

Physical Contaminants

Food can become contaminated when objects get into it. It can also happen when natural objects are left in food, like bones in a fish fillet.

Sources Some common objects that can get into food include metal shavings from cans, wood, fingernails, staples, bandages, glass, jewelry, and dirt. Naturally occurring objects, such as fruit pits and bones, can also be contaminants.

Symptoms Mild to fatal injuries are possible. This could include cuts, dental damage, and choking. Bleeding and pain may be the most outward symptoms.

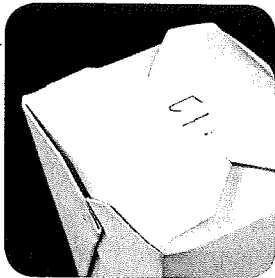
Prevention Purchase food from approved, reputable suppliers to prevent physical contamination. Closely inspect the food you receive. Take steps to make sure no physical contaminants can get into it. This includes making sure that food handlers practice good personal hygiene.

Apply Your Knowledge

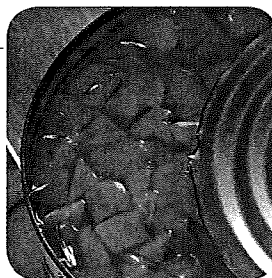
Which Ones Are Contaminants?

Write an **X** next to each item that can be a physical contaminant.

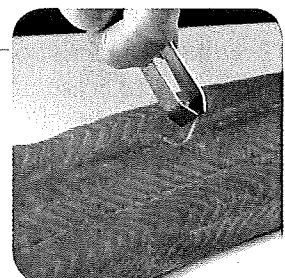
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For answers, please turn to page 2.25.