FOOD SAFETY HAZARDS

NORLIA MAHROR 18/11/2020



ATTENDANCE



Timetable

Week	Date	Lecturer	Topics	Assessments	CLO
	18/11/2020	Dr. Norlia	Hazards		CLO1
7.	24/11/2020	Dr. Norlia	Food allergen		CLO1
	25/11/2020	Dr. Norlia	Food toxicology		CLO1
8.			SEMESTER BREAK		
9.	08/12/2020	Dr. Musfirah /Dr. Norlia	Presentation	Presentation	CLO3
	9/12/2020	Dr. Musfirah /Dr. Norlia	Presentation	Presentation	CLO3
10.	15/12/2020	Dr. Musfirah /Dr. Norlia	Presentation (Submission of assignment 1)	Presentation	CLO3
	16/12/2020	Dr. Musfirah	TEST 1 (MZ)	Test	CLO1&2
11.	22/12/2020	Dr. Hayati	Safety in food packaging		CLO1
	23/12/2020	Dr. Norlia	HACCP plan	Discussion	CLO1, CLO4
12.	29/12/2020	Dr. Norlia	HACCP plan	<mark>(5%)</mark>	CLO1, CLO4
	30/12/2020	Dr. Norlia	Environmental monitoring		CLO2
13.	05/01/2021	Dr. Tan Thuan Chew	Guess lecture: Food defense		CLO1, CLO4
	06/01/2021	Dr. Norlia	Risk Analysis		CLO1, CLO4
14.	12/01/2021	MOH officer	Guess lecture: Food Safety Certifications		CLO1, CLO4
			TEST 2 (NM)	Test (5%)	
			Submission of slide presentation		
	13/01/2021	Dr. Musfirah /Dr. Norlia	Presentation - HACCP	Presentation	CLO3
15.	19/01/2021	Dr. Musfirah /Dr. Norlia	Presentation - HACCP	<mark>(10%)</mark>	CLO3
	20/01/2021	Dr. Musfirah /Dr. Norlia	Presentation - HACCP		CLO3
16.	REVISION WEEK				
17.	2/2/2020	Dr. Norlia	Submission of written assignment 2-HACCP	<mark>Assignment</mark>	
				<mark>(10%)</mark>	
	3/2/2020	Dr. Musfirah	Test 1	Test	
18	9/2/2020				
	10/2/2020	Dr. Norlia	Test 2	Test (20%)	

T T D D T signment

Develop a HACCP Plan for the food product that you have chosen in Assignment. Below is the guideline for your HACCP plan preparation:

- Assemble the HACCP Team
- Describe the product
- Identify intended use
- Construct a process flow diagram
- Verify the flow diagram
- Conduct hazard analysis
- Determine Critical Control Point (CCP)
- Establish critical limit for each CCP
- Establish a monitoring system for each CCP
- Establish corrective action
- Establish verification prosedures
- Establish documentation and record keeping

20%

0

< >

FOOD SAFETY HAZARDS

NORLIA MAHROR 18/11/2020







Content



HAZARDS



BIOLOGICAL HAZARD



CHEMICAL HAZARD



PHYSICAL HAZARD

PROCESS CONTROL



What is a Food Safety Hazard?

- Any agent (biological, chemical, physical) in food with the potential to cause adverse health effect for consumers.
- Hazards may be introduced into the food supply any time during harvesting, formulation and processing, packaging and labelling, transportation, storage, preparation, and serving.







- Bacteria
- Viruses
- Protozoan
- Helminth
- Etc..

Adverse effect

- Foodborne illnesses
 (diarrhea, vomiting, nausea, etc.)
- May result in death



Chemical hazard

Physical hazard

Agents:

- Mycotoxins
- Allergens
- Heavy metals
- Cleaning & sanitation agents
- Etc.

Adverse effect

- Gastrointestinal distress
- Immunological reactions
- Chronic effect cancer
- May result in death

Agents:

- Stone
- Bone
- Shells
- Broken glass
- Etc.

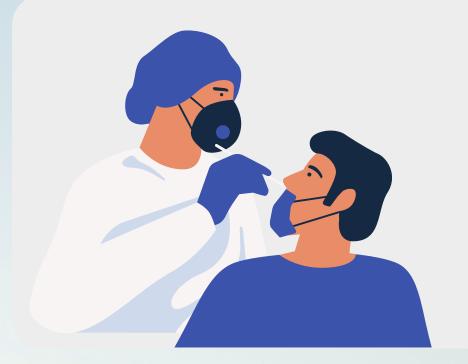
Adverse effect

- Choking
- Oral or internal cut
- Rarely result in death









What is not a Food Safety Hazard??

Quality defect

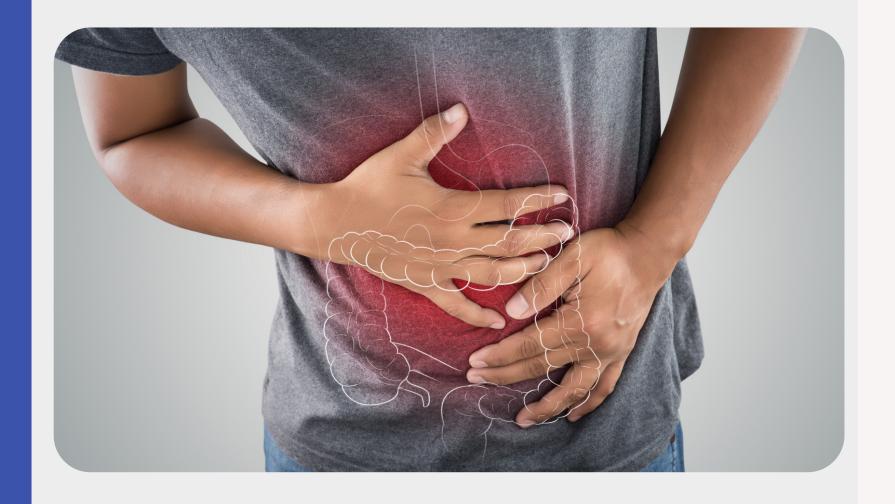
- Food spoilage may produce flavour, odour, and visual defect without making the food harmful for consumption
- e.g. souring in milk, putrefaction of meats (off odour), slimy meat product

