

Term 2: Health, Social and Environmental Responsibility**Food-borne Diseases**

V – **Food-borne Diseases** – illnesses that are caused by eating or drinking food that is **contaminated** with *bad bacteria, viruses, parasites, or toxins*.

There are over two hundred types of bacteria, viruses, and parasites that can cause food-borne diseases. The main ones being **rotavirus, botulism, salmonella, listeria and E. coli bacteria** and other bad viruses that are attached to them.

When you get a food-borne disease it can cause a sore and runny stomach, and vomiting. The effects of the food poisoning will usually start a few hours after eating the affected food. How to tell if you have food poisoning:

- Upset stomach or stomach cramps
- Feeling nausea, vomiting or diarrhoea
- Shivery hot and cold feeling
- Fever or high temperature

Food poisoning can take place at any point in the food supply chain from the farm to the store, so it is very important to pay attention to the food that you eat.

To avoid food poisoning, you must make sure that you:

- Wash your hands before and after eating
- Wash the food properly before preparing it
- Prepare and store foods accordingly
- Look at the expiry date before consuming the food
- Try to avoid food that has been prepared in questionable settings

IF IT DOES NOT SMELL RIGHT DON'T EAT IT

Activity 6

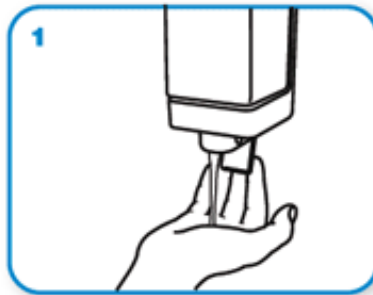
Demonstrate how to wash your hands for the learners. *Using the poster to assist them*

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How to wash your hands:



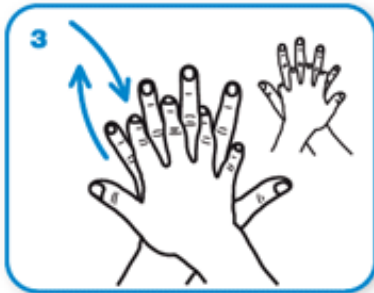
Wet hands with water



apply enough soap to cover all hand surfaces.



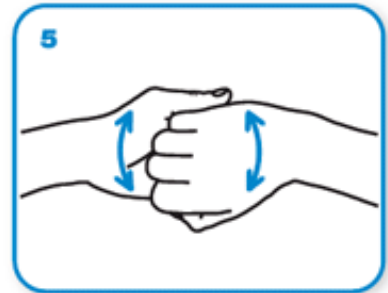
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



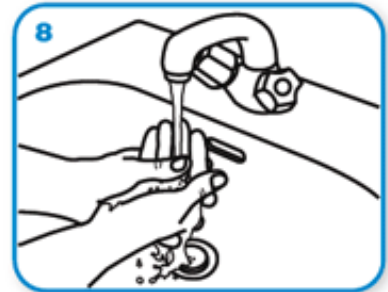
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



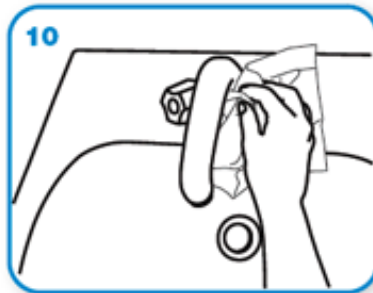
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Term 2: Health, Social and Environmental Responsibility**READING ACTIVITY**

Read the following newspaper article and answer the questions that follow:

04 Mar 2018

Listeriosis outbreak traced to Enterprise facility in Polokwane

news24

Tammy Petersen

Johannesburg - The outbreak of listeriosis has been traced to an Enterprise Foods facility in Polokwane, Health Minister Aaron Motsoaledi announced on Sunday.

"We can now conclude scientifically that the source of the present outbreak is the Enterprise Food production facility located in Polokwane," he said at the offices of the National Institute of Communicable Diseases (NICD) in Johannesburg.

Listeria has been traced to another Enterprise facility in Germiston on the East Rand, and a Rainbow chicken facility in the Free State, but further tests were needed as the sequence type was not yet known.

The National Consumer Commission has issued safety recall notices to those manufacturers and facilities, and the companies are now responsible for coming up with the recall plan.

The plan must be sufficient to cover their entire distribution chain, and the facilities will also have to resource and pay for the implementation.

Motsoaledi said several children presented with gastroenteritis in Soweto earlier in the week. Tests were done, and it was found that they had listeriosis.

The strain they were affected with, which was the same for the larger outbreak, was traced to Enterprise's Polokwane facility.

Motsoaledi said statistics on March 2 show that the outbreak has claimed about 180 lives and 948 laboratory-confirmed cases had been reported to the NICD.

He said while polony was a definite source, other products such as Viennas, Russians, Frankfurters, other sausages and cold meats not typically cooked could also be affected due to the risk of cross contamination.

Pregnant women, neonates, elderly people and anyone with weakened systems should "not go near" these products.

Motsoaledi said retailers must clean their fridges, meat slicers, and either remove the ready-to-eat meat products or place them in plastic bags in separate fridges - ahead of the recall.

"I've already emptied [out] my fridge this morning... I woke up my wife – [and told her let's] just take these things out," he said.

"Any human being in the country who has these products in their fridge must take them out immediately."

Listeria is a bacterium that is naturally found in the environment - it commonly occurs in soil, water, vegetation and in the faeces of some animals. It can contaminate a wide variety of food types, including meat and meat products, dairy products (unpasteurised and pasteurised), fresh and frozen produce (fruits, vegetables and sprouts) and ready-to-eat products.

Source: News24 <https://www.news24.com/news24/southafrica/news/breaking-listeriosis-outbreak-traced-to-enterprise-facility-in-polokwane-20180304>

Activity:

1. What is a food-borne disease? **(1)**
2. What disease did the people in the story have? **(1)**
3. Name the bacterium that causes this disease. **(1)**
4. Name the people who were most at risk of contracting this disease. **(4)**
5. Which foods did the bacteria contaminate? **(6)**
6. How many people died? How many were infected? **(2)**
7. Who is the current Minister of Health in SA? **(1)**
8. What is a recall? **(1)**
9. Enterprise Foods was blamed for this outbreak in South Africa. What do you think should happen to companies that cause such havoc in the country and sell contaminated food? Explain **(2)**

TOTAL: 19