

# Food safety at home

Food poisoning can happen at home too; follow a few hygiene rules in the kitchen

Aruna Gracias Rathod

If you thought that cooking food at home is not going to make you sick, think again. Restaurant meals, or picking up frozen stuff from the supermarket and re-heating is not the only way to get a stomach infection. It could be something that you are not doing right at home too.

## A CHECK LIST WHEN YOU COOK:

Experts doing research in the food sector say there are plenty of food safety mistakes that people make.

## THAWING FROZEN MEAT/FISH – THE RIGHT WAY

Bacteria grow rapidly at room temperature. Chances are that since food thaws unevenly, bacteria begin to grow on the thawed portion. Some parts of the meat may feel frozen solid but the bacteria that grows in the thawed portion is enough to you sick.

When you need to thaw perishable foods, The United States Department of Agriculture (USDA) advises that when you need to thaw frozen fish or meat, thaw them in the refrigerator. Whatever needs to be cooked; can be kept in the lower section of the refrigerator for half a day or full day, depending on the quantity and type of meat.

You can also thaw in cold water.

This is a quicker option, but it's more work and requires the frozen food to be in a leak-proof bag. Submerge the item in cold water, and then change the water every 30 minutes. A pound of meat, poultry, or seafood may take an hour or less, but larger packages take longer. After thawing, cook the food right away.

Thaw in the microwave. It's safe to thaw raw food in the microwave, but you need to cook it immediately once it's thawed.



## SANITIZE YOUR KITCHEN

To sanitize food prep surfaces, you can wipe down areas like counters with hot, soapy water after you finish cooking each food item. You can also clean your kitchen counters and the sink with a bleach solution, too.

## WASH EVERY FRUIT AND VEGETABLE EVEN IF IT HAS SKIN THAT YOU DON'T CONSUME

The idea behind washing the fruit or vegetable even if it has a skin, is so that you don't transfer pathogens or dirt from the skin to the pulp.

Contamination on fruits and veggie skins is a real concern. When we wash fruits and vegetables, we reduce the number of potential pathogens we consume. Running water is great, no soap necessary. Hard-skinned produce, like avocados, can even be scrubbed with a produce brush.

## YOU DON'T WASH YOUR HANDS AFTER EACH STAGE OF COOKING

We all know that we have to wash our hands before we start cooking, using soap and water. But what about after opening a packet of raw chicken? Do you feel that it's okay not to wash your hands?

The fact is after you touch raw meat or fish or poultry your hands get contaminated, so washing is a must to avoid cross-contamination.

## HOW TO WASH YOUR HANDS

We all have almost forgotten the pandemic, when we washed our hands a lot.

To wash your hands effectively, you need to scrub them together with soap and water for at least 20 seconds. Remember to get in between your fingers, and clean under your nails by running them across your soapy palms.

## THROW AWAY OLD SCRUBBERS

Replace your scrubbers, sponges and cleaning cloths often, since they are a breeding ground for bacteria, or wash the hand towels at least three times a week in hot detergent water and rinse thoroughly.

## AVOID KEEPING FOOD OUTSIDE AFTER COOKING

Food should never be left out for more than two hours, and then, even if it's placed in the refrigerator and you take it out the next day, the food must be heated so that it is hot enough to kill organisms that may have grown there.



# Type 5 diabetes in the spectrum

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Goa is arguably the diabetes capital of the country. According to reports that are available in the public space, 26.4 percent of the population suffers from diabetes while 20 percent was pre-diabetic. Now comes news that could make the situation even more interesting.

## New Development

Recently at the conference of the International Diabetes Federation held in Bangkok, the President Peter Schwarz introduced a new label of diabetes sufferers called Type 5. This was done nearly 75 years after being first recorded. The condition, occurring often in young and thin adults, was first reported in Jamaica in 1955, and then defined as J-type diabetes.

Prominent diabetologist based in Panjim, Dr Tejas Kamat said it was something between Type 1 and Type 2 diabetes and was found in lower income countries. These countries were malnourished and diabetes was related to that fact. Later in 1999, this entity was removed from the literature because of a lack of evidence. But this entity was still present and was now being called Type 5. Simply put, Type 5 diabetes is a form of diabetes caused by a mutation of a single gene, affecting lean and malnourished teenagers and young adults in low and middle-income countries.