Regulatory defects

- Food does not conform to the requirement of particular regulations.
- Violate the regulations without causing health hazard
- e.g. undeclared ingredients (nonharzadous), mislabelled product, ingredient substitution (fraudulent activity)



Characteristics of Foodborne Illnesses



Food infection

- Ingestion of live pathogens in food
- Survive the acidic condition in stomach and invade intestinal wall, enter blood circulation (may cause septicemia)

Toxicoinfection

- Ingestion of live pathogens in food
- Enterotoxin is produced in the intestine, causing diarhea

Intoxication

- Pathogen produce toxins while growing in food
- Botulinum toxin, staphylococcal food poisoning







Older people (> 60 years old)



Pregnant woman



Baby & Children (< 5 years old)



People with weakened immune system

- diabetes
- HIV/AIDS
- cancer
- receiving chemotherapy
- receiving dialysis
- organ transplants

People at risk of foodborne illness

Infectious dose

Depends on the concentration of pathogens / toxins in food, the virulence of pathogens, and the health status of consumer

< 100 - 1 millions of pathogen cell can cause illness

Incubation period

Typically short (hours or days) for bacterial infection

Foodborne intoxication have shorter incubation period (pre-formed toxin)

Characteristics of common foodborne illness

	Incubation	Symptoms		
Microorganism	period (range)	Fever	Diarrhoea	Vomiting
Salmonella spp.	12 h (6–48)	+	+	+
Staphylococcus aureus	2 h (0.5-8)	_	+	+
Bacillus cereus ^a	1 h (0.5-6)	_	_	+
Clostridium perfringens	12 h (9-15)	_	+	_
Shigella spp.	24 h (12-48)	+	+	_
Hepatitis A virus	28 d (15-50)	+	_	_

^aemetic toxin-producing strains

SYMPTOMS







Diarrhea



Nausea and Vomiting



Chills and Sweating



Fever



Headache



Characteristics of less common foodborne illness

Microorganism	Incubation period (range)	Key symptoms
E. coli O157:H7	4 d (3-9)	Bloody diarrhoea, possible haemolytic-uremic syndrome
Listeria monocytogenes	7 d (3-21)	Septicaemia, meningitis
Clostridium botulinum	24 h (12–40)	Double vision, difficulty swallowing, possible respiratory paralysis
Yersinia enterocolitica	24 h (18–36)	Diarrhoea, vomiting, severe abdomin pain
Vibrio spp.	12 h (4–30)	Fever, diarrhoea, vomiting



Sources of bacterial pathogens involved in foodborne infections

Pathogen	Natural habitat	Associated food sources
Salmonella spp.	Animal intestine	Raw meat, poultry and eggs
	Process environments	Multiple dry foods
Campylobacter jejuni	Animal intestine and soil	Raw poultry and milk
Escherichia coli O157:H7	Ruminant intestine	Raw beef, milk, water, and farm animal contact
Listeria monocytogenes	Soil, animal intestine, and moist processing areas	Raw milk and meat, soft cheeses, and RTE* deli products
Shigella spp.	Animal intestine Human carriers	Freshly prepared foods Foodservice operations
Vibrio spp.	Marine water	Raw shellfish and seafood
Yersinia enterocolitica	Animal intestine and water	Raw milk and water



Sources of bacterial pathogens involved in foodborne intoxications

Pathogen	Natural habitat	Associated food sources
Staphylococcus aureus	Human and animal skin	Raw meat and poultry, and fermented sausage and cheese
Clostridium botulinum	Soil and water	Raw vegetables and fish
Bacillus cereus	Soil, root, and cereal crops	Cooked rice and potatoes
Clostridium perfringens	Soil and animal intestines	Steam table meat and poultry, and stuffed poultry

Noodles from laksa kebok stall contaminated with salmonella bacteria, says Health Ministry

NATION

Sunday, 21 Oct 2018 12:55 PM MYT















The Healthy Ministry said there were no news cases reported since Oct 9, and the overall number of cases stood at 83, with two deaths.

There were 34 cases in Perak (where two patients died), 25 cases in Kedah and 24 cases in Selangor. The patients who were hospitalised were all discharged.

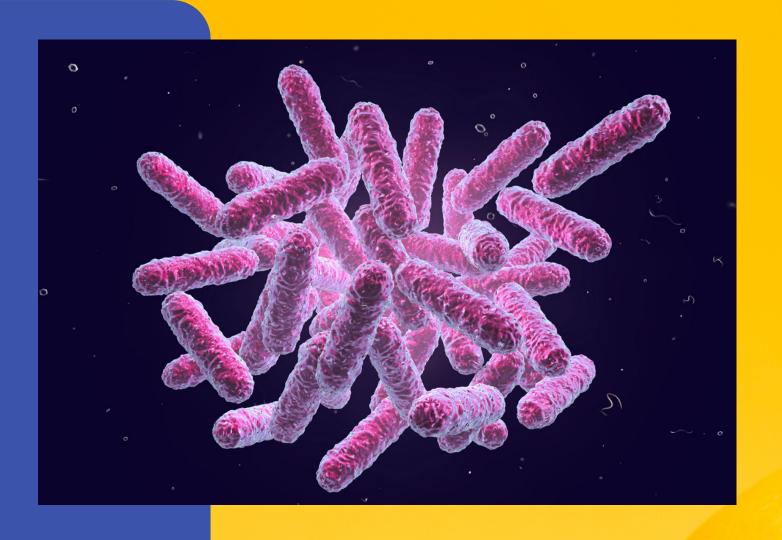


48 keracunan makanan dipercayai akibat puding buih



KUALA TERENGGANU: Telur tamat tempoh digunakan untuk mengadun puding buih, punca utama berlakunya kes keracunan makanan, Isnin lalu.

