

Summary

The food for us is also a food for microorganism. Microorganisms are associated with plants and animals in nature. They play important role for survival of plants and animals. Our food mainly consists of materials from plants and animals and it is obvious that food can contain microorganisms. Some microorganisms serve us as food, some present in food are helpful and some others are harmful to our health. Microorganisms present in food use them as source of nutrients or their growth media and grow. Growth of microorganisms in food can result in improving the quality of food and in some cases can deteriorate their quality depending on the type of microorganism. The foods that support the growth of all human beings also support the growth of microorganisms. Taken together, all the intrinsic and extrinsic parameters represent nature's way of preserving/supporting plant and animal based foods from microorganisms. By determining the extent to which each exists in a given food, one can predict the general types of microorganisms that are likely to grow.