

Project Report
On
Physical Hazards of Foods in Bangladesh Context

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LETTER OF TRANSMITTAL

8th May, 2019

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Subject: **Proposal of Project Report on “Physical Hazards of food in Bangladesh context”**

Sir,

This is to notify you that, I have accomplished the project statement which was a research for “Physical hazards of food in Bangladesh Context.” It is pleasure for me to apprise you that I have finalized my project report under your kind-hearted administration.

In preparing this research paper, I tried my level best and worked sincerely & attentively to make it as well structured as possible. I hope that this will help me to know more about the food and its physical hazards in our country that related with my real-life experiences. I would sincerely appreciate if you accept my project report and consider my work as good and unique.

Thank you,
Your Sincerely
Mahtabuzzaman

.....

ACKNOWLEDGEMENT

This project is about “Physical Hazards of foods in Bangladesh context.”

I would like to prompt my genuine appreciation & indebtedness to my project administrator Associate Professor Dr. Khandoker Mahmudur Rahman. It would have not been possible for me to ample this report without his guidance and supervision. His continuous inspiration & supervision throughout the period of this learning have been the greatest encouragement for me & directly subsidized to the achievement of the task.

Equally, I would also like to express sincere appreciation & obligation to the participants for their kind cooperation for participating in my survey for completing my project. It gave me the prospect to work on such a project by using the applied information related to the physical hazards people face in Bangladesh.

Executive Summary

Food is vital for every living being on earth which can be natural, partially treated or processed. Reduction in the quality of the food by the calculation of anything or eliminating or reducing and by relieving a fair part or component of food item or false illustration of a completely diverse item to be a food of a explicit kind is known as adulteration. The drive of this learning is to classify the food prone to adulteration and pollutants in these food products and to familiarize the range of physical and chemical experiments obtainable to qualitatively notice them. The selection of healthy and non-adulterated food is crucial for daily life to make sure that such foods do not cause any health hazard. Flies, visual fungus, foreign matters, etc. can be acknowledged through visual inspection of the food before purchasing. The poisonous chemical and other wrong representatives as food items can find only through laboratory experiments. Consumers should buy qualified food which has a proper tag declaration on packet and from reputed shops.

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CHAPTER 1: INTRODUCTION

1.1 Background of the study

The cooking and cultural tradition of Bangladesh have close relations with that of the neighborhood Bengal and Northeast India, with some unique traits of our individual. Rice and fish are traditional favorites. Vegetables and lentils also method a part of our staple food. The river Brahmaputra, which meets the Bay of Bengal in Bangladesh, has a large influence on the culture and cuisine of this small nation.



Some food items are general across Bangladesh, while some are local preferences. In Rajshahi and Rangpur zones, the usage of lake fishes is a lot. The section is also famous for its sweets. Comilla is famous for its food philosophy, most particularly the **Tehari or Biriyani**, a rice-based bowl. Sea water fishes are usually found in Barisal and Khulna regions, which are also well-known for their substantial use of spice called **Piper Chaba**.



The clips of Bangladeshi cuisine are rice and to a reduced level, roti (whole wheat flatbread). These are generally used up with vegetables, chicken, beef, fish, goat and mutton curries. Ducks, Koel and Pigeons are also eaten in rural regions. The state also offers a host of vegetables such as a variation of gourds, roots and tubers, leafy green vegetables, succulent stalks, citrons and limes, green and purple eggplants, okra, red onions, banana tree stems and flowers etc.

Mustard and vegetables oil are mostly used for cooking in Bangladesh, laterally with sunflower oil. Liable on the food, **Ghee** is also secondhand sometimes to improve the taste. The food can array from sweet to minor or enormously spicy and it look like the cuisines of Northern India and Pakistan. It similarly has some comparison with the northeast cookerries, most particularly with the mode of cooking fish. The most communal types of fish eaten in Bangladesh are Rui, Katla, Hilsa, Chingri and Kachki. The utmost savored item in this country is the dish of **Panta-Ilish**, which is made with sprinkled rice and fried Hilsa fish.



The main course includes of rice and flatbreads, like luchi, porota, naan, roti etc. Curried dishes of chicken, beef, mutton or daal (Lentil soup) are prepared as accompaniments. Certain specialties as **Gosh-Bhuna** and **Macher-Jhol**. **Biriyani**, which is a rich rice-based dish, is also obliged on special occasions as the main sequence.