Pengerusi Jawatankuasa Kerajaan Tempatan, Perumahan, Kesihatan dan Alam Sekitar, Dr Alias Razak menjelaskan, keputusan sampel dilakukan Unit Keselamatan dan Kualiti Makanan Pejabat Kesihatan Daerah Kuala Terengganu mendapati, penggunaan telur tamat tempoh punca utama 99 orang menghadapi kes keracunan puding buih.



The majority of biological hazards are bacteria that can be controlled through time, temperature, acidity, and water activity.



However, some bacteria form spores that are highly resistant and may not be destroyed by cooking and drying





Spore-forming bacterial pathogens

Clostridium botulinum

Obligate anaerobes

Do not grow in acidic condition (pH < 4.6)

Produce botulinum toxins (neurotoxic)

< 1 ng/kg - paralysis of the respiratory muscle

Spores - heat stable

The toxin is heat-labile -can be inactivated by pasteurization Main problem in canned food

https://www.who.int/news-room/fact-sheets/detail/botulism

Clostridium perfringens

Anaerobic, slightly thermophilic, grows rapidly in food without sporulation

Associated with hot-held food (steam table/hot buffet) foods Cell sporulate in the human intestine & release enterotoxin high number of cells must be ingested to cause toxicoinfection

Bacillus cereus

Facultative anaerobe pathogens
Produce heat-stable emetic toxins (in cooked rice),and
heat-labile enterotoxins
psychrotrophs



Non spore-forming bacterial pathogens



Staphylococcus aureus

Produce heat-stable enterotoxin
Surviveing 10 mins at 121C or more than 20 min at 100CS> aureus contamination is usually caused by food handlers

Campylobacter jejuni

Associated with meat, raw poultry and milk It does not survive in processed foods

Escherichia coli 0157:H7

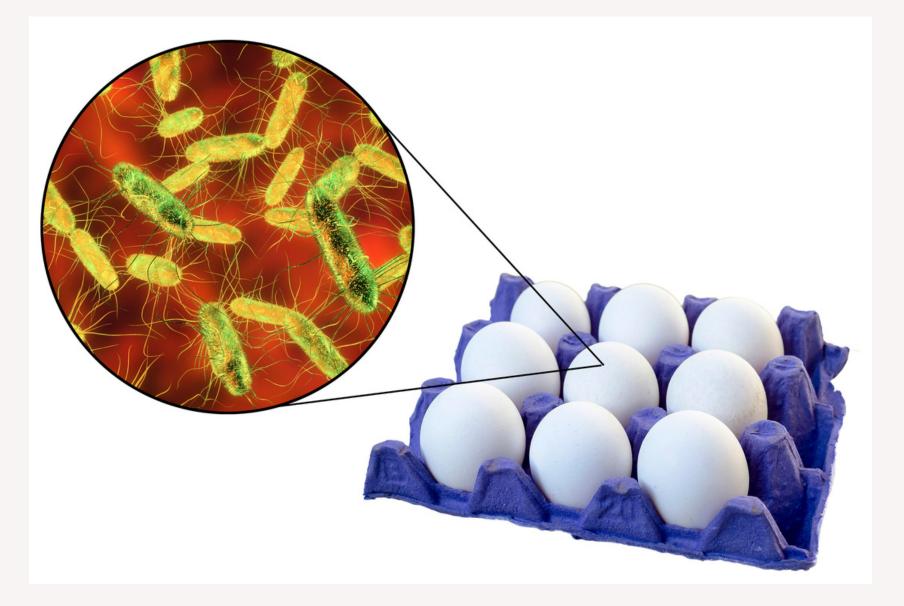
Very low infectious dose: 10-100 cells (may cause death)
Produce shiga toxins
Associated with meat, unpasteurised milk & juices, sprouts, water, etc.

Listeria monocytogenes

Psychrotrophic bacteria
Associated with RTE, refrigerated foods
Require high number of cells (millions) to cause infections
However, the infection can lead to septicemia, meningitis, death.



Non spore-forming bacterial pathogens



Vibrio spp.

Halophilic bacteria microflora of fish and seafoods V. parahaemolyticus - psychrotrophs and often found in shellfish V. cholera - cause cholera disease (waterborne infection)

Yersinia enterocolitica

Psychrotrophs

Cause illness that are associated with raw milk or water

Salmonella spp.

