The fda food safety modernization act health essay

Health & Medicine

Question

As a food safety expert, who considerations would you advocate to ensure a " food-safe" facility? Explain briefly. Discuss the concept of HACCP and risk analysis in the context of food safety.

1. 0 Introduction

The FDA Food Safety Modernization Act (FSMA), the most sweeping reform of food safety laws in more than 70 years history that was signed into law on January 4 2011 by President Obama It purpose to ensure that the food supply in the United State are safe by shifting the focus from responding to contamination, in order to preventing it. Besides that, the influence and importance of the diet on health is undisputed. Many different kind of chronic diseases of health concern in the United State, such as some types of cancer and coronary heart disease are most related with imbalance or dietary excess. Current dietary guidelines from Federal government agencies and nationally accreditation health professional organizations proposal reduce consumption of fats (especially saturated fat) and cholesterol, maintenance of desirable body weight, and increased consumption of vegetable and fruits (five or more servings daily) and grain products (six or more servings daily). In addition, recognition of the importance of daily vegetable and fruit consumption, together with the marked increase in the year-round

availability of fresh produce from a global market. There are an increasing number in consumption of fresh vegetables and fruits in the United States over the past two decades. Apart from that, the most important must clearly know how to receive, storing, preparing, cooking, holding, serving, cooling and reheating food. All steps are also important for example, we cannot put the meat with hot water to unfreeze; it is an incorrect way because the bacteria will be growth rapidly. Before we cook the meat, we should put it under the cooler refrigerator to let it unfreeze.

2. 0 Content

It is very important to keep the freshness of food until they are served. Thus, it is essential that all steps should be carried out safely and efficiently so that the food would be contaminated. Or else, the contaminated food might produce a conducive environment for growth of bacteria. The steps before the food is served are as follow:

Flow Chart Of Food Explanation:

ReceiveStoringPreparingCookingHoldingServingCooling

2. 1 Receive

When the food products are passed to an institution's door, it is the responsibility of the person who is in charge to ensure inspection of every food delivery for general cleanliness, signs of temperature abuse and condition of containers. Besides that, must check the deliveries to ensure that the packages of food products are complete and not leaking any product. If a container is crushed, torn broken open, or otherwise damaged, the contents of the container may have been exposed to possible

contamination. Look for signs of contamination by animals for example, insects, birds or rodents. If the problem already identified, we should reject the product. If we still continue to use product which is damaged, it will lead to the health of consumers harmful. In a nutshell, we must check carefully to make sure that the food is clean and did not contaminate during the delivery process.

2. 2 Storing

Storing can be dividing into two ways such as refrigerated storage and freezer storage. Bacteria will grow fastest at room temperature, so we should keep the food cold to reduce the risk of food poisoning.

2. 2. 1 Refrigerated Storage

Refrigerator is one of the most important equipment in the kitchen for keeping foods into a safe environment. These electric units are so commonplace today; we forget a refrigerator was once little more than a box with a block of ice used to supply a rather undependable source of cold air. But we are instantly reminded of its importance to our daily lives when the unit fails or the switch off the power, putting our food’s safety in danger. In addition, we should ensure that the refrigerated temperature should set between 34°F (1. 1°C) and 38°F (3. 3°C). We can use the refrigerated thermometer to check whether the temperature is suitable or not.

2. 2. 2 Freezer Storage

It is short but safe time limits for home-refrigerated foods will keep them from growth bacteria or becoming dangerous to eat. The guidelines for frozen storage are for quality of food. Furthermore, frozen foods can remain

safe indefinitely. For the freezer storage, the temperature must maintain at the 0°F (-18°C) or colder and if the ice is builds up, we should defrost the freezer. Moreover, you can freeze almost any food but except eggs, canned food, or bread. But, you can freeze the food which is out of the can or example ham and meat. Being able to freeze food and being pleased with the quality after defrosting are two different things. It is because some foods simply don’t freeze well such as cream, lettuce, mayonnaise and so on. Poultry and raw meat maintain their quality longer in the cooking process t because moisture is lost during cooking.

2. 3 Preparing

The bacteria can easily spread your kitchen so keep cleaning is one of the most important things we can to do prevent foodborne illness. In addition, wash your hand and surface frequently can helps to kills the harmful bacteria. We should learn the correct way to wash our hand. After and before preparing food, we must wash the countertops, knives and cutting boards with warm soapy water.