Bangladeshi cuisines have a rich ritual of sweets. **Mishti Doi**, a type of yogurt which remains prepared with milk and sugared with charred sugar, is famous as a dessert around here. Most communal sweets and desserts are Roshogolla, Sandesh, Roshmalai, Phirni and Jilapi. These are naturally made during festivals and events, such as wedding, birthdays and so on.

1.2 Objectives of the study

The key impartial of the learning is to find out what types of physical hazards the Bangladeshi people face when they yield the food. We need to find out what are the definite hazards they face. Though there have different types of foods, it's tastes and component also. People always like to eat the street food which they love to eat. But they always overlook that the food was in the street, so it is full off dust and for keeping the food the shopkeeper always used various types of injurious formalin. Sometimes they usage to sell the old products which they couldn't sell the previous business day. It is very much harmful for the customers. In Asian subcontinent it is a regular basis thing. Particularly in Bangladesh the storekeeper is not honest. They want to do more revenue always, which make them so much avaricious. So, they always do the bad things. Most of the time after eating or overwhelming these types of foods individuals got attack by various diseases as like food poisoning, Ulsar etc. Only for this reason the main theme of the study is to find out what types of physical hazards the people of Bangladesh face conferring to their food habits.



Chapter 2

Literature review

Street foods have become a common phenomenon in the most countries including Bangladesh. Street food vendors contribute in economy through generating self-employment & jobs for others. Although the foods are prepared mostly in unhygienic environment, the attraction of street foods is unavoidable to urban people. Street foods contain microbiologically contaminated food that leads to foodborne disease. This food is sold at the busy street side, bus terminal, railway station, hospitals & schools because of low price, attractiveness and availability, street foods are popular among young people.

In a study on consumer's, risk or benefit perceptions and their attitude behavioral intention towards street food. In addition to the finding, they revealed that perceive benefit positively influenced consumer attitude, where the risk of perceptions negatively impacts behavioral intentions. Consumer's attitudes towards street foods fully mediates the impact of perceived benefit. On behavioral intention where attitude partially mediated the impact of risk perception on behavioral intention.

Scholars studied that the hygiene practices of vendors and identified those global practices for street food vendors. They found that consumers are aware of the quality of street foods and access to the outlet. Five factors that influencing consumer purchasing behavior those are economic, personal, lifestyle changes, social & cultural factors and other factors.

According to Syrian refugee “I can describe the horrors of what it was like to live under siege ... but to describe how it feels to be hungry? On day one, it is bad. On day two you start to think, ‘What can I do about this?’. Beyond that, I will not say anything.”

According to the recent report by **Poribesh Bachao Andolon**, “the fact was revealed that about 7.9 million (79 lakh) people in South Asia die every year by non-contagious ailments and food adulteration is marked as one of the most vital reasons .The report also cautioned that if this cannot be prevented now, it will distress the mental growth of next generation.”

According to Regular Viewer- “a survey was directed by the Institute of Nutrition and Food Science, Dhaka University in early 1980's revealed that inadequate diets and ingestion of adulterated food is accountable for the malnutrition of 60% Bengali people.” (22nd June, 2014)

Consumption of insecure nutrition is a serious hazard to public health in Bangladesh for the previous couple of periods.

According to Leon, in 2014 “In the time of indivisibility, interdependence and interrelatedness of human rights, the right to safe food acclaims significant bearing on the right to health, right to food and most importantly right to life. But now-a-days in Bangladesh, human rights for safe food are ignored indiscriminately. As per the news, features and articles published in different newspapers in Bangladesh, most of the foods manufactured or processed are either adulterated in varying degrees or unsafe for human consumption.”

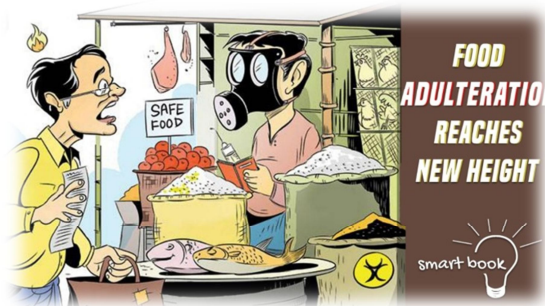
According to (Early in June 2014) “the Dhaka Metropolitan Police also ongoing an anti-formalin drive in and around the capital to check formalin in periodic fruits and ruined tones of fruits, mainly mangoes and litchis” Then “a formalin-checking action was happening by a joint team of BSTI and mobile court rarely. There are at least two dozen other chemicals secondhand by crooked traders in food items for food adulteration which should also be scrutinized.”

