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A Study on Food Safety and Hygiene among the People

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ABSTRACT

The aim of the study is to find out the food safety and also concluded whether the food we consume outside is safe and healthy. Using the questionnaire method the respondents were collected and the data to find out whether the food we consume is safe and hygiene. People all around the world are afflicted with different diseases as a result of eating unsafe and unsanitary food. The term "food hygiene" mostly describes methods used to keep food free of microorganisms from the farm to the table. A closely related but more general notion is "food safety," which refers to the absence of any contaminants or risks in food. Both terms are interchangeable in real life.

Keywords: food safety, hygiene, contamination.

I. INTRODUCTION

The single most significant factor influencing health is food security. Individuals' means of subsistence and production are impacted, which eventually has an impact on society. Globally, foodborne illnesses represent a significant burden and threat to public health. In 2010, foodborne infections affected around 150 million people in Southeast Asia, with 175,000 of those cases ending in death. Of these foodborne infections, children under the age of five accounted for 40%. Approximately 50% of malnutrition is not due to a lack of food or inadequate nutrition, but rather to unsanitary habits, inadequate water and sanitation systems, and other activities that can result in infections and diseases that can lead to death. In addition to the usual definition of food safety, unsafe food can also mean food that can be harmful due to unhealthy fat, energy density and high salt content, which increases the risk of infections. Street foods are commonly consumed across the country and is often a health hazard because it may be contaminated due to various viruses and bacteria that causes various food borne diseases. The circumstances and procedures required to ensure food safety from manufacturing to consumption are known as food hygiene. Food can get contaminated at any stage of the process,

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including harvesting, processing, distribution, storage, transportation, and display. Food hygiene is a critical aspect of ensuring the safety, wholesomeness, and suitability of food for human consumption, as defined by the World Health Organization (WHO) in 1984. The scope of food hygiene encompasses all stages of the food production chain, including production, processing, storage, distribution, and preparation. The implementation of proper food hygiene measures is imperative to prevent the occurrence of foodborne diseases, which can significantly impact the health of consumers worldwide. Consuming food that lacks the requisite hygiene standards poses a serious risk to public health, leading to the contraction of diseases caused by infectious or toxic substances present in the food. The terms 'food hygiene' and 'foodborne diseases' are often used interchangeably in practice, emphasizing the interconnectedness of maintaining high standards throughout the food supply chain. One of the key methodologies employed to ensure food safety is the Hazard Analysis and Critical Control Points (HACCP) system, which involves recognizing and controlling potential hazards in the food production process.

A major challenge faced by the food industry is motivating food handlers to apply their knowledge of food hygiene in practice. While theoretical understanding is crucial, its practical application is equally essential to safeguard the health of consumers. The Food Safety and Standards Authority of India (FSSAI) is a statutory body established under the Ministry of Health and Family Welfare, Government of India. Enacted in 2006, the Food Safety and Standards Act, 2006, which unifies laws pertaining to food safety and regulations in India, is the legislation that gave rise to the FSSAI. FSSAI is in charge of regulating and overseeing food safety in order to safeguard and advance public health. Food safety is very

important. Food safety emerges as a pervasive global concern, impacting billions of individuals who bear the brunt of diseases resulting from consuming contaminated food.

This issue stands out as one of the most widespread health problems and is a significant contributor to diminished economic productivity. The ramifications of unsafe food are felt universally, transcending the boundaries between developed and developing nations, as international food trade and the movement of people and live animals across borders continue to rise. Governments worldwide are recognizing the urgency of addressing this critical challenge and are intensifying their efforts to enhance food safety standards. An integral part of this initiative involves the continuous updating and strengthening of national food regulatory systems. These regulatory frameworks play a pivotal role in establishing and enforcing standards that ensure the safety and quality of food products. The collaborative nature of addressing food safety concerns underscores the shared responsibility of nations in safeguarding public health. The interconnectivity of the global food supply chain necessitates coordinated efforts to monitor, regulate, and enforce safety measures at every stage of production, distribution, and consumption.

This concerted global approach is crucial to mitigating the risks associated with contaminated food and reducing the incidence of foodborne diseases. As the world grapples with the challenges of an increasingly interconnected food system, prioritizing and maintaining robust food safety measures become imperative. Beyond the immediate health implications, ensuring the safety of the food supply contributes to building consumer trust, fostering economic stability, and promoting sustainable development. In the face of evolving threats and changing patterns of food production and consumption, continuous vigilance, international collaboration, and the implementation of effective regulatory measures are essential to address the multifaceted aspects of the global food safety challenge.

