



HEALTHY FOODS: THE IMPORTANCE OF GOOD HANDLING PRACTICES IN FOOD SERVICES

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ABSTRACT The objective of this research is to analyze healthy practices related to eating outside the home. The political and social economic evolution provided improvements in the quality of life, allowing changes in society's diet. The changes observed in the population's eating habits are included, the search for meals away from home. Food establishments outside the home are major contributors to the increase in pathologies related to food. Food safety hazards can occur naturally or be introduced by the handler. Taking into account the risks caused by possible contamination by food, it is the duty of the government to guarantee and inspect food services promoting safe food.

KEYWORDS : Food Behavior, Food Services, Collective Feeding, Food Microbiology, Food Hygiene, Food Inspection.

INTRODUCTION

When analyzing the population's food history, it was possible to observe that due to the industrialization that occurred in this century, people started to acquire new social behaviors and eating habits.

The advances in the economic market that generated greater employability and with the introduction of women in the competitive labor field, food in the traditional family environment has become an increasingly difficult habit to be seen. According Islam & Ullah (2010), nowadays people prefer fast and easily accessible foods.

Food started to play an important role in the economy, generating new food services, such as the big fast food companies. Simmet et al (2017), describes the quality of food is related to its nutritional value, customer satisfaction, food safety, negotiations with suppliers and cost.

According Spiteri & Soler (2018), customer health, quality and food safety is seen as a fundamental vector for the food sector. Proper handling and hygiene of the production process guarantees product safety.

According to the World Health Organization, many foods consumed outside the home are major contributors to pathologies.

In order to control and guarantee the quality of these products, it is necessary to adopt measures to prevent and correct any errors that may happen in the production process.

This research contributes so that people can learn more about healthy eating and so that food companies can have the responsibility to offer safer and contamination free food.

METHODOLOGY

The work is a literature review, the exploratory study model was used, in which, through bibliographic research, consisting of scientific articles, journals, and legislation in force in the area of food safety, comprised the search periods from February to December 2018.

The selected articles on the topic were accessed in the Scielo databases, journals and repositories of universities in Brazil, publications of academic journals, scientific articles and resolutions of the National Health Surveillance Agency and the Federal Council of Nutritionists published between 2001 and 2017. The following keywords were used: "good handling practices", "safe food", "food handling", "foodborne illness".

For the selection of sources, bibliographies that addressed the use and importance of good handling practices in food services were considered as inclusion criteria, and those that did not meet the theme were excluded.

RESULTS

According Loader & Hobbs (1999), the scientific literature describes that each country must have legislation on food safety.

According Jouve (1998), legislation is necessary because it legally

ensures the health of the consumer, paying attention to the control in the production, handling and distribution of commercialized food.

Many countries have adopted a monitoring system to ensure that fast food companies can guarantee the quality and safety of food.

For example, in Brazil, the National Health Surveillance Agency published a technical work with the purpose of achieving the improvement of the hygienic-sanitary conditions of all food services, being these restaurants, snack bars, industrial kitchens, buffets, bakeries, confectioneries and others.

GMP (Good Manufacturing Practices), have become indispensable for Inspection Bodies, aiming not only at the continuous adaptation of establishments, but also at improving the inspection check-list.

According Aberra (2016), GMP (Good Manufacturing Practices) are standardized documents and implemented in a manual, thus facilitating and guaranteeing the guidelines and standards to be followed in order to have quality assured products, in addition to standardizing the procedures for preparing and distributing food.

Hinsz (2007) describes, the guarantee of these guidelines also takes into consideration the training of people who will handle these foods, considering that everyone must prove the courses regarding food contamination, pathologies transmitted by food products, the correct hygiene of the environment and products.

This training must have a continuous flow, thus ensuring that good practices and food quality are always within the minimum requirements.

The lack of this training directly reflects the safety of the food, and the non-compliance with these guidelines is evident in the hygiene of people and equipment that has direct contact with the food produced, which can lead to contamination of the product.

The lack of care when handling food, can cause epidemic infections in consumers, decay in the image of the producing establishment and even the closure of the place, considering that fines and lawsuits are generated by negligence in dealing with the food provided.

Fast food companies describe that they use the Standard Operating Procedure (SOP), thus guaranteeing quality food that does not cause damage to the health of the consumer. According De Jesus et al (2020), the standard operating procedure is yet another quality tool that has been transferred from industrial to the food sector.

According Caswell (1998), the Standard Operating Procedure (SOP) was determined as a detailed document, which describes all stages of the production process from its transportation, receipt, handling and distribution of food.

CONCLUSIONS

Due to the great social, economic, professional and cultural changes that the population has been experiencing over the years, it is also

noticeable the great demand of people for food services outside the home, due to its convenience and practicality.

With the advancement of the food market, quality has become the target point for evaluating food services, prioritizing establishments that are concerned with sanitary and nutritional quality.

The research highlighted here the importance in the application of Good Handling Practices, with the objective of preventing possible outbreaks of foodborne diseases, especially in people prone to the elderly, pregnant women, children and immunocompromised people, demonstrating the need for greater care and attention to safety of food in order to provide safe food to the population that consumes their meals outside the home.

The food handler has been the main responsible for food contamination, therefore the need for continuous training on good handling practices must be emphasized, improving care with the hygiene of equipment, utensils and internal installations, as well as better care in food handling.

Taking into account the risks caused by possible contamination by food, it is the duty of the government to guarantee and inspect food services by promoting safe and contaminant-free food.

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