Can survive in dry condition
Contaminate processed / packages food products (dried dairy products, dried eggs, chocolate, soy flour, peanut butter)

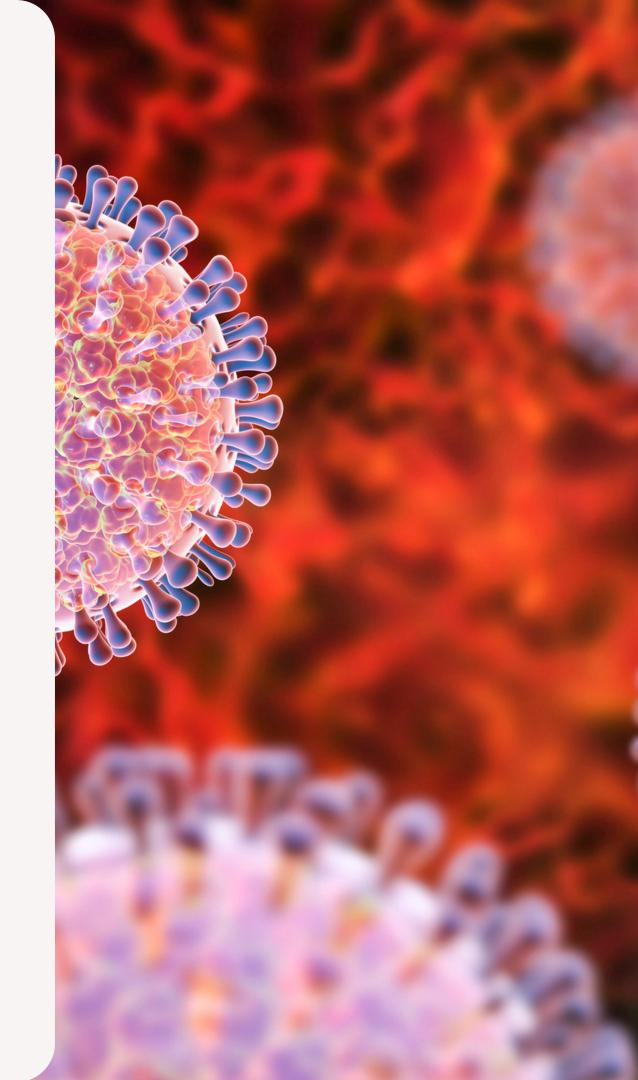
Cronobacter sakazakii

Opportunistic pathogens rarely cause illness
Rare cases: mishandling of rehydrated infant formula in the clinical setting

Viral foodborne pathogens

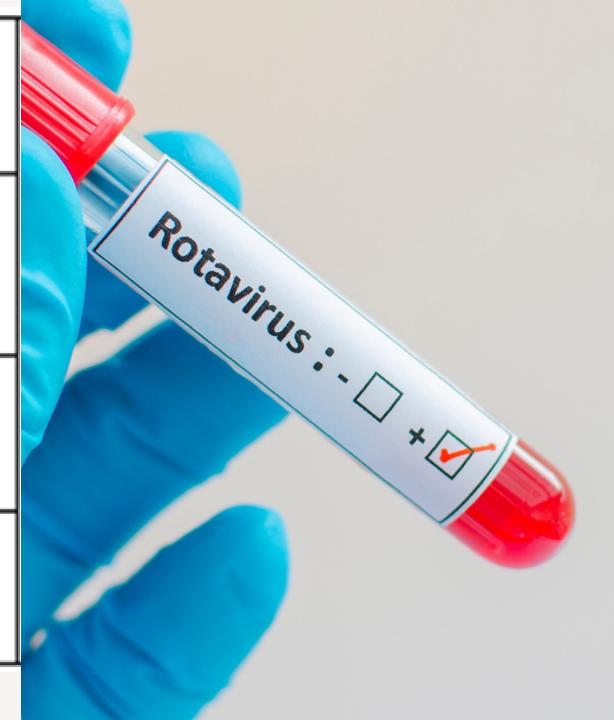
Viruses are obligate parasites that grow only in human cells
Primary source is human feces
Transmitted via fecal-oral-route, poor hygiene practice

Virus	Incubation period [d] (range)
Hepatitis A	28 (15-50)
Norovirus	1 (1-2)
Rotavirus	2 (1-6)



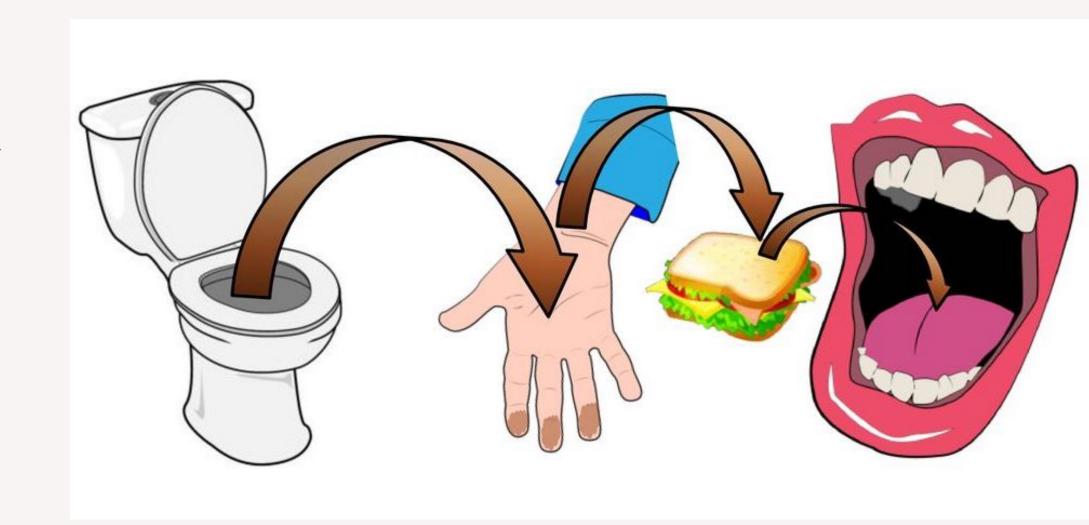


Microorganism	Why a hazard?
Hepatitis A virus	Causes fever and abdominal discomfort, followed by jaundice.
Norwalk virus	Headache and low-grade fever may also occur.
Rotavirus	Causes nausea, vomiting, diarrhea and abdominal pain (gastroenteritis).

