

Define the fitness of the following items for consumption

Food Item	Fitness (Y/N)	Type of microorganisms grown	Signs of spoilage	Prevention measure of spoilage
Bread kept at room temperature for 15 days	N	Yeast, Mold, Bacteria, Bacillus and fungi.	Visible sign of Bacteria.	Store in a cool and Dry Place.
Boiled Milk kept at room temperature for 3 days	N	Psychrotrophic Bacteria.	Sour smell and Separated Layer.	Refrigerate and use a clean container.
Butter, Paneer and Ghee kept at refrigerator for 20 days	Y	Molds, Bacteria, Oxidative Spoilage.	Unusual colour, Change in Texture, change in colour.	Store dairy products in the refrigerator at the appropriate temperature.
Meat, Fish, Chicken kept at deep freezer for 5 days	Y	Bacteria , Mold and yeast.	Visible Mold and Dull eye and Sliminess.	Refrigeration and freezing.
Apple, Pomegranate, Amla kept at room temperature for 10 days	Y	Bacteria , Mold and yeast.	Discoloration and Mushiness.	Proper storage and Cleaning.
Mango, Papaya, Guava, Banana kept at refrigeration for 6 days	Y	Bacteria , Mold and yeast.	Discoloration, changes in texture.	Proper storage in the refrigerator at the appropriate temperature.
Green leafy vegetables kept at 20°C for 2 days	N	Bacteria , Mold and yeast.	Wilting, Browning and sliminess.	Store in the refrigerator at a lower temperature.
Potato kept at room temperature for three months	N	Bacteria , Mold and yeast.	Wrinkling and Softening.	Store in a cool, dry and dark place.
Tomato, Guard vegetables kept at room temperature for 10 days	N	Bacteria , Mold and yeast.	Wrinkling and Softening.	Store tomatoes and gourd vegetables in cool.
Spices and Condiments kept at room temperature for 6 months	N	Mold and yeast.	Loss of aroma and flavour.	Store spices and condiments in a cool place.
Ready to serve hot food items – sambar kept at room temperature for three hours	N	Bacteria.	Off-putting odor, changes in texture , Appearance.	Should kept at a safe temperature.

Ready to serve cold food items – ice cream kept at room temperature for one hour	N	Bacteria.	Melting, Loss of texture and quality.	Should kept at a safe temperature to maintain their quality .
Bottled beverages and soft drinks – kept at 7°C for three months	Y	Bacteria.	Unlikely to show visible signs of spoilage within this time frame, but carbonation loss and changes in taste might occur over an extended period.	Should be cool temperature, such as 7* C.
Snacks and savouries – Puffs kept at room temperature for 6 hours	Y	Bacteria , Mold and yeast.	Within 6 hours, there might not be visible signs of spoilage, but loss of crispness and changes in taste can occur over time.	Storing them at room temperature of 6 hours is generally safe.