

STUDY FOOD HYGIENE KNOWLEDGE AND PRACTICE

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Abstract

It is critical for human beings to understand food related risks to preserve their health and the health food hygiene is vital to human of others beings therefore, knowledge and hygiene practice of food among food handlers are particularly important. Food poisoning is considered as one of the most food – related disease that takes lives, hospitalizes people and loses many society incomes. The burden of this problems varies and could affect all population in the developing countries. In a recent report of World Health Organization (WHO), it was revealed that every year, 1.5 million cases of food borne disease reported in developing countries. Increasing the food hygiene knowledge of the food handlers, and implementing good hygienic practices remain the most effective strategies to control the burdens of foodborne diseases in any society. Food hygiene has a critical role in assuring that food stays safe at every stage of the food chain from production to harvest, processing, storage, distribution, all the way preparation and consumption, food hygiene knowledge is important as it help to protect consumer from the risk of food borne illness. It also helps to prevent consumers from risks of health related conditions such as allergy and even death.

Keywords: *food, hygiene, knowledge, practice*

The term hygiene can be defined as “the principles for maintaining health and practice of these”. Therefore food hygiene can be interpreted as “all the principles and practices relating to food which are essential for maintaining health”. Everybody have the right to expect the food they eat is safe and suitable for consumption. Food is nutritive product that people eat or drink in order to maintain life and growth. Every day, millions of people get sick from the food that they eat throughout the world. This is called as food – borne illness and can be fatal. In a recent report of World Health Organization (WHO), it was revealed that every year millions of cases of food borne disease were reported in developing countries. Unfortunately, this figure remained constant for almost years (WHO, 2015) Each year 2.5 million people die because of food borne disease. (Teh et al; 2016; stratev et al; 2017). However, these numbers do not reflect the actual data because in the official reports, only the reported cases are recorded. Therefore, the importance of unreported cases should not be ignored [ovca et al;2014]. In India, the burden of food-borne disease is not known, as most of them either go unrecognized or unreported ,or are not investigated, and

may be visible only if associated with a major public health or economic impact [WHO,2015].

When the consumers prepared food at home, most of them practice a variety of poor and bad hygiene [The et al; 2016] it is important to stress here that 95.4percent people are failing to implement basic food hygiene practices at home. It shows that most of the consumers are lacking the knowledge about food hygiene. Therefore, in the present circumstances, we are curious to know the level of the food hygiene knowledge among our society. We are also curious to know the practices level of our society in regards of food hygiene. Food hygiene is used as a scientific method/discipline describing handling, preparation and storage of food in ways that prevent food –borne disease outbreak. Food hygiene is about handling, storing and preparing food to prevent infection and help to make sure that our food keeps enough nutrients for us to have a healthy diet. Food hygiene is important as it helps to protect consumer from the risk of food –borne illnesses.it also helps to prevent consumers from risks of health-related conditions. Such as allergy and even death. It also protects food processing establishments from product recalls which results in financial losses due to unsafe products. Other issues due to unsafe products which can impact a business include; rejected products possible lawsuits and business closure by the public health authorities due to reports of unsafe product sold to the general public. Food can be unsafe for many reasons. It might be contaminated by germs-microbes such as bacteria, virus or molds. These microbes might have been present before the food was harvested or collected, or they could have been introduced during handling or preparation. In either case, the food might look fine but could make you very sick.

For an older person, a food related illness can be life threatening. As you age, you have more trouble fighting off microbes. Health problems, like diabetes or kidney disease, also make you more likely to get sick from eating foods that are unsafe. So be careful about how food is prepared and stored some foods present higher risks than others. Here are some tips on selecting lower – risk food options: - Always wash vegetables including all salad ingredients, before eating cooked vegetables also are a lower – risk option then raw vegetables.

Choose hard or processed cheese, cheddar or mozzarella or any cheese that is clearly labeled “Made from pasteurized milk” instead of soft cheese made from unpasteurized (Raw) milk such as brie, camembert, blue-veined or queso fresco. Eat fish, shellfish, meat and poultry that have been cooked to a safe minimum internal temperature, instead of eating the food raw or undercooked.

Drink pasteurized milk and juices instead of the unpasteurized versions. Make sure pasteurized eggs or egg products are used in recipes that call for raw or undercooked eggs, such as homemade Caesar salad dressing, raw cookie dough, or eggnog. Heat up hot dogs, deli meats and luncheon meats to 165F (Steaming hot) instead of eating the meat unheated.

