

World Health Day 2015: It's Time to Focus on Food Safety

World Health Day is celebrated on 7 April every year to mark the anniversary of the founding of WHO in 1948. Each year a theme is selected that highlights a priority area of public health.

The Day provides an opportunity for individuals in every community to get involved in activities that can lead to better health. World Health Organization (WHO) has declared 'food safety' as this year's theme for World Health Day. Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent foodborne illness .

The five key principles of food hygiene, according to WHO, are:

1. Prevent contaminating food with pathogens spreading from people, pets, and pests.
2. Separate raw and cooked foods to prevent contaminating the cooked foods.
3. Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
4. Store food at the proper temperature.
5. Do use safe water and raw materials.

It goes without saying that food is an integral part of everyday life; it provides nutrition and nourishment for leading a healthy life. The food that we consume should be safe in all aspects so that it does not pose any harm to the body.

It is a known fact that good health is intrinsic to human happiness.

Whether as individuals, governments, policy makers, farmers, manufacturers or retailers, we need to understand and appreciate the pressing issue of food safety and make it an unrelenting concern. Because food safety is a shared responsibility and safe food is your right.