

## **FOOD ADDITIVES**

Food additives are substances added to food to preserve, enhance the flavour, taste and appearance of the food.

### **Categories of food additive**

1. Food colouring-colouring are added to food to replace the colour lost during processing and to make it more attractive e.g yellow 5
2. Emulsifiers-allow water and oil to remain mixed together e.g mayonnaise ,ice cream and milk
3. Flavour enhancers –are additives improves a food existing flavours e.g nutri c
4. Glazing agents –provides a shiny appearance or protective coating to food
5. Preservative-prevent or inhibit spoilage of food due to fungi, bacteria and other microorganism
6. Sweetener, sugar, salt, vinegar, thickeners

### **Importance of food additives**

1. It improves the nutritional content of the food.
2. It makes the food look more attractive.
3. It improves the taste of the food.
4. It preserves the food.

## **FOOD CONTAMINATION**

Food contamination refers to the presence of harmful chemicals and microorganisms in food which can cause illness to consumers.

**Food contaminant:** is a substance that makes any edible substance useless and may be dangerous to the health of the consumer.

**Agents that causes food contaminations:** are water, pest, insect, dirty cooking equipment, microorganisms, bacteria, sneezing without covering your mouth.

## **FOOD BORNE DISEASES**

Food poisoning is any illness resulting from the consumption of contaminated food, pathogenic bacteria , virus etc

### **Causes of food borne illness**

1. It can be caused by improper handling preparation and storage of food
2. It can be caused by large toxin in an affected environment
3. it can be caused by pesticides
4. It can be caused by bacteria

### **Signs and Symptoms of Food borne illness**

1. Vomiting
2. Nausea
3. Stomach abdominal pains
4. Diarrhoea
5. Dizziness
6. Fever

#### ASSIGNMENT

1. State 4 ways in which food additives can be misused
2. State 4 guidelines that should be observed to prevent food contamination.
3. List 2 harmful substances that should not be consumed

TEST next week