

It is important to be aware of the different types of food contamination because they can pose serious health risks to consumers, including foodborne illness and allergic reactions.

There are five types of food contamination that can occur, including:

1. Physical contamination: This occurs when foreign objects such as glass, metal, or plastic enter the food. Examples include a piece of broken glass in a dish or a stray hair.
2. Chemical contamination: This occurs when harmful chemicals, such as cleaning agents or pesticides, come into contact with food. Examples include a cleaning solution used to clean a food preparation surface, contaminating the food.
3. Biological contamination: This occurs when harmful microorganisms such as bacteria, viruses, or parasites, are present in food. Examples include Salmonella bacteria in raw chicken or E. coli bacteria in undercooked ground beef.
4. [Allergenic contamination](#): This occurs when food contains an allergen that can cause an allergic reaction in some individuals. Examples include peanuts, shellfish, or wheat.
5. Cross-contamination occurs when harmful bacteria or allergens are transferred from one food or surface to another, such as from raw meat, cutting boards and utensils or hands.

By understanding the types of contamination that can occur, food businesses can implement measures to prevent contamination and protect the health and safety of consumers.

You can also take steps to reduce the risk of exposure to contaminated food, such as practicing good [food hygiene](#), checking food labels for allergens, and cooking food to the appropriate temperature.

To help you and your colleagues remember, Learn Q have created a FREE Safe Handwashing Steps Poster. [Simply click here to download](#), print it out and put it on your kitchen wall. You could even have it laminated so that it lasts longer!

Keep your customers happy and your business successful!