

TAI PO SAM YUK SECONDARY SCHOOL
2011-2012 WRITING COMPETITION
PRIMARY 6 - ENGLISH

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When you heard of food safety, what will you think of? The expire date, best before, or cook the food throughly?

In Hong Kong, not many of us care about food safety. We just care about the brand and the price. However, do you know why we need to pay special attention to food safety?

If we don't pay attention to this issue, we will have some serious consequences. There are lots to talk about. The most important point is that you may hurt yourself because when you eat some food that didn't go through suitable treatment, your stomach may not get used to it. Then, you may get sick, like vommiting, stomach ache or even poisoned by the food. Secondly, if you are sensitive to some kind of food such as peanuts or seafood and you eat it, you may feel itchy all over your body and need to see a doctor for cure.

After you know the importance of food safety, also bare in mind to ensure the safety of food bought from wet markets and supermarkets. In wet markets, you need both your sight, smell and feeling to ensure. First, look at the outside of the product. Next, smell the product when you buy dried oysters and fish, they may smell bad if they are not in good condition. Lastly, touch the

product, feel its texture when buying fruits. Is it hard or soft, was it rotten already? Moreover, try to trust yourself, don't always listen to the sales because they can be quite cunning.

In supermarkets, you can use the above ways for the fresh products. For the dry products, you should look at the expire date, best before date and the nutrition facts. Don't buy products that are expired or too close to the expire date. Read the nutrition label on the package. There are the ingredients and the nutrition facts that tell you what will you absorb from the food. People who are sensitive to some kind of food must pay extra attention to this.

Also, you may read newspaper and magazines from time to time to see if there are any reports of food safety. There maybe some new discoveries from the Food and Health Department. If they have some reports about the brands or the kind of food which fail the labeling law, you ought to beware of that when shopping, don't trust the label anymore and think by yourself. At home, cook and clean food thoroughly before enjoying.

Hope you have a better concept about food safety from now on. Help yourself to fight against the unsafe food. Here, I highly recommend you to pay attention to food safety!