As you grow older, your senses of taste and smell might change. Some illnesses like COVID-19 or health conditions can change your senses of smell and taste. Certain medicines might also make things taste different. If you cannot rely on your sense of taste or smell to tell that food is spoiled, be extra careful about how you handle your food. Food hygiene starts with storing your food properly. Sometimes that's as simple as following directions on the container. For example, if the label says "refrigerate after opening," do that; it's also a good idea to keep any canned and packaged items in a cool place. When you are ready to use packaged food, check the date on the label. That bottle of juice might have been in your cabinet so long it is now out of date (See reading food labels to understand the date on the food label)

Try to use refrigerated leftovers within 3 or 4 days to reduce your risk of food poisoning. Throw away foods older than that or those that show moldy areas. Some foods, and also caffeine and alcohol, are unsafe to take with certain medicines. A food medicine from working the way it should, cause a side effect from a medicine to get worse, cause a new side effect, or change the way your body processes the food or medicine. For example some statin act differently on the body if you consume large amount of grape fruit juice. Every time you use a new medicine, check the label for interactions. If you have any questions, talk to your doctor or pharmacist.

Food Hygiene when cooking: - When preparing foods, follow four basic steps clean, separate, cook and chill.

Clean: - Wash your hands, the cutting board and the counter with hot soapy water, and make knives and other utensils are clean before you start to prepare food. Clean the lids of can before opening. Rinse fruits and vegetables under running water, but do not use soap or detergent. Do not rinse raw meat before cooking, you might contaminate other things by splashing disease causing microbes around. Keep your refrigerator clean, especially the vegetable and meat bins. When there is a spill, use hot, soapy water to clean it up.

Separate- products like meat and fish should be put in the plastic bags and placed in separate part of the cart.at check out, make sure the raw meat and seafood are not mixed with other items in your bags. When you are cooking, it is also important to keep ready to eat foods like fresh produce apart from food that will be cooked. Use a different cutting board for fresh produce then you use for meat. Cook- Use a food thermometer. Put it in the thickest part of the food you are cooking to check that the inside has reached the right temperature.

Chill- Keeping foods cold slows the growth of microbes, so your refrigerator should always be 40degree Fahrenheit or below. The freezer should be at zero-degree Fahrenheit or below. Put foods in refrigerator within two hours of cooking it. Use freeze leftovers within 3 to 4 days. Food hygiene when eating out –it is nice to take a break from cooking or get together with others for a meal at a restaurant, but do you think about food hygiene when you eat, you

should pick a tidy place with clean tables and floors. do not be afraid to ask the waiter how items on the menu are prepared. Are prepared items clean and fresh. If you take leftovers home, get them into the refrigerator within two hours—sooner if the temperature outside is above 90 degree Fahrenheit.

Conclusion

It was observed during the study that there are very unhygienic practice has been performed in the society. It would be more interesting to find out major causative reasons to overcome these problems. The study of food hygiene knowledge and practices is addressed on two levels; food preparation at their current stage of development and food preparation responsibilities in future understanding food relating risks is critical for the preservation of the food preparers own health and the health of others. Children, in addition to the elderly, pregnant women and immune-compromised persons, are the most vulnerable category to food-borne illness, and as adults, they will continue to practice food related behaviors at home as caregivers for family members. After habits are established, they tend to be long lasting and difficult to alter at later life stages.

Students belonging to the age group [13-19] are more curious about everything. Hence the food hygiene knowledge can be effectively transmitted to the children at this stage. As the young students are the potential candidate to get the proper information about the food hygiene knowledge and practices. Therefore, it is strongly believed that educating students about food hygiene knowledge and practice is vital to bring any change and move towards hygienic and healthy foods. Most of children start cooking and serving at this age. Therefore, children of this age need to be aware of food hygiene, so that they can make changes in practices towards food hygiene. If this age group [13-19] students became aware of food hygiene then it can be expected that they can make their society aware of food hygiene.

Hence, the main motivation of the study is the misunderstanding of responsibility towards food hygiene and gaps in knowledge and practices that promoting us to continue with female students. The purpose of this study was to gain insight into the experiences of people with food their understanding of food-related risks, food hygiene knowledge and practices.

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