

## Safe Food is One of the Most Important Factors of Good Health

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### Abstract

The issues of reducing food waste, how food hygiene affects its safety and prevents food-borne diseases, avoiding contaminants and how the conditions in which animals are raised affect the quality and safety of food are the key topics of every discussion on the topic of food safety. The goal is to provide consumers with sometimes complex and professional information about food safety, to inform them in a simple and easy-to-understand manner, and to encourage them to think critically about the food they consume. In addition to the topics in focus, consumers can learn more about the safety of new foods on the market, plant health, allergens, additives, packaging, nutritional supplements, etc.

**Keywords:** Food, Food Production, Food Security, Climate Change, Health

### Introduction

The multifaceted capabilities of the food and agriculture system, in addition to the current phenomenon of the move-border fragmentation of manufacturing characterizing the agri-meals chains, spotlight the want to undertake a globalized method [1]. The aforementioned “political demanding situations” inclusive of food protection, environmental protection, weather exalternate, and their robust ties with warm worldwide troubles inclusive of migration, peace, and political balance are all signs of the financial, social, and political pressures that contemporary agricultural regulation and coverage are going through worldwide. These pressures require a complete and international vision. This photo provides a essential assignment to agricultural legal professionals. They want to apprehend the complexities of move-border agricultural regimes, to map out the freshest troubles at stake, and to deal with the unexpectedly developing phenomena affecting international agriculture and, consequently, many essential rights. Agricultural legal professionals are required to offer an ok and complete conceptual device to deal with the developing

analytical complexity of the worldwide food system and the move-border results of the rural models. They additionally want to perceive the interests, values, and pursuits that form international agricultural regulation. This ought to entail a reconceptualization the usage of a teleological method, that is, describing agricultural regulation through the globally legitimate functions it serves, inclusive of, amongst others, improvement and food protection. This reconceptualization additionally implies drawing up complete international principles, which seize the common essence of the problem and which tell the multilevel units of legal guidelines and rules that govern the agri-meals structures everywhere in the international. Despite the truth that distinct agricultural models require distinct countrywide and nearby legal guidelines and policies, the aforementioned dramatic move-border traits now no longer permit home legal guidelines to exist in isolation. These traits gift urgent troubles of universalism that calls for a precept-primarily based totally framework for agriculture centered at the want to reply to the worldwide political demanding situations of the agri-food system.

## **Food Production**

The international has made vast development in growing agricultural productiveness and decreasing poverty because the 1960s [2]. Yet actual international meals fees of maximum cereals and meats are actually projected to rise, reversing a lengthy-mounted downward trend with unfavorable influences on bad clients within side the growing international. Growing aid scarcity, specifically of water, will more and more constrain food manufacturing boom, and climatic stresses will probably cut back farmers' cappotential to provide food. Meanwhile, developing call for for excessive-price meals, inclusive of livestock, fish, vegetables, and end result will placed similarly stress at the natural aid base. Moreover, needs for biofuels increasingly compete with meals for land and water assets. The outcomes of those pressures will adversely have an effect on meals protection and desires for human wellness, slowing development in decreasing early life malnutrition.

While meals and water protection is essentially decided through moves taken on the nearby or countrywide scale, international factors, inclusive of the worldwide exchange and finance structures, weather exalternate and weather coverage, strength coverage, demographic modifications, inclusive of migration, and overseas direct funding additionally have an effect on nearby meals and water protection. Over the approaching a long time international exalternate will have an effect on meals and water protection in vast and notably unsure ways, and there are robust indicators that growing international locations will endure the brunt of probably unfavorable outcomes. This is essentially due to the fact poverty stages are excessive and growing u . s . capability to conform to international exalternate is weak. Rural populations of growing international locations, for whom agricultural manufacturing is the number one supply of direct and oblique employment and profits, could be maximum affected because of agriculture's vulnerability to international exalternate tactics.

## **First Food Security Act**

It was the 1985 Food Security Act, in the United States, that first related agricultural subsidies to environmental situations [3]. Three such linkages have been created below this Act. First, farmers with arable land in regions recognized through the United States Government as being severely threatened through soil erosion have been required to put into effect a conservation plan. Failure to nicely put into effect this conservation plan ought to bring about farmers dropping the subsidies payable throughout their whole farms, now no longer simply the ones payable when it comes to the land threatened through soil erosion. Second, a plan entitled 'sodbuster' discouraged farmers from bringing formerly uncultivated lands into manufacturing inside regions threatened through extreme soil erosion. Farmers who ploughed up such lands, again, risked dropping their entitlement to agricultural subsidies. Third, a programme entitled 'swamp buster' withdrew eligibility for authorities subsidies from farmers who reclaimed wetlands to be used in arable manufacturing.