## Prevalence in Goa

Dr Tejas said it would be possible to know of its presence in Goa and in the rest of the country after a period of three to four years after evidence was collected. There were an estimated twenty to thirty million estimated sufferers of diabetes across the globe. In Goa there was no proven case of type 5 and studies would have to be conducted.

Dr Vaibhav Dukle, an endocrinologist said it was a new term given to diabetes suffered by those who were malnourished. It was not in focus and had been removed from classification. It was common in Africa. With this classification, he said this problem had come back into focus. He said, "These patients do not fit within Type 1 and Type 2. Due to early childhood malnutrition, the body is not able to produce enough insulin. They are very lean and suffer from malnutrition." Dr Dukle, however, had another take on the prevalence of Type 5 in Goa. He said, "It is less than one percent and they are basically seen in people who have come here from different parts of the country."



**How to deal with it**  
A balanced diet, regular physical activity, and maintaining a healthy weight are crucial for managing blood sugar levels and preventing complications. One could have some medication which may include small doses of insulin and make some lifestyle interventions like regular



## Bhorvanxeachi Sanz

St Anne's Church, Ponda along with the outstation chapels and communities will organize a musical night, 'Bhorvanxeachi Sanz - An Evening of Hope.'

The evening will showcase cultural performances such as traditional dances, singing and skits which will highlight the themes of love, peace and unity.

**Venue:** St Anne's Church, Ponda

**Date:** April 20

## Filmmaking workshop

Fundacao Oriente will organise the third edition of the filmmaking workshop for young people. The workshop is open to children and teenagers in the age of 14 to 19 years of age. There are no fees for the workshop but prior registration is required. The regulations and registrations forms are available on request by email to [foriente.india@gmail.com](mailto:foriente.india@gmail.com).

**Venue:** Fundacao Oriente, Fontainhas, Panjim  
**Date:** Registrations are open till June 16



# Goan artist returns with a treasure of artworks for exhibition at Merces

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Originally from Merces, Marcio Fernandes may have been living in London where he studies and works in the field of art, but his heart always belongs to Goa. He is now back in Goa and will be showcasing his artworks in a solo exhibition titled, 'Stories of Goa'. Marcio is proud to represent Goa particularly being the first Goan artist who was featured on the show, Sky Arts' UK Landscape Artist of the Year, as the Landscape Artist of the Year this year. This gave him the motivation to showcase his own art in Goa now.

What are the stories of Goa that Marcio would like to tell?

"Whenever I think about Goa, it settles in like a silence, like a blank canvas full of potential. 'Stories of Goa' is a collection of my paintings that feature subjects from Goa that are often overlooked by others but are now brought to life by my artistic vision. I see crows perched on electric wires, calling out like old sentinels watching a town change. I see weather-worn crosses on the roadside, Chapels standing quietly in corners, their white walls holding generations of whispered confessions, monsoon winds and street dogs weaving through sleepy lanes. These are the subjects no one paints. But they are Goa," explains Marcio.

He further adds, "There's a certain poetry in the ordinary here. These are the things I have painted – not just with colour, but with attention. Goa gives me that – a canvas not just



**'The Dead Crow'**  
This is a painting of a dead crow perched on a chair. Crows are a common sight in Goa, and Marcio is deeply concerned about their dwindling population.

**'Goan Symbols'**  
This print arranges various Goan symbols, such as the cross, a chapel, a sleeping dog, and another crow. Marcio believes these small works can convey a powerful message about conservation and protection.

to replicate what's seen, but to reveal what's felt."