FAO Food Safety Project Team has examined gaps, edges, strong point and paleness in the currently obtainable food review and accomplishment schemes and suggested customs to reinforce food review and prosecution amenities for locally shaped and imported foods.

According to *M A K K P Pedrera*- “her expertise in the arena of Water and Food Safety and Quality. Her investigation on Food Contamination is grounded on her acquaintance on Food Chemistry, Analytical Chemistry, Food Quality Management and 17 years of experience in Food Quality Control. She has introduced a range of screening tests for sensing adulterants in common food items. All conclusions of this study are based on her 17 years of practice in the field of Food Safety and Quality.”

Chapter 3: Chemicals in Bangladeshi food and Health Hazards

Basic food items like rice, fish, fruits, vegetables, sweetmeats etc. are contaminated with harmful chemicals like Calcium Carbide, Oxycontin, Ethephon, Formalin, Coating materials and different additives in an indiscriminate manner in Bangladesh. Food contamination with toxic chemicals has grasped a dangerous proportion posturing serious health hazards for the consumers. Chemical scums in food leaves the poorest influence specially on children's psychological and physical progress and women's productiveness. Besides, these chemicals can origin cancer, harm energetic human structures like skin, eye, liver, kidney, lungs and heart. Some food items like guava, lemon, hog-plum and some fish items like Koi, Magur, Sinigang's are still free from chemical aggression.



Food is an indispensable element of life. The key food commodities in the human consumptions (fruits, vegetables, fish and milk) are extremely fragile due to their low ledge life, which have stated to be soiled with noxious and health risky chemicals. Chemicals like formalin, calcium carbide, ethephon, oxycontin and various coating materials, are reportedly being used in food commodities to surge their shelf life, for artificial ripening, for increasing the size of the commodities and to make the food more attractive.

Food contamination has become very communal in this state and we're taking these foods on a regular basis, which leaves numerous injurious possessions on our health. Food contamination means accumulation or sarcastic of chemicals with food and therefore making it harmful for health. It might be done

deliberately or unintentionally. Internationally contamination is an unlawful act and indictable crime.

Food contamination with toxic chemicals like formalin mains to cancer, asthma and skin ailments. Calcium carbide, coloring dyes, urea, burnt oil even some acceptable additives have used in extreme amount that touch multiple tissues of human body. Frequently it grounds diseases like cancer, peptic ulcers, chronic liver disease, cirrhosis and liver disappointment, electrolyte imbalance and eventually kidney failure. Heart ailments, blood disorders and bone marrow abnormality are also perceived. Chance of malignancy increases and neurological impairment or brain functions are also often cooperated. Skin problems are frequently seen including allergic appearance.

We know that food adulteration is a disciplinary offence and can slaughter persons, yet we do it for mere business profit.

Nowadays to save ourselves and our children, we all have to fight together against those hostile trends of pollution. Govt. should also take serious action with harder law against those offenders. We all should make general public conscious about the serious health influence of captivating adulterated food. Such genuine community resistance can modify the scenario and we need to do it right now.

The basic food items are:

Fresh Food: Fruit, vegetables, fish, meat, milk etc.

Processed Food: Jam, jelly, cake, biscuits, beverages etc.

And these are getting adulterated by using following chemicals:

- Calcium Carbide
- Oxytocin
- Ethephon;
- Formalin
- Colors
- Coating Materials

3.1 Potential Health Hazards:

- ❑ Usage of Calcium Carbide is not only critical for consumers, but also for those who handles it.
- ❑ It can cause heart diseases, blow, arthritis and allergies.
- ❑ If Calcium Carbide is taken during pregnancy through food, there is accidental for the child to be born with irregularities.
- ❑ On high quantities, Ethephon can cause body weight diminution and kidney failure.
- ❑ It damages the stomach and can make the liver futile.

