



Food Safety and Hygiene Among Students of Federal Government College Port Harcourt

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ABSTRACT.

The study investigated food safety and hygiene practice among secondary school student . Problem of the study was stated, including specific objectives as well as four research question were posed to guide the study. The design of the study was descriptive. The population of the study consist of all the student from SS1-SS3, both male and female from 13-25 years and above, chosen from each of the three (3) classes with a total population of 1,206 students. A sample size of one thousand (1000) was drawn from the population using Taro yanmane formula. The instrument used for data collection was a structured questionnaire which consisted to twenty (26) items using percentage frame work for the study. The findings of the study revealed that the students from federal government college , lack sanitary facilities which led to low level of hygiene practice among them. Poor personal hygiene , and low level of food hygiene practice was high in the study area which resulted in frequent complain gastroenteritis among the students. Basic knowledge about food hygiene practice also hinders the practice of food hygiene. Base on the findings, recommendations were made to provide possible water in the school, personal hygiene should be enforced. Also school environment should be kept clean and health teachers employed in the school to impact basic knowledge of food hygiene to the students .

Introduction

Food safety and hygiene practice is a subject of wide scope and it is a broad term used to describe the production, preservation and preparation o foods in a manner that ensure that the food is safe for human consumption. Food hygiene deals with the prevention of contamination of food stuffs at all stages of production, collection, transportation, storage, preparation, sale and consumption. Amadi (2013) explained the effect of poor food hygiene practices on the health of individual to include stomach upset, diarrhea, fever, vomiting, abdominal cramps, and dehydration as well as to more severe systemic illness, such as paralysis and meningitis, hence emphasizing the importance of food safety and hygiene in the prevention of food borne illnesses. According to WHO (2016) about 1.8 million persons died from food-borne disease in 2005, mainly due to the ingestion of contaminated food, drinking water. These occurs as a result of consuming food contaminated with microorganisms or their toxins, the contamination arising from inadequate preservation methods, unhygienic handling practices, cross – contamination from food contact surface or from person harboring the microorganisms on the skin.

RESEARCH METHODOLOGY

The study is a descriptive study design.

The study was carried out in federal government college in Obio akpor Local Government Area of Rivers State.

Population of the Study

According to the school 2019/2020 academic session made available at the principal offices, the population of FGCPH is 1000 students with 454 male students with 546 female students respectively.

Sample and Sampling Techniques

Random sample techniques was used for the study.

Instrument Design

The instrument used for data collection in this research is a structured questionnaire

Method of data Collection

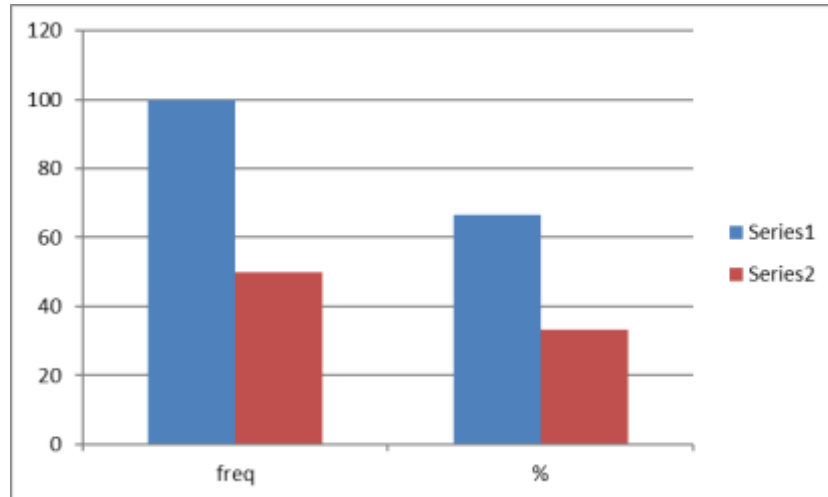
The researcher personally administered the questionnaire to the students of the three (3) classes that were selected for, this study. After two weeks, the completed instruments were collected for analysis, while the ones not correctly filled but retrieved were not used for analysis. One hundred and eighty seven (187) copies of the questionnaire were administered, only one hundred and fifty (150) copies of the instrument were retrieved from the respondents and used for data analysis. So thirty (30) copies of the instrument were not retrieved. Seven (7) were rejected due to mutilation.

Method of data Analysis

The data collected for this study were analyzed using tables and applying simple percentages.

