

A PORTRAIT OF PERSONAL HYGIENE AND FOOD SAFETY FOR THE GALAXY OF KITCHEN STARS

T.Suresh Gandhi, M.Sc., M.Phil,
Head and Asst. Prof,
Department of Hotel Management & Catering Science,
Selvamm Arts & Science College, Namakkal.

Abstract:

Hygiene practices were instructed throughout childhood by mothers, fathers and academics, however largely through our own practicing with self-interest; they have to be continued by the individual from childhood to until the end. Hygienical practices of food handlers have become major problems within the developed and developing countries. Providing safe and hygienical food for individuals within the boarding for preventing food-borne diseases. Therefore, it's necessary to make sure kitchen workers adheres to hygienical practices to safeguard public health. Especially, Personal hygiene involves the practices performed by a personal to worry for one's bodily health and well being, through cleanliness. Additionally to the present, it includes completely different habits also. Basically, it's the idea of cleanup and grooming as an external focus, however as such, it's the primary step to live healthily. Besides, it's thought of collectively of the foremost necessary components of our daily lives at home furthermore as at work additionally, that facilitate us to safeguard ourselves with healthiness. In general, hygiene behavior includes hand hygiene, care, home hygiene and food hygiene. Individual hygiene behaviors may be affected by several factors, as well as beliefs, values, habits, socio-economic and cultural factors, level of information, Personal preferences, family characteristics and physical and social characteristics of the work and living environments. The study recommends that refresher courses on food safety and hygiene observes ought to be organized for kitchen workers to alert them with this issues and practice them the awareness on food safety and additionally advise them to follow valuable food hygiene practices.

Keywords: Hygiene, Personal hygiene, Hygienic practices, Food safety, Kitchen staff.

Introduction:

Hygiene may be a idea, that associated to cleanliness, health and medication. It's moreover associated with personal and skilled care practices. Sensible personal hygiene is a vital one for promoting healthiness. Personal hygiene habits like washing our hands, brushing and flossing our teeth will help preventing from bacterium, viruses, and sicknesses unfree. Alongside these legal needs, the restaurant cleanliness and overall hygiene looks to be one amongst key factors in customers' restaurant quality expectations furthermore evaluations.

Personal hygiene

One personal **advantage of sensible** hygiene offers better health. Keeping your body clean prevents from illness and infection from bacterium or viruses. As an example, the easy act of washing your hands regularly is an effective way to keep germs from spreading.

Food safety

Food Safety is additional important than cleanliness. It additionally suggests that of protective food from the risk of contamination, as well as harmful bacterium, poisons and different harmful things (like pieces of glass, rat ordure or cigarette ends) that mustn't add into foods. Any germs present growing to variety, which might results of the illness of consumers or end in early spoilage of the food, destroying any harmful germs within the food by systematic preparation or different process.

Scope of the Study

The primary aim of food safety is to prevent individuals obtaining sick from having unsafe food. The opposite intention is to keep up good food quality through all stages of process till it's finally consumed. At home, wherever food is ready for a number of people the results of food contamination may build the family sick. However if food is contaminated in a kitchen of a hotel or in a food factory, it will have devastating results of enormous numbers of people becoming ill.

Benefits of the work

1. Satisfied Customers, A Good Reputation and More Business;
2. Increased Shelf-Life of Food;
3. Good operating Conditions; employees and Management Feel good and Have a decent Attitude;
4. Employees didn't leaving the Job;
5. Good Reports from Your protagonist.

All of those on top of mentioned things are going to be good for the business, moreover paves the method for higher profit and extra money to pay employees.

Personal hygiene: food safety

Food safety plays an awfully vital role and good standards of personal hygiene are maintained by food handlers. Contaminated hands will spread microorganism around a kitchen very quickly.

To prevent from the cross contamination of food, it is essential to wash your hands frequently.

Examples include:

- Before beginning work
- Before handling food
- Between handling raw and prepared to eat foods
- After reaching to the rest room
- After handling raw foods
- After handling waste
- After eating, drinking or smoking, coughing, sneezing or touching your face
- After taking a break
- After handling chemicals
- After handling cash

Staff ought to maintain a high degree of personal hygiene with regard of their personal habits. For example:

- No smoking in food areas
- No coughing, sneezing, spitting over food
- No strong smelling perfumes should be worn when handling foods
- No nail varnish should be worn once handling food
- No jewelry apart from an understandable ring or sleeper earrings ought be worn

Food safety knowledge and practices

Respondents' level of education may have contributed to their knowledge of gastrointestinal disorder that's very important to the prevention of food borne illness inside the hotel industries. There is variety of respondents who didn't understand that microorganisms may be found in cold foods. To promote food safety in hotels each food handler ought to be educated on refrigeration of food with periodic refresher courses offered. Though thawing within the refrigerator is not entirely necessary for food safety, as long because the time-temperature is revered. Food mustn't ever be defrosted at temperature. Keeping meat and poultry cold while it's defrosting is important to forestall the expansion of harmful bacterium. There's a greater danger of microorganism growth and food spoilage for food thawed at room temperature; hence the best way to safely thaw meat and poultry is in the refrigerator. The microwave also can be used to defrost meat earlier. Food may also be thawed in cold water.

