



The Food Standards Agency says many use the sniff test to check food. This can be risky as food may look and smell fine but still be unsafe.



Some wash raw chicken or fish, spreading germs. Many follow safe food rules like not eating pink sausages and reheating food once to stay healthy.



People worry about food prices. Many eat at home to save money. Some people don't have enough food, but it's getting a bit better.



The FSA learns about how people use food to keep everyone safe. They give tips on safe food handling to prevent food poisoning.