Formalin:

- Formalin is a solution of 37% formaldehyde ($\text{H}_2\text{C}=\text{O}$), serves as disinfectant and preservative
- It is the simplest Aldehyde, hence it's IUPAC name **Methanol**
- Formaldehyde is a colorless gas with a characteristic pungent odor.
- It is an important precursor to many other chemical compound-like polymers
- A typical commercial grade of formalin may contain 10-12 percent methanol, in additions to aluminum (3 ppm), iron (3 ppm) and copper(1ppm)

Formalin and Fish craft in Bangladesh:

About 80,000 kgs of fish products arrive Bangladesh market everyday through **Tekna** border from Myanmar. Recently, several media reports specified that fish imported from neighboring countries are mucky with formalin. It is supposed that these fishes have been scattered with formalin to spread its shelf life, to make them look stiff and seem fresher for longer periods of time and to avert putrefaction. Formalin is also secondhand in introduced fish because of the amount of time needed to transport the fishes to various local marketplaces. The traders may dip the whole fish or vaccinate formalin in the fish body or feast formalin mixed water on the fish surface while the fishes are displayed for acquisition.

Formalin on fish in Bangladesh:

4.70 ppm formalin has been originating on fish sold in the country market (Dept. of Fisheries, Bangladesh). Propensity of using formalin is more in the city than the township. More formalin is found in large fishes than the small ones. If the claim of fish is more, the usage of formalin rises as well. Mainly formalin is secondhand as a modification of ice to preserve the fish for a longer dated of dated. International Association of Research for Cancer (IARC) has kept formalin in number one for tumor. if 0.5 ppm is taken by any human body with inhalation, it reasons allergy, asthma, nose and eye frustration and nerve complex. Researcher says that ‘the persons who bunch formalin and sell formalin added fish, formalin enters their body directly through respiration.’ 3 or 4 ppm of formalin in the fish is very fabulous news for human body. Formalin feasting of this fascination may not affect the body right after, but grounds cancer Like Arsenic injections in long run.

3.2 Ways to detect formalin Polluted and formalin Free fish

Formalin Contaminated Fish	Formalin Free Fish
1. Eye pale in color	1. Eye normal and fuchsia in color
2. Doesn't have any gunk	2. Has slime
3. Gill is blackish in color	3. Gill pinkish in color
4. Body is dry in nature	4. Body is wet in nature
5. Muscles and Scales are harder and rubber like	5. Muscles and scales are softer and smooth
6. Doesn't have normal irregular smell	6. Have normal fish smell
7. No flies buzzing over the fish	7. Flies energetic over the fish
8. Don't rot simply	8. Decomposition very easily

What steps should be taken against the use of formalin?

- I. Creation of public awareness
- II. Publicity about the hazardous effects of formalin
- III. Application of the law
- IV. Build enough ice factories and Cold Storage to preserve fishes and fruits
- V. Every person has to be willing to stop the use of formalin



Flavor:

Flavors are organic preparations that mimic the flavors and aromas of real nutrition. The biochemical Octal Acetate is the core component in orange

flavor, whereas isogamy is the key element of banana flavor. Savors cause fewer harm comparatively.

Effects of pesticides on Human Health:

Effects of pesticide on human are damaging the multiplicative scheme, respiratory structure and nerve system, behavioral and development deviations, intrusion of hormone purpose as well as upsetting the protection system. The pesticide gathers in the fat deposits of the body where they stay and cause a lot of compensations. Furthermost, the infant and young children who drink breast milk ingest pesticide if the women eat fruits and vegetables which have been scattered with insecticide, may authorize the pesticide down with breast milk. Pregnant women might pass this to the fetus in the body.

Food Coating:

Coating in the food industry is the claim of a layer of liquid and/or solid onto a product.

Coating of fruits have carried out by applying a thin layer of honey comb on the surface. The coating procedure can be passed out by reducing, brushing or squirting with honeycomb. This coating is usually referred to as palatable coating. Palatable coating is a thin layer that has applied on the surface of the fruit or vegetable which is consumed with the fruit. It has measured as the safest element for human indulging.