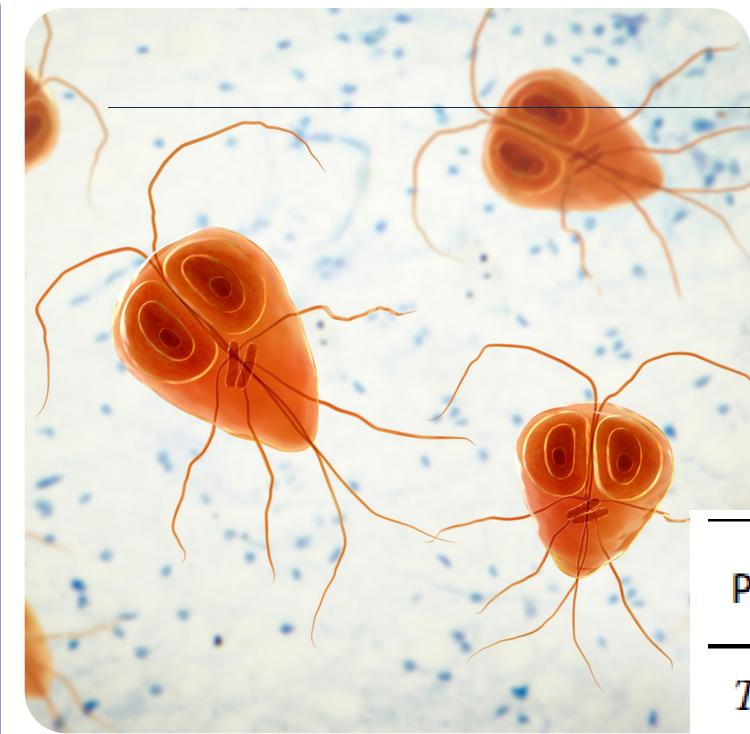


METHODS OF PREVENTING TRANSMISSION OF FOODBORNE PATHOGENS TO FOODS BY FECAL CONTAMINATION

- Good personal hygiene practices
- Elimination of insufficiently treated animal waste to fertilize crops
- Proper sewage and water treatment.
- Thorough cooking of foods eliminates all foodborne pathogens







Protozoan parasites

- Parasite need host to survive
- The illness is caused by the consumption of contaminated raw food / water

Protozoan	Incubation Period (d)
Toxoplasma gondii	10-23
Cryptosporidium parvum	1-12
Cyclospora cayetanensis	7
Giardia lamblia	5-25
Entamoeba histolytica	14-28



Parasitic worms

- Numerous tapeworm and roundworms involved in foodborne infections
- long incubation periods
- Associated with undercooked meat or seafood, raw fruits and vegetables, esp. soil crops.





Parasitic worms of humans associated with food consumption

Parasite	Incubation period	Typical food source
Tapeworms		
Taenia solium	8 weeks to 10 years	Undercooked pork
T. saginata	10 to 14 weeks	Undercooked beef
Diphyllobothrium latum	3 to 6 weeks	Undercooked fish
Roundworms		
Ascaris lumbricoides	2 to 8 weeks	Raw fruits and vegetables and soil
Trichinella spiralis	8 to 15 days	Undercooked meat
Anisakis simplex	1 to 14 days	Undercooked marine foods



Parasitic worms found in raw seafood dishes

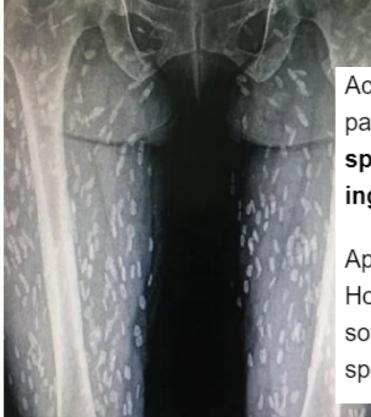


Woman's Legs Infected With Parasitic Worms Due to Her Love for Eating Raw Meat



Published 2 years ago on November 2, 2018 By **Pui Fun**





According to HK01, a netizen in Thailand shared some photos of some X-rays taken from a female patient which shocked other people. The images showed two legs that were covered with white spots and it was believed that these spots are the larvae of the parasite that the woman had ingested.

Apparently, the woman had a fondness for eating raw pork and had been eating it for quite some time. However, she felt unwell one day and went to the doctor for a check-up. The doctor proceeded to take some X-rays for her and was shocked when he saw the images of her legs, which were full of white spots.



Upon further inspection, he deduced that she was infected with parasitic worms due to her habit of eating raw pork that could be contaminated with the parasites. It looks like the larvae from the worms were able to pass through the intestinal tract and proceed to infect other parts of the body including the muscles, where they would stay.



Disease-Causing Worms Found In Canned Sardines Imported From China To Penang



According to MAQIS director-general Datuk Mokhtaruddin Husain, the worms were likely to be from the genus Anisakis spp. which causes the Anisakiasis disease in humans.

Anisakiasis is a parasitic disease that is normally caused by the consumption of raw or undercooked seafood that is infected with the Anisakis spp. parasite.

In his statement, Mokhtaruddin said humans infected by this disease would typically experience gastrointestinal problems or symptoms such as abdominal pain, diarrhoea, nausea, and vomiting.









