



# GLOSSARY

**Food safety**

The assurance that food will not cause harm to the consumer when prepared and/or eaten according to its intended use.

**Food quality**

Quality includes all the attributes that influence a product's value to the consumer. This includes negative attributes such as spoilage, contamination with filth, discoloration, off-odours and positive attributes such as the origin, colour, flavour, texture and processing method of the food.

**Food security**

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. The four pillars of food security are availability, access, utilization and stability. The nutritional dimension is integral to the concept of food security.

**Food hygiene**

All conditions and measures necessary to ensure the safety and suitability of food at all stages of the food chain, and thereby the health of the consumers.

**Contaminant**

Any biological or chemical agent, foreign matter, or other substance not intentionally added to food which may compromise food safety.

**Disinfection**

The reduction, by means of chemical agents and/or physical methods, of the number of microorganisms in the environment, to a level that does not compromise food safety.

**Pathogen**

Any micro-organism causing human diseases.

**Water****- Potable water**

Water complying with the World Health Organization (WHO) quality regulations for drinking water. According to the definition of the WHO, this is water that is free from pathogenic or chemical agents in concentrations that may be harmful to human health.

## **- Treatment of food and water**

**Boiling Water:** Fill a stainless steel container or pot with water and place it over direct heat. When the water starts to boil, note the time and allow it to boil for ten minutes before removing from the heat. Cover the pot so that water does not become re-contaminated and allow it to cool to room temperature.

**Disinfecting water:** add two drops of household chlorine bleach to each liter of water and wait 30 minutes before using the water.

**Disinfecting raw fruit and vegetables:** wash the fruits and vegetables thoroughly with potable or disinfected water, then leave to soak for 15 minutes in a solution of 1 teaspoon (5ml) of household chlorine bleach in 10 liters of water. Rinse with potable or disinfected water and leave to dry

## **Food**

Any substance, whether processed, semi-processed or raw which is intended for human consumption, and includes drink, chewing gum and any substance which has been used in the manufacture, preparation or treatment of “food” but does not include cosmetics or tobacco or substances used only as drugs.

## **Germ**

See microorganism.

## **Food Intoxication**

Disorder caused by the ingestion of a microbial toxin through the consumption of contaminated foods.

## **Food Infection**

Illness caused by live pathogenic microorganisms which have been ingested through contaminated foods.

## **Microorganism**

Microscopic living beings that are found everywhere - in water, air and soil. Based on their size, form and lifestyle, they are classified as bacteria, yeasts, molds, viruses or protozoa. In general bacteria and molds (fungi) have the highest impact on food safety.

## **Cross Contamination**

The transfer of microorganisms or pathogenic agents from raw foods to ready-to-eat cooked foods, making them unsafe for consumption.