Personal hygiene in kitchen

- Good safety tips.
- It is important that good standards of personal hygiene are maintained by food handlers.
- Contaminated hands will spread bacterium around a kitchen very quickly.
- To prevent cross contamination of food it is essential to clean your hands oftentimes.

Neatness, cleanliness and maintaining hygiene of the area are the standard expectations in every hospitality establishment. Personal hygiene in restaurants and implementation of hygiene standards and procedures for your employees is that the best thanks to gain the trust of consumers. Everybody operative with food ought to maintain a high degree of cleanliness and a tidy external look. Personal hygiene in restaurants, extremely, plays an important role in more than maintaining food health standards.

Staff personal hygiene requirements

1. Every worker should have a two-part locker, one part for work clothes and also the alternative for regular clothes.
2. Work clothes must be of a light color, clean and neat; shoes and hat must also be clean.
3. Work uniform must be regularly changed.
4. Personal clothes should not be worn beneath the work clothes.
5. Nails must be trimmed and clean, without nail enamel.
6. During work hours, it is not permitted to wear jewelry (rings, bracelets, necklaces, and earrings), wrist watch, etc.
7. Whereas working with food, staff must wash their hands often.
8. Staff should wear hats, covering all the hair.
9. Hat must be put on before entering the kitchen so as to not transfer microorganisms on food by coming or fixing hair in the kitchen.
10. On food processing jobs and or dish washing jobs, protecting aprons should be worn.
11. Rubber gloves must be worn during dish washing.
12. While working with easily perishable and high risk foods, disposable gloves must be worn.
13. Injuries (cuts, calluses, wounds) must be properly protected and covered by water proof bandages and gloves.
14. Smoking ought to be impermissible within the kitchen and adjacent areas.
15. Staff should not consume food within the kitchen and adjacent areas.

Kitchen staff:

- Be responsible for food safety in the kitchen, preparation and storage areas.
- Be qualified to implement the food handling techniques and also the necessities of the food safety policy.
- Complete all records and systems in relation to food safety in the kitchen, preparation, receiving and storage areas as directed.
- Abide by all personal hygiene rules.
- Report incidents that impact on the quality of food, to the manager (e.g. Sightings of pests, wrong or defective appliances, etc)
- Keep all work areas clean and free from pests
- Be trained in food handling techniques and also the necessities of the food safety policy
- Report to the manager if they're suffering from any disease.

General instructions:**Maintenance Staff:**

Protective clothing must be worn by maintenance staff and it must be kept clean and in good repair at all times.

Visitors:

Any non-food personnel who are required to enter the food handling area must wear a clean overall and hat and take away jewelry or cowl with disposable gloves. Rings can be covered with blue plasters.

Other staff (E.G. Assistant, Cleaners):

- Be chargeable for food safety throughout service
- Abide by the food safety policy regulations and practices
- Abide by all personal hygiene rules
- Keep work areas and equipment clean
- Report incidents that impact on the quality of food, to the manager (e.g. Sightings of pests, malfunctioning or defective appliances, etc)
- Report to their supervisor if they're suffering from any disease.

Kitchen chef:

Another food safety regulation that has got to be followed is that the lighting. You have to possess adequate artificial lighting in various areas of the kitchen, such as above the stove,

- serving area,
- preparation areas,
- Storage areas and any work counters.

All kitchens should conjointly maintain their hygiene by putting in the right quantity of ventilation systems, whether or not they are mechanical or natural. For hygiene your food supervisor or manager should conjointly check all the instrumentation and tools that you simply create the food to farm positive that they are clean and in good working order. It is important to the kitchen chefs personal in key position to deliver essential standard in providing consumer on food safety, and it should be supported through

additional training and routine inspection to ensure that appropriate knowledge is acquired and affectively applied.

Conclusion:

The food hygiene procedures and practices in several food establishments should be improved in order to reduce food borne illness related to poor hygiene practices. Food safety is more important every day and everywhere. The additional you recognize concerning a way to protect yourself and your customers from food borne illness, additional you'll do to stay healthy and prevent illnesses. Because the way you live is the way you can lead anywhere. So, without practicing Personal Hygiene, food safety has no meaning at all. Personal Hygiene is like an ornament to every kitchen staff.

The hygiene rating system may encourage food businesses to enhance the level of awareness of food handlers on food safety as well as hygiene and also to support absolutely for the implementation of a documented HACCP based mostly food safety system.

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