Naturally occuring chemicals

These are toxins produced by plants, animals or microorganisms (eg: aflatoxins in peanuts, poisonous neurotoxins in mushrooms, scrombotoxins in fish)

Intentionally-added chemicals

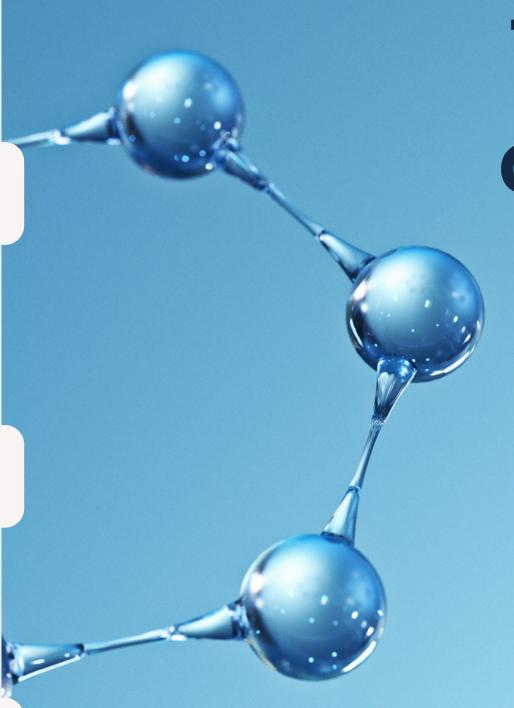
These are chemicals added to food that are beyond the acceptable limits established by the Food and Drugs Act and its regulations (ex: food additives like sodium nitrate).

Unintentionally or incidentally added chemical

These are chemicals that accidentally contaminate food being processed (ex: sanitation or maintenance chemicals, pesticides or environmental pollutants).

Food Allergens

These substances in food can cause a dangerous reaction in people who are allergic (ex: peanuts, fish, dairy products).



Types of chemical hazards

Naturally occurring chemicals (includes Allergens)

Source

Certain fish species (e.g., tuna, mahi-mahi)

Nuts, Seafood

Corn

Molluscan shellfish

Why a hazard?

Spoilage of certain species of fish can result in production of toxic levels of histamine and related compounds.

Certain varieties or species produce an allergic reaction in sensitive people.

Certain molds that grow on corn can create toxins (e.g., aflatoxin).

Some of the microscopic organisms and plants upon which they feed can produce a toxin, such as domoic acid, that affect people but not shellfish.

Naturally occuring chemical

Intentionally added chemicals

Intentionally added chemicals

Source

FD&C Yellow No. 5

Can produce an allergic-type reaction in (food coloring) sensitive people.

Why a hazard?

Sodium nitrite (preservative)

Can be toxic in high concentrations.

Vitamin A (nutrient supplement)

Can be toxic in high concentrations.

Sulfiting agents (preservative)

Can cause allergic-type reaction in sensitive people.

Unintenionally or incidentially added chemicals

Unintentionally added chemicals

Source

Agricultural chemicals (e.g., pesticides, herbicides)

Cleaning chemicals (e.g., acids, caustics)

Maintenance chemicals (e.g., lubricants, paint)

Why a hazard?

Can be acutely toxic if present in the food at high levels and may cause health risks with long-term exposure.

Can cause chemical burns if present in the food at high levels.

Chemicals that are not approved for food use and may be toxic.

Mycotoxins

Aflatoxins

- Produced by Aspergillus flavus, A. parasiticus
- Contaminate peanuts, cereals, spices, dried fruits, maize, milk, coffee

Ochratoxins

- Produced by A. ochraceus, A. carbonarius, Penicillium verrucosum,
- Contaminate fruits juices, wine, cereals, coffee

Fumonisins

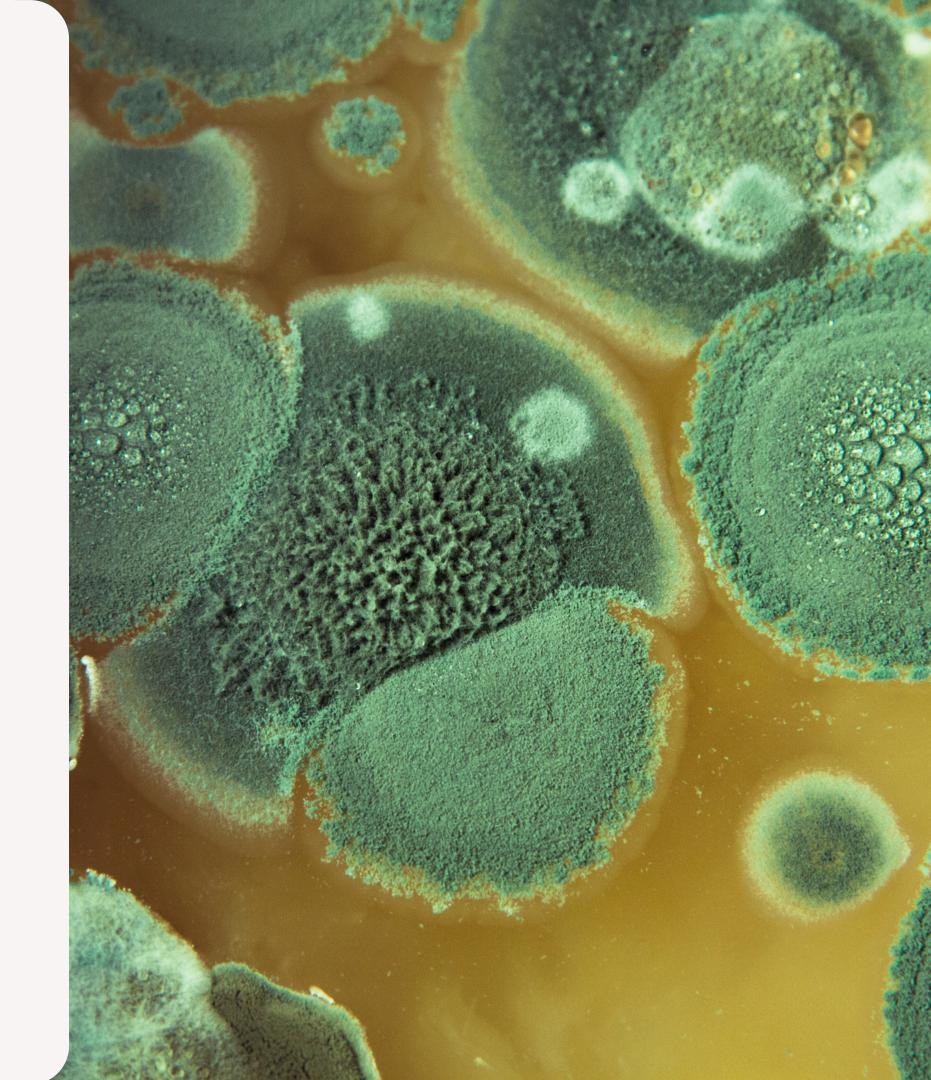
- Produced by Fusarium verticillioides, F. proliferatum
- Contaminate maize, cereals at the pre-harvest stage