Results

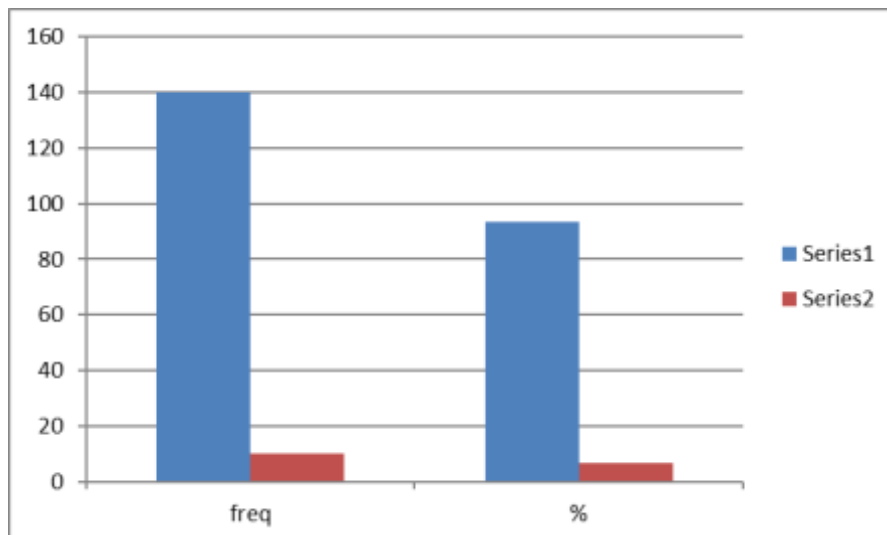
Lack of sanitary facilities leads to low level of hygiene practice by the student



Source: Field Survey, 2020

The table above shows that 100(66.7%) of the respondent agreed that lack of sanitary facilities leads to low level of hygiene practices by the student while 50(33.3%) disagreed

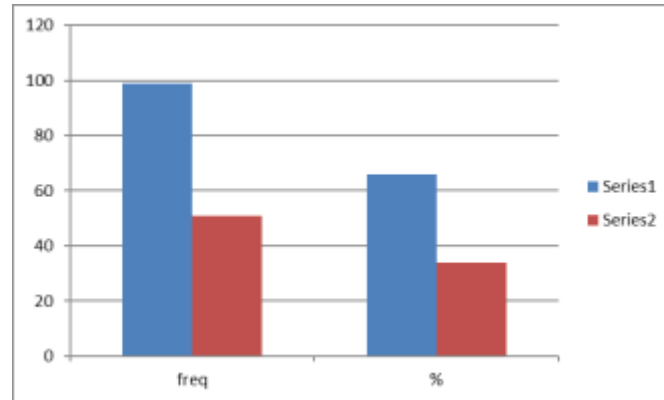
Table 4.2 Students limited knowledge of personal hygiene leads to low level of hygiene practice



Source: Field Survey, 2020

The table above show that 140 (39.3%) of the respondent agreed that student limited knowledge of personal hygiene leads to low level of hygiene practice while 10(6.7%) disagreed.

Table 4.3 Student practice of food hygiene in the school is low



Source: Field Survey, 2020

The table above shows that 99(66%) of the respondent agreed that student practice of food hygiene in the school is low while 51(34%) disagreed.

Lack of potable water supply leads to poor level of hygiene practices among the students

Variable	Frequency	Percentage%
Yes	89	59.3
No	61	40.7
Total	150	100%

Source: Field Survey, 2020

Table above shows that 89(59.3) of the respondent agreed that lack of potable supply leads to poor level of hygiene practice among the student while 61(40.7%) disagreed.

Table 4. Most of the students of the school wash their hands before eating food.

Variable	Frequency	Percentage%
Yes	30	20%
No	120	80%
Total	150	100%

Source: Field Survey, 2020

Table above shows that 30(20%) of the respondents agreed that most of the students of the school wash their hands before eating food while 120(80%) of the respondents disagreed.

Discussion

This study was designed to investigate food hygiene practice among students of FGCPH

In order to guide the study, problems of the study were stated, including specific objectives as well as four research questions that were formulated. The instrument was administered to 187 respondents randomly chosen from the three (3) classes (SSS1 – SSSIII). The options of the respondents were used to answer the research data. The percentage (%) was used to analyze the research obtained.

However findings from the study revealed that the students of FGCPH

lacks sanitary facilities which lead to low level of hygiene practices among them. Poor level of food preservation method was observed among the students, poor personal hygiene practice was high among the students, this result agrees with the report of Ade (2015) who reported that young students within the age of 10-20yrs experiences poor personal hygiene habit in boarding house. It was also revealed that most of the student do not washed their hands before eating food, this report is in consonance with the result of Afe (2012) who identified hand washing as the height of poor personal hygiene among students. The environment where students eat food in the school was filthy which agrees with reports of Ahmed (2013) who reported same. However, result shows that most students hardly wash their hands after visiting the toilet, a result that agreed with Alfred(2012) who reported the laziness of students to wash their hands after using the toilet. Lack of potable water supply in the school hindered the effectiveness of food hygiene practice, lack of basic knowledge about food hygiene practice also hindered sanitary practices, which agrees with Anthony (2007) who reported the consequences of lack of potable water on students of selected secondary school in Lagos State.

