

Foodborne illness

Food & Diet



What the article shows is that China is too far behind in food safety standards, making its food exports most likely to be contaminated with pathogens (China CAR, 2010). Food-borne illnesses, part I: The big picture. (2010, March). Harvard Men's Health Watch, 14 (8), 5-7. In this article, the author focuses on food-borne illnesses and how they are diagnosed, treated and prevented. There is an emphasis on giving importance to the problem because the illnesses acquired from food are more serious than food poisoning. In food poisoning, a person will immediately feel the effect and can be rushed to the hospital right away.

But in food-borne diseases, the microbes can stay in the stomach undetected for sometime. The symptoms may or may not be severe. If the symptoms are not severe, the microbes will stay in the intestinal tract to multiply and spread to other organs, causing bigger problems. This article is reliable because it comes from an academic source. The current paper information on the importance of treating food-borne illnesses (Harvard Men's Health Watch, 2010) . Gold, M. V. (2008, January). Guide to U. S. Organic marketing laws and regulations.

United States Department of Agriculture. National Agricultural Library. Retrieved March 2, 2010, from <http://www.Agriculture.USDA.Gov/basic/pubs/POP/Upgraded.HTML> Mary V. Gold, at the Alternative Farming Systems Information Center of the U. S. Department of Agriculture, presents the different laws and regulations governing the growing and importing of organic foods for the consumption of the American market. These rules and regulations are designed to prevent growers from using pesticides and additives, and from using unclean practices in the process of growing foods.

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These rules can assure buyers of locally-grown foods that the growers are actually following food safety standards. This is a useful article for highlighting the importance of buying from domestic markets rather than patronizing imported foods that may look very healthy and delicious but could be carriers of pathogens that can cause all sorts of illnesses (Gold, 2008). Fisher, P. , Schumacher, B. , & Jones, S. (2002, December). A grower's guide to preventing food- borne illness from Berry Crops. Ministry of Agriculture: Food & Rural Affairs.