

A Review of Food Toxicity and Kitchen Air Pollution: Cooking Food in the Hospitality Industry

Sasi Gangiah Durban

University of Technology, Durban, South Africa

[https://doi.org/10.35609/gcbssproceeding.2022.1\(53\)](https://doi.org/10.35609/gcbssproceeding.2022.1(53))

ABSTRACT

Indoor air pollution has a huge negative impact on human health around the world. Hazardous substances emitted due to human activity indoors, such as commercial cooking causes a wide range of health issues and can possibly be fatal. Empirical studies confirm that indoor air quality can be very poor in restaurant kitchens simply from cooking, similar, to a woman cooking food for her family over a smokey stove that is slowly killing her in a sub-Saharan Africa. Commercial cooking has higher intensity and severe instantaneous cooking pollution from volatile organic chemicals compared to home cooking, making health risk awareness of occupational exposure for chefs a priority (Huang et al, 2021), as occupational diseases are often neglected by the managers and practitioners themselves.

Keywords: Air Quality, Cooking, Cuisine, Frying, Fuels, Pollution