2. 4 Cooking

Cooking is a critical control point to reach proper temperature, which can make sure that the food is safe to eat. Thus, temperature is a very important step during cooking. We can use the food thermometer to make sure that the foods reach a safe minimum internal temperature. For example, when we are cooking seafood, the suitable temperature will be 63°C for 15seconds. Lastly, after remove meat from oven, grill, or other heat source, must let it to rest for the specified amount of time. It is because its

temperature will continue to rise or remains constant to destroy harmful bacteria.

2. 5 Holding

After the food can ready to serve, keep it hot enough to stop any harmful organisms from growing. Moreover, we must turn on steam tables, soup warmers and heated surfaces before we need them so that they will be hot enough when we put the cooked food into them. After that, the temperature must above 135°F and check the temperature with thermometer to ensure that the food stays at least 135°F at all times.

2. 6 Serving

Before, we should review that all the ways to handle a ready-to-eat food item, we must know exactly what is a ready-to-eat food item. A Ready-To-Eat food item is any food which has already been cooked or does not need cooking. Besides that, there are we can use gloves or clean utensil to handle food. Before that, we should wash our hand frequently. Other than that, if we use hand to handle the food, it is unsanitary.

2. 7 Cooling

Food Code required that all the cooked foods are not ready for immediate service should be cooled as fast as possible to eliminate the possibility of bacteria to grow rapidly. The two-stage method reduces the cooked food’s internal temperature in two steps. Reduce the temperature from 135ºF to 70ºF within two of preparation and from 70ºF to 41ºF or colder within an additional four-hour period. In addition, the total of cooling time should not exceed six hours. 3. 0 ConclusionIn a nutshell, we should follow all the steps

above before the food are served. If not in accordance with, the foods will grow bacteria. Thus, after eating the food, we will feel uncomfortable or get infected with chronic illness. Besides that, in the worst case if the food is unhealthy, it might actually kill the person that ate the food. Therefore, we must be very careful when preparing the food as stated in the Hazard Analysis Critical Control Point guideline. As we know, we must always remember to wash hands frequently, make sure the kitchen is in a hygienic condition, and also pay extra attention to the food that is to be served to the guest to ensure that the food is safe to be consumed. If we all take extra precaution when handling, cooking and also serving the food, there will be a lot of unnecessary problems that can be avoided and also it can increase the customer’s confidence towards the restaurant.

1. 0 Introduction

The HACCP mean Hazard Analysis and Critical Control Points. HACCP is an industry-wide effort, approved by the scientific community, as well as regulatory and also industry practitioners. Efforts in this regard, food safety is extremely important. In addition, HACCP is a process control system which can identify hazards that may occur in the food production process and strict action be taken to prevent the occurrence of harm. Strictly monitored and controlled in each step in the process, there is less chance of occurrence of harm. Moreover, its purpose is to prevent pollution, rather than the final product evaluation. Rely on food inspection, food safety issues, the HACCP food producers, and the transfer of responsibility to ensure that the product is safe supplies. In a nutshell, HACCP is extremely important because of its priority, and controlling the potential hazards of the food production. By

controlling major food risks, such as chemical, physical contaminants and microbiological, the industry can better assure consumers that their products are as safe as good science and technology allows. By reducing food borne hazards, public health protection is strengthened.

2. 0 Content

There are seven principles of HACCP included in the international standard ISO 22000 FSMS 2005. This standard is a complete food safety and quality management system comprising the elements of prerequisite programmer (GMP & SSOP) HACCP and the quality management system, which together form an organization's Total Quality Management system.

2. 1 The Seven HACCP Principles:

Principle 1: Conduct a hazard analysis

Plants determine the food safety hazards recognition the precautionary measures the plant can be applicable to control these hazards. Moreover, the HACCP team should think the problem about to ensure that all hazards (chemical, biological and physical) can be expected every move products and processes that occur in the production process. It is a necessary to take into account about identifying hazards.

Principle 2: Identify critical control points

Critical control point (CCP) is a procedure, step, or point that in a food process at which control can be applied. Thus, a food safety hazard can be eliminated, reduced, or prevented to an acceptable level. Besides that, food safety hazard is any physical property, chemical or biological which may cause a food to be unsafe for human consumption.

Principle 3: Establish critical limits for each critical control point

A critical limit is the minimum or maximum value to which a biological, physical or chemical hazard must be controlled at a critical control point to reduce, eliminate or prevent to an acceptable level.

