

Ensuring Food Safety: Challenges and Strategies

Maftuna Ochilova¹

Yulduz Ergasheva²

Annotation

The fact that in 54 countries of the world there is a decrease in the level of financial condition of families, the main part of the population of more than 20 countries is struggling with hunger, the average life expectancy of the population in 12 countries has decreased, and in recent years more than 840 million of the world's population has suffered from hunger is clear evidence. In this regard, it is an objective necessity to develop agricultural activities using current innovative technologies and in accordance with the requirements of the market economy. Food security is an important problem that worries the health of the population around the world. Consumption of contaminated food can lead to a variety of food diseases, causing serious health risks and an economic burden on societies. This article aims to provide an overview of food safety concerns, highlight the importance of preventive measures, and discuss strategies to reduce food-related risks. By understanding the factors affecting food-borne diseases and implementing effective control measures, we can ensure the safety and quality of the food supply.

Keywords: *food safety, hygiene, processing, pollution, bacteria, pathogens, storage, temperature, cross contamination, food-borne diseases, sanitation, culinary, food handling instructions, inspection, best practices, kitchen hygiene, food allergies, labeling, food safety rules, proper washing, shelf life, proper thawing, proper cooking temperature.*

¹ teacher, Karshi International University Engineering and pedagogy faculty

² Students, Karshi International University Engineering and pedagogy faculty

Introduction: the expectation that the world's population will increase by 1.2 billion over the next 15 years, the need to ensure food security in world countries and solve socio-economic development issues will increase in itself. Food-borne diseases affect millions of people every year, leading to serious health complications, hospitalization, and even death. These diseases can be caused by various pathogens, toxins, chemicals and allergens present in contaminated foods. Ensuring food safety requires a comprehensive understanding of the risks associated with the production, processing, distribution and preparation of food products.

Food safety problems:

- Microbial contamination: pathogenic bacteria (e.g. Salmonella, Escherichia coli) and viruses (e.g. Norovirus, hepatitis A) can contaminate food at any stage of the supply chain, causing serious health risks.
- Chemical pollution: pesticide residues, heavy metals (e.g. lead, mercury) and environmental pollutants (e.g. polycyclic aromatic hydrocarbons) can penetrate the food chain, which endangers the health of the consumer.
- Food fraud and falsification: intentional misrepresentation, such as dilution, replacement or addition of false ingredients, undermines food safety and quality.
- Globalization and the complexity of the supply chain: the global nature of today's food supply chain increases the complexity of ensuring food security, requires effective monitoring systems and international cooperation.

Preventive measures:

- Good agricultural practices (GAPs): the implementation of statements such as proper soil and water management, hygiene practices and Integrated Pest Management minimizes microbial pollution at the farm level.
- Good production practices (GMPs): food processing enterprises must comply with GMP to ensure sanitary conditions, proper processing, storage and cleaning methods, reduce the risk of contamination.
- Critical risk analysis checkpoint (HACCP) system: HACCP is a scientifically based prevention approach that identifies, evaluates, and monitors food safety risks in the food production process.
- Regulatory oversight: governments play a crucial role in establishing and enforcing food safety regulations

In conclusion, by 2025, Uzbekistan is aimed at moving to a group of countries with above-average income. This leads to a corresponding change in lifestyle, behavior templates, and nutritional composition. With this in mind, it will be necessary to ensure the growth of the share of processed food products on a number of goods. In addition, it is necessary to introduce dietary standards and norms (including the presence of trace elements and necessary nutrients, control the observance of technologies for controlling harmful substances, various additives, dyes, flavorings, emulsifiers, preparation, transportation), as well as further develop the mechanism of control over the quality of nutrition. In order to improve the nutrition model of the population, it is necessary to disseminate the necessary information about healthy nutrition, increase the activity of medical institutions in this regard. Food safety is an important aspect of ensuring human health and well-being. Food safety is an important aspect of ensuring human health and

well-being. The importance of carrying out the right food safety measures cannot be overestimated, since it directly affects the Prevention of food-borne diseases and diseases. From production to consumption, each step in the food supply chain plays an important role in ensuring high food safety standards.

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