In the United States, important techniques had been recognized to environmental move-compliance: red and inexperienced ticket cross-compliance. The programmes added through the 1985 Food Security Act are examples of red price price tag structures. They enabled agricultural government to droop all or a part of the rural aid bills made to farmers who did not meet certain environmental situations. In exercise, crimson price price tag schemes ought to perform in numerous ways. A minimalist method might penalise handiest the ones farmers who have been accountable for vast environmental damage. Alternatively, move-compliance measures ought to set stringent situations that each one farmers needed to meet. They is probably required to examine unique situations, inclusive of minimal and most stocking costs or most utility costs for fertilisers and pesticides. An even greater stringent model of crimson-price price tag cross compliance ought to integrate bad constraints with fine duties that required farmers to perform precise works with a

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view to qualify for agricultural bills. This might, for example, encompass an duty to create buffer strips among arable fields and watercourses or to keep hedges and stone walls.

### Climate Change

Environmental results of weather exalternate ensuing in modifications to natural structures that bring about nutrients and diet-associated health influences (e.g. meals-generating structures, affecting yields and dietary best; meals yields, biodiversity of the meals deliver; decreased meals yields and affordability, main to nutritional imbalances and bad nutrients) are simply a number of the demanding situations confronted through partnerships to inspire extended intake of fruit and vegetables [4]. Countries want to keep in mind international affects on meals and nutrients coverage, specifically when it comes to meals manufacturing, distribution, advertising, and promotion. Nutrition coverage additionally has vast implications for agriculture and exchange. There is an growing emphasis at the want for meals coverage to aid the manufacturing, get admission to, promotion, and equitable intake of health-promoting meals. Food protection is a priority, that is, meals availability, get admission to to meals, balance of deliver, and secure and wholesome meals utilization. Climate exalternate, the developing use of meals plants as a supply of fuel, and hovering meals fees threaten to mood efforts to conquer meals lack of confidence and malnutrition.

Inter-sectoral partnerships, operating collaboratively to acquire an agreed vision, will offer the foundation, commitment, leadership, and assets required to stand those demanding situations.

### Sustainability

The purpose to include sustainability into exchange appears lofty and overly ambitious [5]. It have to now no longer be, due to the fact this purpose touches at the vital rights-primarily based totally equality among buying and selling companions. Its significance rests withinside the meals exchange, in which

evolved international locations regularly goal growing international locations with a view to create a marketplace for his or her surplus. The underlying exchange-distorting measures that evolved international locations use to make sure the functioning in their home meals deliver and the income of surplus manufacturing cause meals dumping, a exercise describing the excess income of overproducing Western international locations to weaker growing markets. Conversely, growing international locations' markets are flooded with less expensive commodity meals: regularly processed, input-intensive, excessive-calorie, and low nutrient-density snack meals. It follows that the rural marketplace in growing international locations is reoriented towards non-meals plants, stressful growing international locations' agricultural exports, due to the fact farmers now no longer produce meals for his or her nearby markets.

Even alaven though this hassle is oversimplified here, the ensuing exchange distortions create greater common problems, inclusive of meals lack of confidence, social unrest, unsustainable meals manufacturing, environmentally dangerous farming, and political uncertainty. Scholars warn that "[c]urrent meals lack of confidence isn't resulting from absolute meals scarcity, but [is] the outcomes of useless international meals distribution, that is the end result of distorted worldwide exchange," facilitated through Regional Trade Agreements (RTAs). RTAs are "deep integration partnerships among international locations or areas with a primary proportion of global wide exchange and overseas direct investments." These RTAs regularly fail to deal with the inequalities of buying and selling companions and omit the vital purpose of buying and selling governments to make sure meals protection. Some of the exchange distortions might be addressed through combining meals protection and agro ecology via a rights-primarily based totally method.

