

Food selection

Food selection is certainly a 1) _____ job; however, it is the most important first 2) _____ ensuring food safety. Quite a number of factors 3) _____ and therefore, need to be kept in mind while planning to purchase a food item. Check for its 4) _____ (organic or chemicals-treated), methods applied for its harvesting, transportation and marketing, geography, local availability, purchasing power of the person or family, individual interest, etc. A reasonable level of knowledge regarding food items is essential 5) _____ many food-borne diseases ranging from minor food poisoning to serious cancers have been attributed to the kind of food 6) _____.

Here are some of the important tips to avoid wrong food selection:

- 1) Always buy fresh, seasonal vegetables and fruits grown from nearby organic 7) _____.
- 2) Avoid food items from crop fields irrigated with sewage water sources or polluted rivers.
- 3) Milk and its products should be derived from healthy 8) _____.
- 4) Poultry products and meat again from healthy animal farms.
- 5) Try to buy fresh fish from deep water sources as water ponds and most of the rivers are 9) _____.
- 6) Try to avoid take away foods as it is difficult to 10) _____ their authenticity.