



“Tasty with safety” – Educational videos on kitchen hygiene

What aspects of hygiene should you bear in mind when cooking? Which work steps can lead to poor hygiene? With the three-part video series “Mit Sicherheit lecker” (“Tasty with safety”), the BfR takes a closer look at hygiene practices in the kitchen: A professional chef commits a number of hygiene errors when preparing a simple dish, which can lead to food infections. The videos reveal the errors and also demonstrate the basic rules of kitchen hygiene. The format was developed by the BfR with the aim of raising awareness of kitchen hygiene and associated health risks. After all, insufficient hygiene can quickly lead to the transfer of pathogens to hands, household appliances and surfaces, as well as to other food. The videos are available free of charge on the BfR website and can be used – individually or sequentially – to raise awareness and for educational purposes on the topic of kitchen hygiene. They are also available with English subtitles. In addition, a guide for the use of the video series and further supporting materials can be found online.

More information:
www.bfr.bund.de > Publikationen > Begleitmaterialien
 (in German)

Waxed fruit and vegetables in focus

Wax-like coatings are edible protective coatings that help to preserve fruits and vegetables for as long as possible. They are considered food additives – thus, it must be ensured that they are not harmful to health before they are approved. Also, consumers must not be misled by their use. In this context, in the summer of 2021, the BfR examined specifically the question of whether the stronger gloss resulting from treatment with wax-like coatings is falsely associated with high product quality. The results of the representative survey show that the likelihood of potentially being misled by the use of wax-like coatings can be considered low: The majority of respondents correctly associate gloss with the use of wax-like coatings. In comparison, just under a third think that gloss is indicative of intense flavour or high nutritional content of fruits and vegetables. By the way, consumers can determine if a product has been treated with wax-like coatings by the label “waxed”.

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Food and everyday products: what is the population concerned about?

The BfR Consumer Monitor shows that the German population currently considers certain nutrients such as sugar, fat or salt to be the greatest health risks. An unhealthy lifestyle and diet rank second by a wide margin, followed by risks due to insufficient consumer information, undesirable substances, and smoking. Despite fears due to some nutrients, half of the respondents consider food that can be bought in Germany to be safe. 44 percent of the respondents also think that food safety will continue to increase. The highest level of trust on the topic of consumer health protection is currently given to consumer centres and organisations (71 %) and science (69 %). Coming last are the media, politics and the economy (less than 20% respectively). The Consumer Monitor is a regular population survey conducted by the BfR – around 1,000 people living in private households, and who are at least 16 years old, are interviewed by telephone on behalf of the institute every six months.

More information:
www.bfr.bund.de/en > Publications > BfR Consumer Monitor