The exhibition will be held from April 21 to 30m from 10 am to 6 pm at Sadhana Dell 'Arte, Merces and is curated Lina Vincent. "The

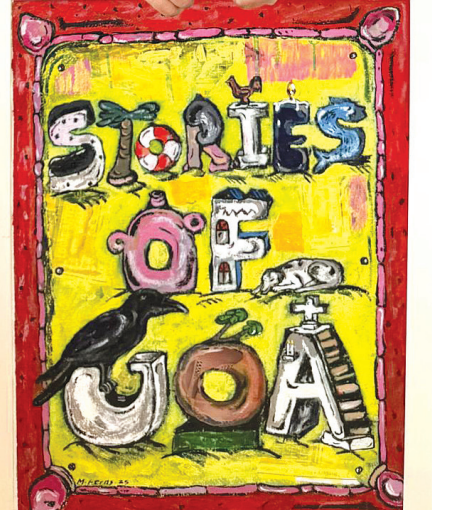


power of painterly language, as opposed to technological forms of recording reality, lies in the profound, intangible expression that transcends visual presence, and embraces emotional and psychological layers of communication. Entering into the world created by Marcio Fernandes in his works, one is made aware of the resonant relationship between colour, texture and form – where conversations take place between the animate and inanimate, the object and the subject. He transports the viewer into his vision of Goa, his homeland, fed by personal memories and his desire to render it unforgettable," says Lina.

This solo show feels like a dream unfolding for Marcio as he makes a homecoming to his own village, Merces. An alumni of Goa College of Art, Altinho, Marcio travelled to pursue

his masters in Fine Art at the City & Guilds of London Art School. Marcio says, "I truly believe this exhibition came together not just through planning or persistence, but through something deeper—prayer, and the quiet, unwavering love I have for Goa. There's a kind of magic here. Goa gave me more than a backdrop—it gave me grounding, inspiration, and this quiet push to trust the process."

Back in the UK, whenever Marcio remembered something about Goa, he would rush to his paints and canvas. As a result, he had to roll his 50 canvases and bring them to Goa to exhibit at this exhibition. "I have a deep fear of losing all the beautiful sights I've seen in Goa since childhood. With this fear in mind, I've found solace in still life painting, which has helped me preserve and protect Goa. Additionally, the process of printmaking has allowed me to etch a few Goan objects onto metal, serving as a tool to conserve the elements that are at risk of diminishing in our beloved state. While most of the paintings in the exhibition evoke childhood memories that I have cherished throughout my time living in Merces, it will bring me immense joy to see them displayed in the gallery space of this beautifully restored house," concludes Marcio.



## Herald Gaming Console

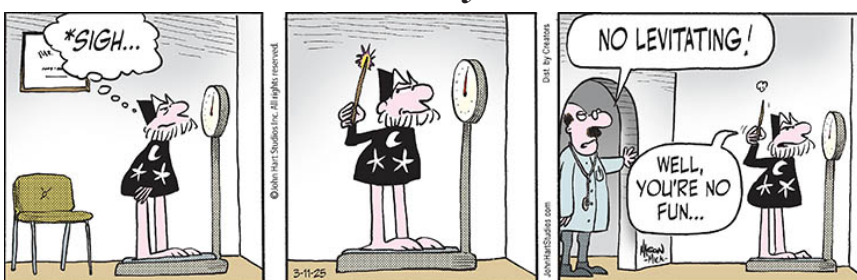
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### Wizard of id



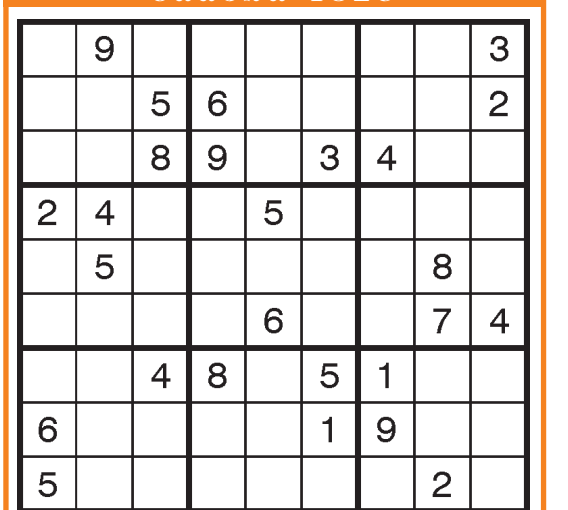
### crossword 4823



### solution 4822



### sudoku 4823



### Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

### solution 4822