(A) Review of literature:

According to M.A. Rifat, Food handler's habits and understanding of food safety are inadequate. More thorough research in this field is necessary. To reduce the problem, strengthening the food safety monitoring system, educating food handlers, and raising awareness might all be taken into consideration. Improving food safety is crucial for public health, and implementing measures like strengthening monitoring systems, providing training to food handlers, and raising awareness can significantly enhance the overall situations.

According to Sudarshan, with the growth of international trade, food security has become an important global issue. the growth of international trade has increased food safety concerns

worldwide. When countries exchange food across borders, there is a potential risk of contamination or unsafe food also rise. Several factors contribute to the emergence of food safety as a critical issue in the context of international trade. The globalization of food trade has led to increased interconnectedness between countries, resulting in various factors contributing to the emergence of food safety as a critical issue in international trade.

According to CJ Lagerkvist, the economic cost associated with foodborne diseases illness in India amounts to \$15 million per year. The economic cost of foodborne illnesses in India extends beyond direct healthcare, encompassing factors such as decreased agriculture productivity, disruption in the food supply chain, and potential damage to the country's reputation in global markets. Poor food safety measures can lead to trade restrictions and a decline in consumer confidence, affecting both domestic and international commerce.

According to C. Jane Wyatt (1979), food market managers' worries, experiences, attitudes, and behaviors with relation to safe food handling and sanitation. Supervisors must be aware of the possible dangers connected to handling and distributing food. This entails carrying out risk analyses, determining crucial control points, and putting plans into action to reduce the possibility of contamination or foodborne infections. A methodical approach including risk assessment, crucial control point identification, control strategy execution, personnel training, documentation, and continuous improvement is needed to manage food safety concerns throughout handling and distribution.

According to Christopher J. Griffith (1995), Food safety: Implication for food medical and behavioural scientists. the collaboration between food, medical, and behavioural scientists is essential for addressing the multifaceted nature of food safety. Their collaboration contributes to a more comprehensive understanding of the challenges and opportunities to ensure global food security. This collaboration is essential to protect public health, reduce the burden of foodborne illness and ensure the safety and integrity of the global food supply.

(B) Research gap:

There are so many studies related to the food safety. The most of the study focused only the theoretical point of view of food safety. However, this study focuses on food safety that is very important because unhygienic food causes serious health diseases which causes a major impact on the people.

(C) Objective:

To know whether the outside food that is consumed by the people is safe.

To identify whether food hygiene is the necessary factor for the healthy person.

To analyse whether the food served in hotels are neat and hygiene for consumption.

(D) Statement of problem:

Food safety is important as it helps to protect consumer from 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 establishment from product which results in financial losses due to unsafe products used in the food and also in recent days there are so many news related to unhygienic food that is being served in the hotels.

(E) Method of study:

The present research entitled “A Study on Food Safety and Hygiene” was carried out with the peoples of Chennai and Tirunelveli in Tamil Nadu through a well structure interview schedule method. This entire study is based on both the primary and secondary data. The primary data is collected from 50 respondents. The necessary secondary data were collected from the website, books, journals, articles, magazines. This research has the discussion with few consumers regarding the food safety and the hygiene that is consumed by them. This data includes the details of all demographical variables, age of the respondents, gender, educational level and others.

Statistical method is a mechanical process specially designed to facilitate for the quantitative data. Statistical tools are important to simplify the complex task involved in collection and process of data. In this study, various statistical techniques like tables, percentage and average are used for analysis and interpretation of data that is collected form the survey.

II. RESULTS AND DISCUSSION

Table-1

Personal Information

S. No.	Particulars		No. of Respondents	Percentage
1	Age	Below 18	2	4
		19-25	38	79
		25-30	3	6
		Above 30	7	14

		Total	50	100
2	Gender	Male	15	30
		Female	35	70
		Total	50	100
3	Educational Level	School	2	4
		UG	37	74
		PG	2	4
		Diploma	9	18
		Total	50	100
4	Occupation	Student	2	4
		Government	9	18
		Private	24	48
		Others	15	30
		Total	50	100
5	Income	Less than 50,000	11	22
		50,000-1,00,000	21	42
		1,00,000-5,00,000	14	28
		More than 5,00,000	4	8
		Total	50	100

