

PENANG SANGAM HIGH SCHOOL

P.O.BOX 44 RAKIRAKI

HOME ECONOMICS

YEAR 13 (week 16)

Strand	FOOD AND NUTRITION
Sub strand	FOOD PRESERVATION <ul style="list-style-type: none">• FOOD SAFETY• INTANGIBLE CULTURAL HERITAGE
Content learning outcome	<ul style="list-style-type: none">• Examine the importance of food safety and food labelling using relevant legislations/policies.• Explore intangible cultural heritage (food) practices inherent in Fiji and ways to preserve them.

FOOD PRESERVATION

FOOD SAFETY

INTANGIBLE CULTURAL HERITAGE

- The main role of the Food Industry is to be able to feed the population around the country, especially in the urban areas where food needs cannot be met by traditional or rural type markets.
- The advantages of using processed foods include:
 1. Reducing preparation time and energy used by working women when preparing meals.

2. A wider variety of food is available.
3. Exclusive foods are more easily attainable.

FOOD SAFETY LEGISLATION

- The government is responsible for regulating the commercial food supply by inspecting and controlling food imports and all food products. The consumer needs to know how to make wise choices when choosing foods.

GOOD HYGIENE PRACTICES

i. **The Fiji Food Safety Association (FFSA) Ltd**

- Is a voluntary not for profit organization.
- The core objective of FFSA Is to provide professional services in the fields of product safety, quality assurance and all forms of value addition including planning and management of safety and quality infrastructure.
- They help to educate the consumer whilst ensuring the safety of food products being sold on the market

ii. **Food Standards**

- Food Standards outline the requirements needed in foods to ensure that consumers get sound healthy wholesome products that are free from ruination and correctly labeled and presented.

- Codex Alimentarius Commission, established jointly by the FAO and WHO to help governments to improve and maintain the nutritional content of imported foods
- It helps to develop food standards or codes to guide the world's growing food industry and protect the health of consumers.

iii. The Codex Alimentarius

- These food standards are referred to as the Codex Alimentarius and can be used by developing countries to develop their own food standards or codes.
- . The government is responsible for inspecting food for quality and controlling what foods come into the country, the processing, packaging, storage, transportation and marketing of food products.
- The Codex standards cover specific food commodities and the categories covered include:
 - A. Processed fruits, vegetables
 - B. Quick frozen fruits and vegetables;
 - C. Fruit juices and fruit nectars;
 - D. Processed meat,
 - E. poultry products,
 - F. Fish and fishery products;

- G. Cereals, Pulses and legumes,
- H. Vegetable proteins;
- I. Milk products;

iv. Food Safety Legislation

- The Food Safety Act / Regulation was introduced in 2003, with relevant amendments embedded.
- These Regulations provide for a wide variety of matters relative for quality and hygiene.
- The Regulations apply to food produced or processed in Fiji and to imported food.
- Matters provided for in these Regulations include:
 1. relationship to Codex Alimentarius
 2. HACCP
 3. sampling and analysis of feed; (general and specific standards for) hygiene
 4. food quality standards; food additives; packing and labelling
 5. specific standards for meat, vegetables, fish, cereals, infant food, etc.
 6. inspection; health licenses; and enforcement.

- Food Standards being developed under the Foods Act deal with public health and safety, provide information to consumers so that they can make informed choices, ensure fair trading and provide consistency between domestic and international standards.
- For the Foods Act to be effective proper food legislation specifying nutritional content and food standards must be established and regulated.
- Regular food inspection and factory control visits need to be carried out to ensure that food industries are complying with the expected standards.

Food Standards include

- Food Labelling
- Food Additives and Contaminants
- Food Hazards – prevent, minimize or remedy.

HACCP (Hazard Analysis Critical Control Point)

- HACCP is a technique of identifying and monitoring those critical hazards during food processing where contamination can best be controlled. With HACCP certified products, food safety is assured.
- HACCP is an approach that has been specifically designed to identify food hazards and take action to prevent, minimize or remedy them.
- The aim of HACCP is to focus on potential problems and put specific control measures to prevent them from happening. Qualified people are needed to carry out this analysis.

Activity

Explain on the following and state their importance

- Food safety legislation*
- HACCP*

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Content learning outcome Sangam Education Board – Online Resources	<ul style="list-style-type: none"> • Examine the importance of food safety and food labelling using relevant legislations/policies. • Explore intangible cultural heritage (food) practices inherent in Fiji and ways to preserve them.