Zearalenone

- Produced by F. graminearum, F. culmorum
- Contaminate maize, cereals

Amatoxins and muscarine

Mushroom toxins

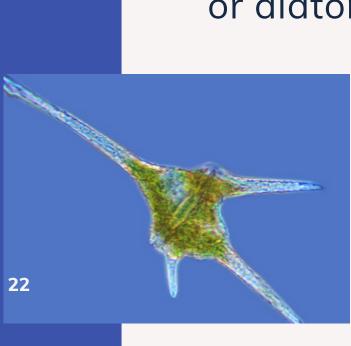




Marine foodborne toxins

Shellfish poisoning

- Associated with bivalve mollucs such as mussels, clams, oysters
- Moluscs filter seawater, theyby concentrating pathogenic dinoflagellate or diatoms that produce toxins
 - Paralytic shellfish poisoning
 - Diarrhoeic shellfish poisoning
 - Neurotoxic shellfish poisoning
 - Amnesic shellfish poisoning

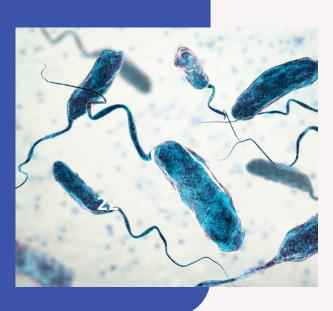




Finfish poisoning

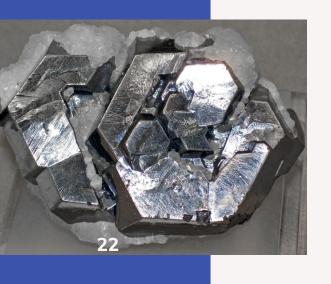
- Ciguatera poisoning toxin produce by donoflagellate
- Scombroid (or histamine) poisoning involve tuna, mahi-mahi, mackarel
 which contain high level of histidine.
 Proteus spp. can grow in improperly
 chilled fish and convert histidine to
 histamine (mimic allergenic reaction)
- Puffer fish poisoning tetradotoxin is produced in the internal organ of the fish by several pathogenic bacteria, e,g vibrio, Aeromonas,





Heavy metal poisoning

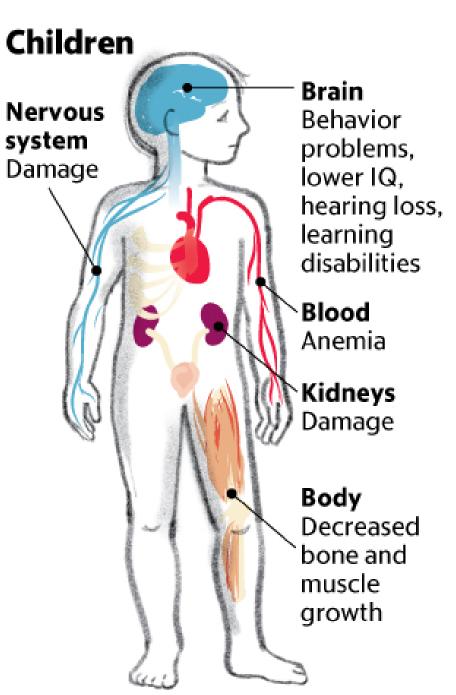
- Mercury mercury is transformed to methyl mercury in marine & freshwater environment accumulated in the food chain (only 1.0 ppm level is allowed in fish & shellfish)
- Lead caused by ceramic used for serving food
- Cadmium associated with ceramic ware
- Arsenic used in rodenticide, fungicide





Lead exposure

Although often without obvious symptoms, lead exposure can affect nearly every part of the human body. No safe level of lead in the bloodstream has been determined by the federal Centers for Disease Control and Prevention.



