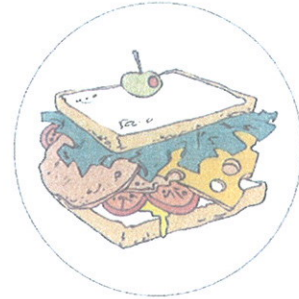


## Causes of Food Deterioration and Spoilage

There are 4 main causes of Food Deterioration and Spoilage. These include;

- Microbial Activity
- Enzymatic Changes
- Physical and Chemical Reactions
- Environmental Factors



### > Microbial Activity

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#### 1. Bacteria

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#### 2. Yeasts

- Yeasts are single - celled plant organisms that can produce slime on fruit juices and vinegar products. They cause other foods to ferment and spoil.

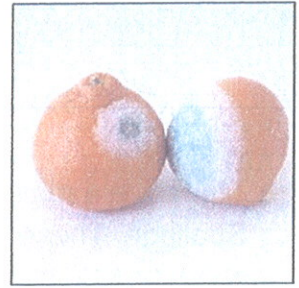
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### 3. Moulds

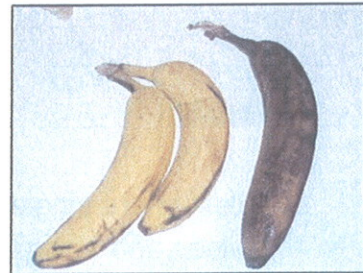
- Mould is different from other micro - organisms in that it can be seen by the naked eye.



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### > Enzymatic Changes

- Enzymes are proteins that help to speed up reactions.



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> Physical and Chemical Reactions



- Storing food correctly is important as it reduces the opportunity for foods to be exposed to conditions that will affect their physical and chemical properties.

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**What is Cross Contamination?**

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> **Environmental Factors**

Foods can be contaminated as a result of environmental factors. These include;

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## Activities

Answer the following questions in your Exercise Books. Be sure to use Full sentences.

1. Which are more dangerous: Bacteria, Yeasts or Moulds? Explain your answer.
2. Explain the significance of the temperature danger zone to bacteria.
3. List the optimum conditions for the growth of bacteria.
4. Explain the meaning of the term 'Enzyme', and give a common example of an enzymatic reaction.
5. Describe the optimum storage conditions for pantry, refrigerator and freezer storage.
6. List some everyday activities that could cause food contamination in your home.

