

# An Observational Study to Find Out The Knowledge and Practices of Food Hygiene among Hotel Workers in Selected Road Side Hotels Located in Puducherry

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## Abstract

The objective of the study was to assess the knowledge and practices of food handling of hotel workers. An observational study was conducted among the hotel workers in Puducherry. Sample size was 30 hotel workers. The result reveals that 18(60.0%) workers had good knowledge, 11(36.7%) Workers had average knowledge and 1(3.3%) worker had poor knowledge on food hygiene. And 8 (26.7%) workers had good practice, 21(70.0%) workers had average practice and 1(3.3%) persons had poor practice on food Hygiene. This study helped us to know about the level of knowledge and practices of food hygiene, preparation and handlings among the hotel workers.

**Key words:** Knowledge, Practices, Food Hygiene, Hotel Workers, Road Side Hotels.

## Introduction

Food safety is defined by the FAO (Food and Agriculture Organization) as the assurance that when food is consumed in the usual manner does not cause harm to human health and wellbeing<sup>1</sup>.

Today in global, food industry is a highly competitive market place. These are enormous pressure to reduce costs and to improve margins in order to survive. As a result, food safety and professionals are struggling to maintain adequate control of their fen's activity<sup>3</sup>.

➤ Hygiene is an essential part of healthy living not just selecting the right food choices but also cooking in hygienic way is important in preventing infectious diseases<sup>6</sup>.

➤ Poor food quality leads to disaster.

Caroline Willis, Nicola Elvis and Jim (2012),

has conducted a study to Investigate hygiene practices amongst caterer's at large events, with a particular focus on the microbiological quality of ready-to-eat food, drinking water, food preparation surfaces, cleaning cloths and wristbands worn by food handlers. It is recognized that there is an increased risk of infectious disease outbreak associated with poor food hygiene practices.

Food safety is a scientific discipline describing handling, preparing and storing of food in ways that prevent food borne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards<sup>4</sup>.

According to **WHO (1989)**, food handling personnel play an important role in ensuring food safety throughout the chain of food production and storage<sup>5</sup>.

(**Van tonder 2007**), states that Mishandling and disregard of hygienic measures on the part of food handlers may enable pathogenic bacteria to come into contact with food, in some cases it survive and multiply in sufficient numbers to cause illness in the consumers.

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## Objectives

- ❖ To assess the knowledge of hotel workers about food hygiene.
- ❖ To determine the practices of food handling of hotel workers.

Methods and Materials:

**Research approach:** Quantitative approach.

**Research design:** An observational study was conducted in Puducherry.

**Setting of the Study:**

The study had conducted in Puducherry which is about 10 km from our college. We selected hotels mainly road-side hotels in Puducherry.

Population:

The population of present study includes the hotel workers in Puducherry.

Sample Size:

Sample study included for the study was 30 hotel workers.

Sample Technique:

Purposive sampling technique was used to select the sample from the population for the study.

**Data Collection Procedure:**

The data collection period was 1 week. The sample was selected based on the inclusion criteria.

During the study, the subject was explained about the purpose of the study and received an informed concern by telling the facts. A structured questionnaire and observational checklist was used to collect data regarding demographic characteristic, knowledge and practice of the subjects regarding the food hygiene, food preparations and handling.

## Results

Table 1: percentage distribution of the knowledge level of hotel workers about food hygiene. reveals that 18(60.0%) workers had good knowledge, 11(36.7%)

Workers had average knowledge and 1(3.3%) worker had poor knowledge on food hygiene.

Table 2 :Frequency and percentage distribution of the practice level of the hotel workers about food hygiene reveals that 8 (26.7%) workers had good practice, 21(70.0%) workers had average practice and 1(3.3%) persons had poor practice on food Hygiene.

## Discussion

An observational study was conducted in Puducherry. The study had conducted in Puducherry which is about 10 km from our college. We selected hotels mainly road-side hotels in Puducherry. The findings of the study denotes that 18(60.0%) worker's had good knowledge 11(36.7%) worker's had average knowledge 1(3.3%) worker's had poor knowledge. The findings of the study denotes that 8(26.7%) worker's had good practice 21(70.0%) worker's had average practice 1(3.3%) worker had poor practice. The present study findings were similar to the findings of following study; **Dania Mary Varghese et al, (2013)** conducted a study to find the effectiveness of an information booklet regarding the knowledge and practice on food safety among food handlers in restaurants.

## Recommendations

The knowledge and practice of the hotel workers can be improved by providing them health education by some audio visual aids like using power points, flash cards, etc. Through these methods we can improve the hotel workers practice of food hygiene, food preparation and food handling which will helps to reduce food poisoning, diarrheal diseases and food borne diseases.

## Conclusion

The study conducted that out of 30 samples. The study finding regarding knowledge and practices of food hygiene. The percentage distribution of knowledge among subjects were found that majority workers had good knowledge. According to the level of practices among the hotel workers we found that majority had average practices of food hygiene, preparation and handlings. This study helped us to know about the level of practices of food hygiene, preparation and handlings among the hotel workers.

**TABLE 1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE KNOWLEDGE LEVEL OF THE HOTEL WORKERS ABOUT FOOD HYGIENE.****n =30**

S.No	Level of knowledge	Frequency	Percentage %
1	Good knowledge	18	60.0%
2	Average knowledge	11	36.7%
3	Poor knowledge	1	3.3%

**TABLE 2: FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE PRACTICE LEVEL OF THE HOTEL WORKERS ABOUT FOOD HYGIENE****n =30**

S.No	Level of practice	Frequency	Percentage %
1	Good practice	8	26.7%
2	Average practice	21	70.0%
3	Poor practice	1	3.3%

**Ethical Clearance-** Institutional Human Ethical committee, Sri Balaji Vidyapeeth, Puducherry.

**Source of Funding-** Self

**Conflict of Interest -** Nil

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