3.3 Contamination of different food items usage participation:

- Urea fertilizer and artificial color in rice
- Formalin in Fish
- Pesticides, Insecticide and harmful dyes in Vegetables
- Mock color in pulses
- Brick dirt in red chili powder
- Toxic powder color in turmeric
- White sand in salt
- Colored sawdust in tea
- Sub-standard Chhana, Sugary, fatless milk with textile dye in sweetmeat
- Low quality flour with textile dye in biscuit and bread
- Textile dye and reproduction sweetener in drinks

Chapter 4: Findings & Analysis



Food is the main need for all of us. In every country now a days there have various food related issues. As a developing country Bangladesh also fall under this. There have various physical hazards people face when they consume the product. Among them in our country most of the time people get attacked from Ulsar, Gastric, Diarrhea etc. Each and every day we are consuming dangerous foods which leads us to the killing diseases. In Bangladesh the small kid most the time fall in various diseases. As they have no idea about the food so they eat those foods which they like. Either it was healthful or not they are unconscious about it. They have no idea about the food. Most of the shopkeeper in Bangladesh use different types of harmful medicine to keep the product good which actually leads us to this type of hazardous diseases. After the study I come to know what the actual diseases are and the rate of this diseases. I also come to know the implication or causes of these diseases.

Many farmers in Bangladesh use a lot amount of pesticides for higher production for healthier output. They just think about their production and their profit. For using the excessive level of pesticides, the all type of reputation of the product come to be smashed. Bangladesh has various law according to the food but most of the farmers deny to follow it which leads the consumer in various diseases. All this type of issues cut down the life of the people in hazard.

The food which the people consume most of the time there have harmful product mixer for keeping the food safer. The food always looks goods but inside it has formalin. Bangladeshi farmer uses the formalin most. The rate of formalin they use is 30-40% which is so much higher and if we directly consume the formalin in our body we will surely die.

Ulsar, Cholera, Diarrhea, Gastric, Nausea, Abdominal pain, Constipation, Fever, Vomiting, Central Nervous System etc. are the diseases or physical hazards people face after eating the product. In Bangladesh food poisoning is a common physical hazard for using the chemicals. Almost every year 1 in 10 people fall ill after consuming the product in all over the world.

Reasons behind Food Contamination-

According to Versilia et al, 2009- “Exchange of high quality and affluent oils and fats with inexpensive and lower quality oils or fats and tagging of those products as clean products are often secondhand by producers to find a maximum profit.”

Sesame oil has pleasing flavor and sensitivity and comprises various nutritional composites. These traits make it more exclusive than other vegetable oils and therefore a board of economically interested adulteration.

In this study, “sesame oil was adulterated with hazelnut, canola, and sun flower oils in diverse attentions ranged from 1% to 50% and cluster analysis of the FT-IR spectra was performed for differentiation and classification of pure sesame oil from adultized vegetable oil samples.”

Serial no	Food article	Adulteration	Method of Finding
1	Milk	Water	Existence of water means- by putting a drop of milk on refined oblique surface. The drop of clean milk either or flows ordinary leaving a white trail behind it.
2		Starch	Add a few drops of lowline or lowline solution. Formation of Blue color indicates the presence of starch
3	Khoa nan its product	Starch	Boil a small quantity of sample with some water, cool and add a few drops of Iodine solution.
4		Formalin	Take 10 ml of milk in a tests tube and add 5 ml of conc. Sulphur acid from the sides of the wall without shaking. If a violet or blue ring appears presence of formalin.
5	Edible oil	Prohibited color	5 ml of sample in a test tube and add 5 ml of concentrated hydrochloric acid. Shake gently stand for 5 minutes. Color will separate in the upper layer of the solution.
6	Sugar	Chalk powder	Dissolve 10 gm of sample in a glass of water, allow settling, Chalk will settle down at the bottom.
7	Honey	Sugar solution	A cotton wick dipped in pure honey when lighted with a match stick burns and shows the transparency of honey. If adulterated, the existence of water would not allow the honey to burn.
8	Maida	Boric Acid	Take a small quantity of sample in a test tube, add some water and shake.
9	Chilies powder	Brick powder	Take a teaspoon full of chilies powder in a glass of water. Colored water extract will show the presence of artificial color.

Chapter 5: Recommendation



Please think and alternate the mindset:

We would like to transport few humble and relevant instances of contaminated food which we do consume frequently, but not being tried to realize the problems.

(A) Milk has generally sold in the market at 50-60 taka per liter. If we try to modernize it into faded milk or more popularly condensed milk then about 73% of the humidity needs to be boiled. If it has stated then how could we get a can of condensed milk within 50-60 taka? Should we get condensed milk of acceptable quality?

The answer would be negative.

(B) Apples have traded in the market at 110-130taka/kg. How much juice could we get from 1kg of fresh apple? If we had realized then how would we suppose to get about 150ml of any fruit juice for 15tk only? Again, we need to substitute our confidence and predictions.