### Nutritional Status

Food protection, however, is truly tough to acquire whilst financial fame drops abruptly or whilst it's far insufficient and

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stays so for lengthy durations of time [6]. To be meals secure, people want greater than ok disposable profits. They can also additionally want to conquer limitations inclusive of loss of transport, insufficient cooking or garage centers and get admission to to meals that is culturally acceptable.

What is measurable is the boom of the numerous and sundry programmes to relieve scarcity of meals for organizations of economically deprived human beings. Food banks or pantries installation through charitable organizations have extended in wide variety and length of operation in maximum evolved international locations. Their goal is to offer unfastened meals to the needy in an emergency or on a short-time period basis. In a few international locations, authorities shopping help inclusive of 'meals stamps' serves as a everlasting or semi-everlasting supply of meals profits. The efficacy of surplus meals redistribution is now being fiercely debated. Many keep in mind that it perpetuates meals poverty and affords no lengthy-time period answers.

There is little dispute that the foundation motive of meals lack of confidence has underlying socioeconomic and political causes. These have to be addressed through economists and politicians. What can nutritionists do? Many have tried an academic method, on the idea that budgeting and meals education talents have to be improved. In a few times that is helpful. But many groups of human beings in limited occasions vocalize their want to discover answers and coping techniques the usage of their personal talents and assets, along suitable expert input.

Public health coverage in lots of evolved international locations states that the results of socioeconomic downside on dietary well-being is a public health priority. Australia's Food and Nutrition Policy report opens for that reason: 'The Government's meals and nutrients coverage is to facilitate and aid movement via the whole meals and nutrients machine, with a view to acquire higher nutrients for Australians, particularly for the ones maximum deprived'. New Zealand's National Plan of Action for Nutrition lists

'Improving family meals protection' as a primary priority, noting the want to set up baseline statistics at the contemporary state of affairs with admire to accessibility, acceptability, and affordability of meals.

It is now obvious that evolved international locations can't count on that each one segments in their populace are meals-secure. Many now report the superiority of meals lack of confidence and display the superiority of dietary consequences of meals lack of confidence, inclusive of costs of obesity, iron fame of women and infants, start weights and breastfeeding costs. This assists efforts to broaden and coordinate financial policies, instructional techniques and social movement to relieve the outcomes of poverty, amongst which bad dietary fame is surely one.

## Food Insecurity

Classic measures of countrywide meals protection observe the deliver of staple meals grown within side the country as a percent of the populace's want for those staples [7]. This displays the country's cap potential to feed itself. National meals protection is regularly approximated through measures of cereal manufacturing as a share of cereal intake.

Food lack of confidence can for that reason be measured on the countrywide level as the percentage of cereal imports as a percent of intake, even though this increases a few questions. Apart from whether or not cereals are an excellent approximation of staple meals substances, there's the query of whether or not a countrywide discern for meals protection can correctly replicate the wide variety of people who can also additionally discover it difficult to achieve sufficient meals. National manufacturing and intake measures for staple meals do now no longer always replicate the distribution of meals or get admission to to meals on the family level.

An opportunity indicator is a proxy for family meals protection: the percentage of family expenditure that have to be dedicated to meals to make sure ok intake. A excessive share of profits on meals suggests that families are probably to have problem making sure a persevering with

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deliver of ok meals and nourishment. A small share implies extraordinarily smooth get admission to to meals.

### GMO

Genetically modified organisms (GMOs) had been mentioned controversially ever on the grounds that they have been problem of regulation and law [8]. The emergence of a brand new generation commonly ends in essential questions as to how the regulation have to reply to; the law of GMOs is a top example. The solutions to those questions of precept are notably depending on the political and social discussions inside a legal community which makes the problem of GMO law quasi to a pivotal litmus check for a state. The density of law, its legal instruments and the normed criminal outcomes that using GMOs entail shed mild at the political tactics and majority systems of a network, perhaps even greater so than every other legal issue.

In precise, this is applicable to using GMOs in meals manufacturing. What one authorities considers an evil to keep away from is a welcome growth of alimentary diversification to the different. Based in this express or occasionally tacit key decision, there's a number of exciting and differentiated width of criminal frameworks on worldwide, supranational and countrywide degree to be found. It is those frameworks the object will observe, usually on the idea of the countrywide reviews that have been surpassed in. Geographically speaking, the underlying reviews won't appear representative, they are, however, notably so from a legal point of view bearing on feasible positioning and alternatives for movement.

