
Prof. Dr. Nur-A-Farhana Islam
Dr. Md. Azizar Rahman
Dr. Md. Sheik Abdul Muktaf
Dr. Md. Kamrul Islam

Printed by

TMSS Printing Press
Bogra, Bangladesh

Review Committee

Prof. Dr. Raghib Ahsan
Prof. Dr. Md. Anup Rahman Chowdhury
Prof. Dr. Md. Abul Hossain Khan

Advisory Board

Prof. Dr. Hosne-Ara Begum
Prof. Dr. A.K.M Ahsan Habib
Prof. Dr. Syed Mainul Hasan
Prof. Dr. S.A.M. Israrul Bari
Prof. Dr. Md. Rafiqul Islam
Prof. Dr. Latifur Rahman
Prof. Dr. Abdul Gaffar
Prof. Dr. Hafiza Arzuman
Dr. A.K.M. Ahsan Habib
Dr. Md. Mostafa Alam

The TMSS Medical College Journal is a peer reviewed Journal. It is published two times a year, (January and July). It accepts original articles, review articles and case reports. Complimentary copies of the journal are sent to libraries of all medical and other relevant academic institutions in the country and selected institutions abroad.

While every effort is always made by the Editorial Board and the members of the Journal Committee to avoid inaccurate or misleading information appearing in the TMSS Medical College Journal, information within the individual article are the responsibility of its author(s). The TMSS Medical College Journal, its Editorial Board and Journal Committee accept no liability whatsoever for the consequences of any such inaccurate and misleading information, opinion or statement.

Address of Correspondence

Executive Editor, TMSS Medical College Journal
TMSS Medical College, Rangpur Road
Thengamara, Bogra, Bangladesh.
Phone: 051-61830, Fax : 051-61830
e-mail: editortmcjournal@gmail.com
Web: www.tmssmedicalcollege.com

EDITORIAL**FOOD SAFETY****Back ground**

Unsafe food is linked to deaths of an estimated 2 million people annually – including many children.

Food containing harmful bacteria, viruses, parasites or chemical substances is responsible for more than 200 diseases ranging from diarrhoea to cancers.

New threats to food safety are constantly emerging.

- ▀ Changes in food production, distribution & consumption,
- ▀ changes to the environment, new & emerging pathogens, antimicrobial resistance All pose challenges to national food safety systems.

Five keys to safer food

Food safety is a shared responsibility.

It is important to work all along the food production chain – from farmers & manufacturers to vendors & consumers.

- ▀ Key 1 : Keep clean.
- ▀ Key 2 : Separate raw & cooked food.
- ▀ Key 3 : Cook food thoroughly.
- ▀ Key 4 : Keep food at safe temperatures.
- ▀ Key 5 : Use safe water & raw materials.

Key 1 : Keep clean

- ▀ Washing of hands before preparation & handling of food.
- ▀ Washing of hands with soap & water before taking food & after defaecation.
- ▀ Washing of utensils & other materials used in cooking.
- ▀ Kitchen should be kept clean & should be protected from insects & other animals like cat, dogs.

Key 2 : Separate raw & cooked food

- ▀ Beef, mutton, chicken & sea foods should
- ▀ be kept separated from other food stuffs.
- ▀ Separate utensils should use for handing raw foods.

Cooked food should preserve separately to avoid contact of raw food.

Key 3 : cook food thoroughly

- ▀ Foods specially beef, mutton, chicken, egg & sea foods should be boiled adequately.
- ▀ Cooked food should be heated properly before taking.

Key 4 : keep food at safe temperatures

- ▀ Food stuffs should not be kept for more than 2 hours at normal temperature.
- ▀ Cooked food & all putrisible foods should freeze early.
- ▀ Cooked food should be heated properly before serve.
- ▀ Foods should not be kept in freeze for a long time.

Key 5 : use safe water & raw materials

- ▀ Safe water should use.
- ▀ Fresh & quality foods should use.
- ▀ Fruits & raw vegetables should be washed thoroughly before eating.

Importance of taking safe foods

1. Though most of the organisms do not produce disease but disease producing micro-organisms live in soil, water, animal & human body. These organisms may be transferred to foods by mere contact with utensils, napkins & other materials used in cooking.
2. Micro-organisms in raw foods may be transferred to other food during preparation, which may be the cause of disease.
3. Most of the organisms are killed during adequate boiling of foods.
4. The number of micro-organisms will increase if the food is kept in normal temperature. But the number will be reduced or multiplication will be stopped if the food is kept at below 50C or above 600 C.
5. The risk of food-borne disease will be reduced if the raw vegetables washed thoroughly before eating.

Prof. Dr. Md. Azfarul Habib

Head of the Dept. of Community Medicine
TMSS Medical College, Bogra.