(C) If we want to liquify chili powder into water, it would never provide a bright red highlighted solution promptly. As a result, it would not get 100% of the powdered chili which would endure absolutization into the water. So how would we get immediate bright red color from some packed chili powder?

The answer would be that it contains illicit textile color which has been excluded long time ago from food color sorts.

(D) Saffron is a popular complex agent which is used in cooking various sweetmeats, particularly Zorda (a superior type of dessert with lively yellow color) which is very shared in any wedding party.

(E) There are multiple examples of similar common wonders, which we would custom in our everyday life but never contemplate about the charge and value composed. Yet, it remains vital for noting that we establish high price, there would be no guarantee for getting quality products in our state.

Ways to avoid food debasement-

Many nations around the world being anxious about management issues with the food contamination. FDA recognized in the United States (1906) with qualified personnel with the competence of claim of laws and thoughtful of its problems from methodical knowledge and background.

“Following intensive efforts might be beneficial for preventing food adulteration:





Occasionally, the rule striking agencies uphold robust attentiveness for detecting such studies of contamination. In fact, a few measures for detecting the defaulters with the laboratory tests and impose the prevailing laws to battle with the hazard but concerted efforts and manpower are infrequent...

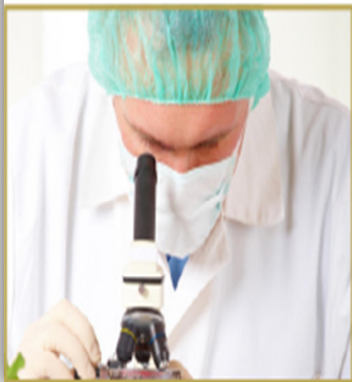
Many suggestions have previously been appeared in shortening adulteration of foods According to The Independent, 24 February 2014; Dhaka Tribune, 15 March 2014&The Financial Express, 21 August 2014– “Following intensive efforts might be beneficial for preventing food adulteration-

1. Justifiable development of mass consciousness among people against the significance of food adulteration on long term health.
2. Severe and typical punishment to the food polluters. Life custody or capital penalty may be considered depending upon the notch of crimes and ultimate outcome.
3. Firming food inspection service with expert manpower and valid systematic instruments as well as proper execution of relevant laws in a bearable manner.
4. Sinking the safety limit of the amount of pesticide and other toxicant remains in food items as per international procedures.
5. Educating the primary- and secondary level students concerning the incurable impacts of food contamination through academic syllabus.
6. Keeping fit the farmers depending on the practice of using substitute and safe chemicals by the territorial agricultural division.

7. Elevation of ethical practices among the business civic with direct contribution of the business bests.
8. Vigorous role of the consumer rights clusters against this hazard.
9. Employment of all international contracts and etiquettes on safe food by the government through concerned bureaus.
10. Participation of the health-related experts from all universities and organizations to validation of the market products period to period through laboratory investigation by self-regulating research with the help of governmental support and endowment.
11. Announcement of reward by the government for providing evidence concerning food pollution syndicate, factory, selling points, middlemen etc.”

Chapter 6: Conclusion

Ingesting of contaminated nutrition which brutally disturbs the human health by creating numerous severe in addition enduring diseases. It is actually vital for stopping food pollution. The People's Republic of Bangladesh should exterminate the practices of food adulteration for securing the exists of its residents. There are multiple laws in this state as well as the Original Anti-Formalin Act of 2014, but not many of them have prescribed accordingly. Government must ratify and imply those regulations for certifying safe food deprived of interruption. Inspection at the trade level, would not carry sufficient influences. Entire supply chain, from the producers and the dealers through wholesalers to retailers would have to be decorated and prepared. Consistent nursing through suitable agencies which should endure it in a bearable way for governing food contamination. Instantaneously, a user consciousness movement would have to be in growth. Passable actions through the anxious authority, civilian humanities, pattern and microelectronic media, societal organizations and even clients can confirm food safety and harmless nutrition for altogether. We are optimistic about this state of affairs which would variate and our citizen would get benign diet for a fit & secured life. According to Food and Drug Administration (FDA) "It had been recognized which had included of qualified employees including competence of implementation of rules for screening out superiority of the nutrients and medicines accessible in the food market. The Government must take suitable actions for healthier harmonization between law execution and anxious department for evaluating food contamination and. The establishment of typical penalty must be injected into the food act.



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