

FOOD HYGIENE AWARENESS AMONG SECONDARY LEVEL STUDENTS

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Abstract

Food hygiene' means all measures necessary for ensuring the safety wholesomeness and soundness of food at all stages from its growth, production, manufacture unit its final consumption. Young adults have inadequate knowledge about measures needed to prevent food borne illness. The objectives of this study were to assess the level of food hygiene awareness among secondary level students. Information concerning food hygiene awareness were collected using self administered questionnaire. A total 100 students participated in the study. It is critical for children to understand food related risks to preserve their health. The purpose of this study was to explore the inclusion of 13 to 19 years old students in food preparation activities and to determine their understanding of food related risks, food safety awareness and self reported practices in their domestic environment. Therefore the present study has made an honest attempt to study of food hygiene awareness among secondary level students in Bulandshahar District of Uttar Pradesh state.

Keywords: Food Hygiene, Awareness, Secondary level students.

“A sound mind in a sound body” is a well known any adage. A sound body is on impossibility without proper food. The right kind of food has an important to play in promoting good health. A healthy man have good physique and stamina, are active mentally and physically, have good endurance, have a cheerful mind and are good health. India is a country of villages and its majority population lives below the poverty line. Most of the people in these villages either do not have enough to eat or do not have the right kind of foods. Foods available for young children are particularly unsuitable. This is mainly due to lack of knowledge and awareness of the value of foods in relation to the needs of the individual.

Food makes our body because we are what we eat. The weight and composition of the body entirely depends on the food we eat. So people need to be protected against food which has been contaminated by bacteria which are harmful. People also need to be protected against the sale of adulterated food, foods of inferior quality and false advertising. Some of these problems require government help, other depend upon individual under standing and vigilance. Food is frequently subjected to chemical and biological contamination in a number of ways and this has a direct extensive and important bearing on public health. There is clear evidence now that a vast amount of human diseases and suffering is unsafe food creates a vicious cycle of food borne illness and malnutrition, children are highly vulnerable to food borne illness because their immune system are still developing and they produce less stomach acid that kills ingested harmful bacteria food borne illness can also cause lose of appetite and disruption of feeding routines and behaviour, there by leading to nausea vomiting, stomach pain and Cramps, fever and chills.

Everyone knows that good diet is needed to sustain good health. By health we mean the well being of an individual in physical, emotional and social conditions. Just the presence or absence of a disease can not label a person as healthy. Sound emotional and mental condition of an individual is contributed by good food. Bacteria enter the body through either food or water from contaminated source and cause poisoning which in majority of cases, turns out to be fatal. So observe the rules of food hygiene at every stage in the handling of food. People known to be harbouring infections should not be allowed to handle foodstuffs in the critical stages of preparation and distribution.

Thus, careful selection of foodstuffs and observing certain food sanitation measures prevent all the food borne infections and other diseases which are hazardous to health.

Need and significance of the study:

In a recent report of World Health Organization (WHO) it was revealed that every year 1.5 million cases of food borne disease are reported in developing countries. Each year, 2.5 million people die because of food borne disease and most of the cases involved in the children ((Tehet al., 2016, Stratevet, al., 2017) when the consumers prepared food at home, most of them practice a variety of poor and bad hygiene (Tehet al., 2016). It is important to stress here that 95.4% people are failing to implement basic food hygiene practice at home. It shows that most of the consumers are lacking the knowledge about food hygiene. Food safety and the awareness is also required to know that how to practice it in daily activities (Tehet al., 2016). Every year thousands people suffer from food poisoning as a result of eating food that may look, taste and smell perfectly normal but is in fact contaminated with large numbers of harmful bacteria. The symptoms of food poisoning are either diarrhoea and abdominal pains or nausea and vomiting. Although in some cases both may occur. They usually start between 1 and 36 hours after eating the contaminated food and last between 1 to 10 days. In server cases, food poisoning can be fatal. Therefore, in the present circumstances, we are curious to know the level of food hygiene awareness among our society. Secondary level students are belongs to that age group, where they are more curious about everything. Hence, the food hygiene awareness can be affectively transmitted to the children's at this stage.

Secondary level students are considered to be the positive change agents in the youth and society if the secondary level students who are the future of India receive, understand and act upon messages of personal, and food hygiene management, they would also be able to influence members of their family and the community. The secondary level students are more curious about the new knowledge. Once they understand the need of food hygiene. They will continue to practice food related behaviours at home as a presenters for family members or as employees in the food business sector.

In this age group most of the children start cooking and serving. Therefore, children of this age need to be aware of food hygiene, if this age groups students became aware of food hygiene then it can be expected that they can make their family and society aware of food hygiene.

Objective of the study

To study the relationship between boys and girls regarding food hygiene awareness;
To study the relationship between urban and rural students regarding food hygiene awareness.

Hypothesis of the study

There is no significant difference between boys and girls regarding food hygiene awareness; There is no significant difference between urban and rural students regarding food hygiene awareness.

Delimitation of the study

The study is applied to the secondary school of Bulandshahr (U.P.); The study is applied to the students studying in secondary level of the Education; The study is performed on 100 secondary level students; The study is applied to 9 to 10 class students (age group of 13 to 19 years); The study is applied to the government school of Bulandshahr.

Major Findings of the study

Keeping in view the objectives and hypothesis of the study, the results of the data after using the statistical technique, ‘t-Test’, have been explained as follows:

Hypothesis 1: There is no significant difference between boys and girls regarding food hygiene awareness.

Table 1

Area	N	M	SD	t-value	Level of Significance 0.01 (2.63)	Level of Significance 0.05 (1.98)
Rural	50	22.24	5.88	1.01	No Significant	No Significant
Urban	50	21.08	4.84			

To test the hypothesis, obtained data are arranged in a table as follows:

The computed value of t-test, 1.07 is quite smaller than 2.63 and 1.98 both (Table 1). Hence it is taken as no significant at both the 01 level and 0.05 level of significance. Hence there is no significant difference in food hygiene awareness of secondary level boys and girls.

Hypothesis 2: There is no significant difference between rural and urban students regarding food hygiene awareness.

Table 2

Area	N	M	SD	t-value	Level of Significance 0.01 (2.63)	Level of Significance 0.05 (1.98)
Rural	50	21.88	6.04	0.406	No Significant	No Significant
Urban	50	21.44	4.71			

To test the hypothesis, obtained data are arranged in a table as follows.

The computed value of t-test, 0.406, is quite smaller than 2.63 and 1.98 both (Table 2). Hence, it is taken as no significant at both the 0.01 and 0.05 level of significance. Hence there is no significant difference in food hygiene awareness of rural and urban secondary level students.

Conclusion

We observed in this study that most of the students have rare contact with the media. Their parents have less knowledge and awareness about food hygiene and health.

Many times they are careless about hygienic and healthy habits. This study will be helpful to increase the conscious and importance of the food hygiene among students. This age (13 to 19) group students are more curious about new knowledge. Once they understand they need of food hygienic practices, they will continue to practice food hygiene related behaviours at home and other sectors.

Therefore, it is strongly believed that educating them about food hygiene is vital to bring any change and move towards hygienic and healthy food. Healthy mind lives in a healthy body. Therefore, health related awareness such as food hygiene is necessary for safe, secure and healthy environment and for the prevention and control of communicable and non-communicable diseases.

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