Download Good Food Goes Bad Why Food Spoils

Good bacteria help in digestion of food and fight microbes invading the body. Bad bacteria can make people sick or spoil food.

Good Food Goes Bad - English as a second language version: Why Food Spoils - Ebook written by Douglas J. Alford, Pakaket Alford. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read Good Food Goes Bad - English as a second language version: Why Food Spoils.

Good Food Goes Bad: Why Food Spoils - Ebook written by Douglas J. Alford, Pakaket Alford. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read Good Food Goes Bad: Why Food Spoils.

Why does spoilt food make us feel ill if we eat it? When we eat spoilt food, we are consuming the by-products created bacteria when it breaks down food. These include acids and other waste products.

But to find out more about which items you need to be paying particularly close attention to we reached out to some well-known health experts and asked them to single out foods that spoil the fastest and what we can do to extend their freshness.

"Eating food that is left at room temperature for longer than this is unsafe, since bacteria can multiply to dangerous levels," explains Giannopoulos.

Food can stay safe for up to 12 hours in a refrigerator without power, but it will spoil quicker if you keep opening and closing the door. You can also transfer items into your freezer where the food can stay good longer.

When in doubt, always give your food a good whiff before eating it. If it smells different than the first time you smelled it, your food has probably gone bad. Dairy products and raw meats are the easiest to sniff out, whereas fruits and veggies often show different signs of rancidity.

Other Files :