

Food when food handlers do not practice proper

[Nutrition](#), [Food Safety](#)



Food essentially functions as a key to satisfy hunger. Abraham Maslow (1954) stated that it is served to fulfilling biological needs as incorporated in the very popular hierarchy pyramid. According to Moon (2010) food consumption is reflected as a simple act of fulfilling biological needs.

Generally, food overviewed at its lowest level of abstraction is necessary to sustain life (Conner & Armitage 2002). Indeed, foods serve beyond the boundary of gastrointestinal tract and more than just a nutritional fact and value. A study by Nee and Sani (2001) found that food is a product that is rich in nutrients required by microorganisms, the growth of bacteria in food may be showing to contamination through the major sources like water, air, dust, equipment, sewage, insects, rodents and food handler. Furthermore, there will be increasing chances of food contamination due to improper food handling as a result of changes in food preparation techniques as well as eating habits. A good food hygiene practice is needed to prevent other gastrointestinal infections such as hepatitis A and gastroenteritis. In addition, food-borne illness outbreaks are often caused by poor personal hygiene among food handlers. Although many efforts have been made to improve various hygiene standards and practices, training and education of food handlers as well as consumer awareness, food-borne illness still remain a public health dilemma in many countries.

According to Park, Kwak and Chang (2010), improper food preparation practices can cause food-borne illness. When food handlers do not practice proper food safety and personal hygiene during food preparation, they may become vehicles for microorganisms for example through their hand, mouth and skin (Omemu & Bankole 2005). The safety of food handler is determined

<https://assignbuster.com/food-when-food-handlers-do-not-practice-proper/>

by several factors starting from the quality of the raw material, to food handling and storage practices. Foodhandlers with poor hygiene can be the sources of food-borne diseases either directly or non-directly. These factors are largely influenced by the knowledge and practises of food handlers. Moreover, according to The World Health Organization (WHO, 2006), several factors associated with food borne illness such as poor food safety knowledge, poor personal hygiene, cross-contamination as well time and temperature abuse during storage and preparation of food.