### Trade

Major fluctuations in deliver or charge impose actual hardships, particularly at the poorest clients and the least possible farmers [9]. Trade can also additionally have an effect on this both due to its impact at the extent of meals to be had or via the operation of foreign money markets. Trade can also additionally both reduce or accentuate uncertainty in deliver. The greater broadly meals manufacturing is dispersed the much less probably are substances to be at risk of crop disasters

resulting from drought, pests or sicknesses in someone region. In contrast, if exchange concentrates manufacturing on a confined wide variety of low-value regions, crop disasters can also additionally cause dramatic charge increases. Trade exposes substances to the hazard of political or army intervention. Many have argued that meals protection needs home manufacturing. Others have made a good deal of the unreliability of imports.

The truth that exchange among international locations entails changing currencies exposes manufacturers and clients to uncertainties bobbing up from fluctuations in worldwide cash markets. Such modifications can dramatically have an effect on the viability of farm businesses.

Trade can also additionally reveal clients to dangers bobbing up from merchandise made to distinct requirements. Increasingly meals is bought in processed form. Consumers won't realize from what uncooked substances it's far made or whether or not it's far secure. Governments have sought to assist clients via law, labelling requirements, placing and tracking requirements and making meals dealers accountable for the protection in their wares. However, requirements range amongst international locations so the dangers clients face can also additionally boom whilst merchandise move frontiers. Through the Food and Agriculture Organisation of the United Nations (FAO), the worldwide network has evolved the Codex Alimentarius to offer reassurance that meals crossing frontiers is secure.

### World Population

The ever developing international populace (9 billion through 2050) with its simultaneous boom in longevity, locations good sized needs on agricultural manufacturing, the meals enterprise in addition to on the rural and meals exchange [10]. Added to this, are the developing center instructions in many nations with inside the international with converting needs and client possibilities concerning qualitative deliver and excessive best meals. The destiny important project of agriculture to offer meals for a developing international populace in enough and differentiated measure becomes all of the greater vital

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through motive of this extended quantitative and qualitative call for food. Here, food security and food safety are intertwined to an excessive degree. From an essential perspective, the common human proper to meals norm have to be referred to. This consists of the primary protection of human life with meals (meals protection) in addition to ensuring that no fitness dangers emanate from meals, inclusive of from ingesting water (food safety).

In spite of all advances finished with inside the battle towards starvation, food security and food safety are nonetheless now no longer absolutely assured globally. It changed into surely a fulfillment that, towards the backdrop of the United Nation's millennium desires, the wide variety of over one billion hungry human beings might be decreased. In the duration from 1990 to 1992, 23.6% of the arena populace suffered from starvation, whilst it changed into 14.3% with inside the years from 2011 to 2013. This improvement has continued. While 842 million human beings in 2013 have been tormented by absolute starvation, 795 million human beings currently be afflicted by starvation and persistent malnutrition, usually with inside the so-known as growing international locations and unique areas of the arena. A similarly discount on this wide variety of ravenous human beings provides a awesome assignment for the arena network with regard to meals protection and meals protection. Furthermore, round billion human beings be afflicted by insufficient nutrients with inside the feel of the relative so-known as "Hidden Hunger". Here, there's a vast deficiency in vitamins, minerals and different essential substances (micronutrient deficiencies). Pursuant to the Sustainable Development Goals (SDG) of the United Nations, the subsequent goal purpose changed into set for the Right to Food: "End starvation, acquire meals protection and enhance nutrients and sell sustainable agriculture".

### Conclusion

The World Health Organization emphasizes that safe food is one of the most important factors of good health, while unhealthy food is the cause of many diseases and similar conditions such as

growth and development disorders, lack of micronutrients, non-communicable, infectious and mental diseases. Most food borne illnesses can be prevented with proper food handling and education. Safe food production improves economic opportunities by providing market access. However, unsafe or contaminated food leads to economic losses and food loss and food waste. Therefore, good practices along the supply chain can improve sustainability by minimizing environmental damage and helping to sustain more agricultural products. We are witnessing intense climate changes that affect both food production and the health of the population. The production, placing on the market of healthy food as well as its control is becoming an increasing challenge. The growing demands of the market and industrialization accompanied by environmental pollution and climate changes that are becoming more frequent and intense tell us that we must all act more responsibly together to ensure enough food to meet the needs of the growing world population.

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