Source: Primary data

Interpretation: Table 1, interpretes about the personal information of the respondents. This table consists of age, educational level, gender, occupation and income of 50 respondents. In this 79% of the respondents were between the age of 19-25 years of age followed by 14% of then are above 30 and 6% of them are 25-30 years and 4% of them are below 18 years of age.in this table 74% of them were UG graduates followed by 18% diploma and 4% are Pg students

and 4% of them are school level. This response contains 70% of females and 30 % of male respondents. This table also interprets the occupation of the respondents were 48% of them were in the private occupation 18% of them are government occupation and 4% of them are students. This table also contains the income level in which 22% are less than 50,000 followed by 42% of them are 50,000-1,00,000 and 28% were 1,00,000-5,00,000 and 8% more than 5,00,000

Table 2

Food Hygiene and The Nutritious Access to Food

S. No.	Particulars	Results	No. of Respondents	Percentage
1	Aware of food safety	Yes	39	78
		No	11	22
		Total	50	100
2	Do you have physical access to nutritious food	Yes	22	44
		No	28	56
		Total	50	100
3	Do you visit hotel often whether those foods are secure	Yes	25	50
		No	25	50
		Total	50	100
4	Do you believe that the food served in hotels use hygiene and safe raw materials to prepare it	Yes	16	32
		No	34	68
		Total	50	100
5	After hearing about many cases regarding altered food provided by hotels have you	Yes	36	72
		No	14	28

	ever tried to avoid hotel foods	Total	50	100
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Source: Primary data

Interpretation: This table interprete the yes or no questions that is collected from 50 respondents. In this 78% of them agreed that they are aware about the food safety and also 22% of them are not aware of the food safety. Nearly 56% of them does not have any physical access to nutritious food only 44% of them are aware. 50% of my respondents feel hotel foods are secure and safe whereas 50% does not. 68% of the respondents feel that the raw materials used in hotels are hygiene and also 32% responded the hostels does not use safe raw material. 72% of them are aware about cases were as 28% does not have awareness regarding altered food provided by hotel and have tried to avoid it.

Table 3

Cause of Contagious Diseases

S.No	Categories	No. of respondents	Percentage
1	Air	5	10
	Food	30	60
	Poor hygiene	9	18
	Others	6	12
	Total	50	100

Source: Primary data.

Interpretation: This table interprete the main cause of contagious diseases. In this nearly 10% of them said air, 60% of them responded food is the main cause of the contagious disease, 18% of them responded contagious disease is of poor hygiene and 12% of them answered others. this data concludes that food is the main cause for various disease.

Table 4

Necessary Factor for Healthy Person

S.No	Categories	No.of respondents	Percentage
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1	Vaccine	4	8
	Diet	15	30
	Hygiene	22	44
	Others	9	18
	Total	50	100

Source: Primary data

Interpretation: This table interpretes the necessary factors for the healthy person. In this survey 44% of the respondent prefers proper hygiene is the necessary factor for the healthy person. 30% of the people responded that diet is also necessary for a healthy life. 18% of the people says that there are factors are also important. And 8% of respondents choose vaccine as the necessary factor for the healthy person.

(A) Findings:

In this research the majority (79%) belongs to the age group of 19-25.

Nearly 78% of respondents in this research are aware of food safety in which 56% of them do not have any physical access to nutritious food.

Majority of the respondents (60%) believe that the major cause for contagious diseases is unhygienic food.

The analysis showed that 44% of the respondent agreed hygiene is the necessary factor for a healthy person.

(B) Limitation of the study:

This research it is mostly focused food safety and hygiene. The sample size is limited to 50. The duration of the study is limited. The present data is present on the respondent response to the questionnaires. The responses were collected among the people of Tirunelveli and Chennai city. In the recent days there are so many news in which people are being affected due to unhygienic and contaminated food that is being served in hotels. This present data is based on the problems of respondent.

III. CONCLUSION

Food safety is the important things of to describe. Food handling, preparation, and the storage of the food in unhygienic ways that causes foodborne illness. Some things can be contributed

to foodborne illness are improper hand washing, storage of the food and the contamination of the food. Sometime food poisoning can cause serious illness and even death. Food safety is a critical aspect of public health and well-being, encompassing a range of practices and regulations aimed at preventing foodborne illnesses and ensuring the quality of the food supply. As we conclude our exploration of food safety and hygiene, several key points emerge Public Health Impact, Global Perspective, Regulatory Frameworks, Consumer Awareness and Education. In conclusion, food safety is a multifaceted and dynamic field that requires the collaboration of governments, industries, and consumers. we can collectively ensure the safety and integrity of the global food supply, ultimately promoting the health and well-being of individuals and communities worldwide.

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