Sources: Centers for Disease Control and Prevention: National Institutes of Health

Adults

Brain

Memory loss, lack of concentration, headaches, irritability, depression

Cardiovascular

High blood pressure

Kidneys

Abnormal function and damage

Digestive system

Constipation, nausea and poor appetite

Reproductive system

Men: Decreased sex drive and sperm count, sperm

abnormalities

Women: Spontaneous

miscarriage

Body

Fatigue, joint and muscle pain

Nervous system

Damage including numbness and pain in the extremities

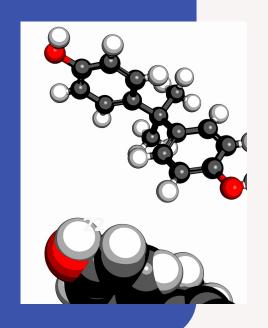
SHARON OKADA sokada@sacbee.com

Chemicals used in food processing environment

• Lubricant, detergent, sanitizer

Chemicals used in food packaging materials

 bisphenol A can leach into water and food packaged in polycarbonate plastic bottle / metal cans





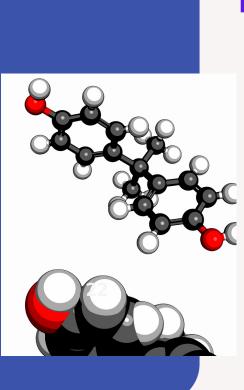
Unanticipated Potential Chemical hazards:

Acrylamide

 It is formed when glucose and asparagine interact during the baking, or frying of food at temperature above 120C

Melamine

- Melamine is a nitrogen-rich compound that can mimic the presence of protein in analytical test.
- It was found in adulterated wheat flour, milk and cause illnesses to the consumer.











Food Allergens in US

The most effective chemical hazard control is PREVENTION!



What to do??

Employee training for safe handling, good storage practice

Allergen, mycotoxins, food additives, heavy metals

Proper labeling, cleaning and removal of chemical residues

Maintenance, cleaning & sanitation chemicals

Use designated tools for handling allergens & scheduling products using allergens last in the production cycle

Allergen

Receive incoming materials and raw ingredients from reputable suppliers

Mycotoxins, heavy metals

Ensure restricted ingredients and additives are correctly measured & regularly re-evaluate

Food additives







Physical hazards -'foreign materials' in foods that can be potentially harmful



Physical hazard from the environment

Soils, stone, insect, rodent - contaminant during harvesting and storage

Physical hazard from the food itself

Fruit pits, stones, stems, bone from fish and meat, corn cobs, nut shells

Physical hazard from the food processing facilities

Metal shavings, nut and bolts, broken utility blades, broken gllases, hard plastic

Personal objects

Rings, pencils, paper, earings, buttons, hair

SEEDS vs PITS

FRUITS with seeds

FRUITS with pits



e Avocado





Kiwi

Mango



Fig

Nectarine



4

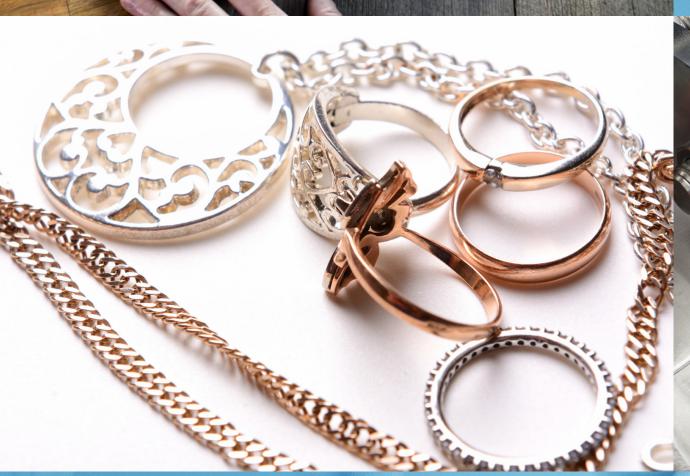
Papaya

Cherry



Apricot





Physical hazards



Metal detector

To detect and eliminate threats of tramp metal contaminants in food goods.

X-Ray machine

Usually this applies to metals such as steel and stainless steel, ceramic, stone, but also to glass, sandstone, quartz, shale, and many others.

Food radar system

The technology uses microwaves to detect foreign bodies.

e.g. Wood splinters, Fruit stones, Hard and soft plastic, Shells, Rubber, Seeds, Paper







Process control of microbiological hazards

Thermal process (pasteurization, sterilization, canning, UHT)

Non-thermal (filtration, UV, pulse-light, non-thermal plasma, oscillating magnetic field, ionizing irradiation, high hydrostatic pressure, pulse electric field)

Prevention of microbial growth

Destruction of microorganism

Refrigeration, freezing, hot-holding, MAP, cavum packaging,



Prevention of contamination

High risk ingeredient control, allergenic ingredient control, aqueous control, sanitary design and sanitation, moisture control

Process control of chemical hazards

Allergen control

Allergen containing ingredient must be labeled and stored separately from non-allergen-containing ingredients

Production sequencing / sceduling - non-allergencontaing food can be produced before those that contain allergen

Thorough cleaning and verification of allergen absence



Cleaning and maintenance chemicals

Establish a chemical control plan to to organize control and monitoring prosedure to prevent food product contamination with chemicals not intended for use in food.

Process control of physical hazards



Exclusion techniques

Control of glass and brittle plastic instrument, utensils Exclusion of wooden pallet and wooden handles on tools and equipment, personal practice, pest control

Removal techniques

Control of metal contamination using in-line magnet on incoming ingredients, processing equipment, packaging operations

Control of foreign material in product stream using filters, screens and sifters

Detection techniques

Metal detectors - can be used on-line for packaged product

X-ray device - to inspect container before packaging, foreign materials inside food

Optical technologies using visible or UV light - used for fruits, vegetables, nuts to detect surface defect

HAZARDS

- **BIOLOGICAL**
 - Bacteria, viruses, parasites
- CHEMICAL
 - naturally occuring chemicals
 - intentionally added chemical
 - unintentionally added chemicals
- **PHYSICAL**
 - from environment
 - from food itself
 - from food processing facilities
 - personal items

PROCESS CONTROL

- BIOLOGICAL
 - Destruction
 - Prevention of microbial growth
 - Prevention of contamination
- CHEMICAL
 - allergen control
 - cleaning and maintenance chemical control
- PHYSICAL
 - exclusion technique
 - removal technique
 - detection technique

Thank you.