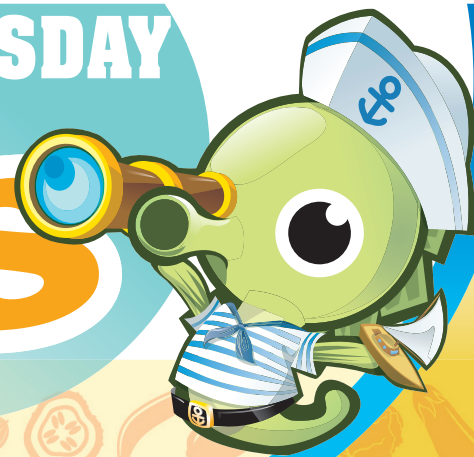


Goodies



Watch what you eat

WE are always told to maintain a balanced diet according to the food pyramid. But does it guarantee our health? Sadly, some food safety problems are not easy to track and avoid. Poultry and meat can be contaminated whereas the pesticide residue in vegetables can harm us in the long-run.



What food is dangerous!?
What is safe to eat!?



Editor's Note

Hi! I once saw a film about how harmful fast food can be. The filmmaker bought a portion of French fries and then stored them away. After many months had passed, he took those French fries out, expecting them to be green and mouldy. Actually, those fries did not go bad, but looked the same as on the day he bought them! I still eat French fries, though, but not as much as I used to. What I will not eat are chicken nuggets after learning how they are made. Yuck! Turn to P02 to learn more about some of the dangers we should look out for in the food we eat.



Simon

Hidden food dangers

FOOD safety is a big issue. In recent years, Hongkongers have been warned about certain foods from the mainland and foreign countries.



Oil scandal

IN 2014, a Taiwanese (台灣的) company was found to produce **substandard** lard made from recycled waste oils and lard for animal feeds. In Hong Kong, Maxim's Cakes had used the lard to make pineapple buns. Also, two imported Taiwanese products used the substandard lard. The government ordered the affected shops to take the products off the shelves and stop selling them. Though such lard products may have harmful substances, the risk in Hong Kong was not considered to be high.



Heavy metal rice

RICE is the major **staple** of many Asian countries. While two-thirds of the rice in our city is from Thailand (泰國), we still import over 10 percent from the mainland. In 2011, Chinese media revealed that over 10 percent of the samples from various mainland provinces contained high levels of cadmium (鎘). This heavy metal can lead to bone pain and weaker bones if we eat too much of it. Though there was no proof that imported mainland rice contained **excessive** amounts of cadmium, we can always buy rice from **accredited** brands.



Excess pesticides

LAST year, the Centre for Food Safety (CFS) found out that a Chinese white cabbage sample had too much pesticide residue. The measured amount was 2.75 times the legal limit. It can be **lethal** for human consumption. Since 2014, the CFS has tested nearly 100,000 food samples of vegetables and fruits, and the rate of unsatisfactory food recorded is less than 0.2 percent. To avoid ingesting too much of it, we should rinse vegetables **thoroughly** under running water several times, and soak them in water for an hour. You should also remove the outer leaves of vegetables and the peel of fruits too.