Conclusion

The following conclusions were made based on the findings of this study.

Lack of sanitary facilities in the school led to low level of hygiene practice among the students. The level of food hygiene practice in the school is low among the students. Poor personal hygiene practice among the students amount to low level of food hygiene practice. Lack of potable water supply resulted to poor level of hygiene practice among the students in the school. Most students of the school wash their hand before eating while some do not bother to wash their hands after visiting the toilet. Also, most student do not observe housekeeping after handling food and the environment where they eat food in the school is dirty which has resulted to high incidence of food-borne diseases such as cholera and typhoid fever.

Recommendations

The following recommendations were made based on the findings of this study.

It is therefore, needful that food awareness campaign should be conducted for students, teachers and the general public, social medical services should be used actively for enhancing people and student knowledge about food hygiene.

Health teachers should be employed and trained to impact basic knowledge to students on food hygiene and other sanitary practices.

Personal hygiene should be adhered to. All students should be provided with apron during food preparation.

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QUESTIONNAIRE

Food hygiene practices and its amplification to public health. Among senior secondary school students of community secondary school, Akinima, In Ahoada west Local Government.

Section A: Personal Data

Instruction

Please kindly tick (√) from the following option to indicate your option to the question below

Age of respondent

- (a) 10-13years (b) 10-16years
 (c) 18-20 years (d) 22 years and above

Religion background of respondents

- (a) Christianity (b) Islam
 (c) Traditional religion (d) Other

Marital status of respondents

- (a) Married (b) Single
 (c) Devoiced/Separated (d) Other

SECTION B

Instruction

Kindly answer the following questions below by ticking (✓) the appropriate of

YES = (1)

NO = (2)

S/N	DESCRIPTION	Yes	No
	SECTION C: ACTIVITIES THAT CONSTITUTE FOOD HYGIENE PRACTICES AMONG THE SENIOR SECONDARY STUDENTS FGCPH		
1	Lack of sanitary facilities lead to law level of hygiene practice by the student		
2	Students limited knowledge of personal hygiene leads to law level of hygiene practices		
3	Students practice of food hygiene in the school in law		
4	The level of practice of food hygiene among the students of the school is average		
5	Poor personal hygiene practice amounts to law level of food hygiene practices		
6	Poor level of food preservation methods was seen among the students		
7	Lack of potable water supply leads to poor level of hygiene practice among the students		
	SECTION D: THE AWARENESS LEVEL OF FOOD HYGIENE PRACTICE AMONG SENIOR SECONDARY SCHOOL STUDENTS OF FGCPH		
8	The awareness of level of food hygiene practice among students in very high.		
9	Most of the study of school wash their hand before eating food		
10	The environment where student eat food in the school is dirty		
11	The food students eat are sometime exposed to flies and dust		
12	Utensils in which foods and water are serve to students are clean		
13	Student do not bother to wash their hands after visiting the toilet and eat food with the same hands.		
14	Most students do not observed good housekeeping after handling food		
	SECTION E: THE EFFECT OF POOR FOOD HYGIENE		
15	Some student were hospitalized after eating poorly cook food.		
16	Food poisoning is an illness resulting from the egestion of contaminated food and water		
17	Food borne illness are burden on public health and contributed significantly to the cost of health care		
18	Food can posed a health threat, a problem that is serious in developing countries due to difficulties in securing optimal hygienic food handling practice		
19	Poor food hygiene practice could lead to injuries where food handlers do not clear up spillages on the floor.		
20	Poor food hygiene practice could cause injuries where food handlers do not clear up spillage on the floor		
21	Gastroenteritis can be transmitted through poor food hygiene practices such as when students and staff do not wash their hands properly before handling, preparing or serving food.		
22	People fall ill every year and may die as a result of eating unsafe food		
	SECTION F: HINDRANCES TO EFFECTIVE FOOD HYGIENE PRACTICES AMONG THE POPULATION UNDER STUDY		
23	The environment of the school is dirty		
24	There is lack of potable water supply in the school		
25	There is poor solid waste management practice in the school		
26	Personal hygiene among the students of the college is poor		
27	Knowledge of food hygiene practice among food handlers in the school is low		