Principle 4: Establish critical control point monitoring requirements

An activity of monitoring is necessary to make sure that the process is under control at each critical control point. FSIS is claim that each monitoring program and its frequency be listed in the HACCP plan.

Principle 5: Establish corrective actions

These are actions to be taken when monitoring indicates a deviation from an established critical limit. The final rule requires a plant's HACCP plan to make sure that the corrective actions to be taken if a critical limit is not met. Moreover, corrective actions are intended to make sure that no product injurious to health or otherwise adulterated as a result of the deviation enters commerce.

Principle 6: Establish record keeping procedures

HACCP are regulation requires that all plants to maintain certain documents, including its hazard analysis and written HACCP plan and also records documenting the monitoring of handling of processing deviations, verification activities, critical limits and the critical control points.

Principle 7: Establish procedures for verifying the HACCP system is working as intended

Validation is to make sure that the plans do what they were designed to do. They are successful to ensure that the production of safe product. Furthermore, plants will be required to validate their own HACCP plans. In the other hand, FSIS will not agree HACCP plans in advance, but will review them for conformance with the final rule. Verification is to make sure that the HACCP plan is adequate, that is, working as intended. Moreover, verification program may include such activities as review of critical limits, CCP records, HACCP plans and microbial sampling and analysis. FSIS is requiring that the HACCP plan include verification tasks to be performed by plant personnel. Verification tasks would also be performed by FSIS inspectors. Both FSIS and industry will undertake microbial testing as one of several verification activities. the occurrence of the identified food safety hazard.

2. 2 Risk Analysis

Risk analysis is the review of the risk that associated with specific event or action. When there are something that involves projects, security issues, information technology and any action where will have high risk, the risk analysis will apply. The three components of risk analysis:

2. 2. 1 Risk Assessment

Risk assessment should be incorporate into four steps of risk assessment, such as hazard identification, hazard characterization, exposure assessment and risk characterization. In addition, risk assessment should based on the scientific data that most relevant to the national context. It also should use

available quantitative information to the greatest extent possible. Moreover, the risk assessment should also be considered to include the practice of analysis, sampling and testing methods as well as the prevalence of specific adverse health effects in the entire food chain of production, storage and processing methods. Besides that, the risk assessment should base on the actual exposure, consider a different situation, is defined as the risk assessment policy.

2. 2. 2 Risk Management

Risk management is about how to handle the risk. When making decision, it should be based on the risk assessment and should be proportionate to the assessed risk, taking into account, where appropriate, other legitimate factors relevant for the health protection of consumers that are relate to decisions at the national level. Besides that, the risk management should take into account relevant production, storage and handling practices used throughout the food chain in order to achieve the agreed outcomes. The risk management process should be transparent, consistent and fully documented. Decisions on the risk management should be documented so as to facilitate a wider understanding of the risk management process by all interested parties.

2. 2. 3 Risk Communication

Risk communication should: Promote awareness and understanding of the specific issues under consideration during the risk analysis. Promote consistency and transparency in formulating risk management recommendationsImprove the overall effectiveness and efficiency of the risk

analysisStrengthen the working relationship among the participantsFoster public understanding of the process, so as to enhance trust and confidence in the safety of the food supplyPromote the appropriate involvement participate of all interested partiesExchange information in relation to the concern of interested parties about the risk associated with foodRespect the legitimate concern to preserve confidentiality where applicable. Risk analysis should be clear, documented communication and interactive, amongst risk assessors and risk managers and reciprocal communication with all interested parties in all aspects of the process. Furthermore, risk communication should be more than dissemination of information. Its main function should be make sure that all the information and opinion required for effective risk management is incorporated into the decision making process.

3. 0 Conclusion

Nowadays, HACCP is very important because it prioritizes and controls potential hazards in food production. By controlling major food risks, such as physical contaminants, chemical and microbiological the industry can better assure customers that their products are safe. Be strengthened to protect public health by reducing foodborne hazards. Therefore, the supplier must follow all the HACCP guideline when supply food for consumers. Moreover, we must follow the risk assessment to detect the bacteria. If the foods are contaminated, in the worst case if the food is unhealthy, it might actually kill the person that ate the food. Therefore, we must be very careful when preparing the food as stated in the Hazard Analysis Critical Control Point guideline.