

Food Services and The Importance of Food Safety: A Review

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ABSTRACT

The change in eating habits by the population is notorious, and eating outside the domicile has become a routine for many citizens. New forms of food service also emerged, such as food trucks and delivery, which bring ease and agility in the food service. The work aims to analyze and point out the procedures that these companies apply in their activities, making a more comprehensive comparison of how GMP are practiced and highlighting the training of employees so that they are carried out in the best possible way.

Keyword: Food, Food Safety, Good Manufacturing Practices.

1. INTRODUCTION

Food safety is an area of knowledge that belongs to collective health, and aims to promote health and prevent food-related risks [7]. Along with food safety, quality management forms the fundamental basis of the food production process to prevent foodborne diseases [9].

Foodborne diseases (FBD) are increasing globally due to population growth, increase in vulnerable populations, disorganized urbanization and large-scale food production [1]. But it is not just biological agents that cause damage to food safety, attention should also be paid to the physical and chemical risks involved in the entire process of manufacturing, handling, storing and supplying food [11].

As some foods are consumed outside the home, there have been concerns about the consumption of higher quality; the majority of the public does not evaluate the quality of food. Ensuring food safety is a fundamental guideline where food is served. Food, which is a constant concern of health inspection bodies [10].

In this case, good handling practices serve as a set of procedures that a food service must employ to ensure the quality and safety of the products supplied. Resolution RDC No. 216 of 2004, which establishes good practices in food services, as a reference, however, other manuals and booklets have been developed to help companies adapt to the process [11].

Thus, the present study is justified by the need and urgency to guarantee the quality of food production, according to Good Manufacturing Practices, where the search and demand for quality of these food services, make the company stand out in the Marketplace. The work aims to analyze and point out the procedures that these companies apply in their activities, making a more comprehensive comparison of how GMP are practiced and highlighting the training of employees so that they are carried out in the best possible way.

2. METHODOLOGY

The PUBMED, Google Scholar and Scielo databases were consulted. The descriptors were Good Manufacturing Practices and Food Safety.

3. RESULTS AND DISCUSSION

The quality of a meal involves, in addition to a good presentation, the entire process that results in the food that reaches the consumer. In this sense Antunes and Bosco [2] define as Good Manufacturing Practices, the set of requirements that aim to guarantee the sanitary quality of food from the selection of raw material to its commercialization.

RDC No. 216/2004, in turn, establishes standards that must be followed by food establishments, in order to guarantee good sanitary quality of the food served. Among its topics, we can observe: Building, installation, equipment, furniture and utensils; Cleaning of buildings, facilities, equipment, furniture and fixtures; Integrated Control of Urban Vectors and Pests; Water supply; Waste management, Handlers; Raw materials, ingredients and packaging; Food preparation; Storage and transport of prepared food; Exposure to consumption of prepared food; Documentation and registration and Responsibility. We can also mention the obligation of food services to have Manual of Good Manufacturing Practices, Standard Operating Procedures and Analysis of Hazard and Critical Control Points.

3.1 Food Services in Nurses And Schools

A healthy dish is not one that just meets the recommendations. nutritional supplements, it must also be a dish free from the presence of any contaminants or agents (physical or chemical) that have a negative influence on consumer health [5].

The quality of food served in the school environment is essential for students to have access to food and nutrition security, which in turn is indispensable for growth healthy part of this population group [6]. Food handlers and nutritionists must act together in schools and day care centers, with regard to ensuring the quality of the food, being responsible for controlling all the receipt of raw material, handling, preparation and distribution of food [8].

3.2 Hospital Food Services

As a service that provides food to vulnerable groups, hospitals must have increased attention in food handling and in the adoption of preventive practices that minimize the risk of food poisoning [4]. The physical-structural quality of the units hospitals that supply food must always comply with regulations and good practices, since both can influence the quality of the meals provided [12].

3.3 Food Services

It is known that the street food trade is considered informal and is often not subject to inspections as "conventional" establishments and, for this reason, the compromised food safety can pose a serious threat to consumer health [6].

Along with the growing demand for fast food, the incidence of of diseases related to contaminated food, caused by the low hygienic-sanitary condition of food handling and its handlers [5]. In fast food services such as food trucks, it is noted that there is fragility in the adoption of good manufacturing practices and consequent safety of the food supplied, especially in the raw material storage and food preparation points [3].

3.4 Food Handler And Its Important Role In Safety Feed

Handlers play an important role in ensuring food safety provided in food services and making them understand such importance is vital for fluidity with production safety [9]. People management in companies that provide food is important since the qualification of employees in the area of safety food is an essential aspect in ensuring the quality of the process [3].

It is noted that food handlers generally have a low socioeconomic level, and incomplete schooling, and these factors directly affect the implementation and adoption of good hygiene practices in food handling [5] the same fact was observed by Ferreira et al. (2013) [4] identified that the limited knowledge of the food handlers in hospitals about food safety is an obstacle for the adoption of Good Handling Practices and consequent food safety.

In a survey carried out it was observed that 41.89% of the causes that led the handlers not to comply with the Good Practices is related to the lack of employees, which implies unsatisfactory results in production quality. Therefore, the managers' attention to this sector must be redoubled and reinforced frequently, observing always the need for training and refresher courses offered to workers [1].

4. CONCLUSIONS

The present study demonstrates the importance of Food and Nutrition establishments in general, follow good manufacturing practices (GMP), considering that the cases of poisoning food are still considered public health problems.

However, as we can see, when it comes to GMP, there is a gap between the health standards in force and the practice found in several establishments, which can be caused by several factors, among them, the inadequacy of the facilities and physical structure of the units of food and nutrition.

Another difficulty also encountered is the management of these establishments that often have a low level of education and restricted numbers of employees. Therefore, the importance of the Nutritionist professional in this sector is highlighted, since this is the professional qualified to provide better hygienic-sanitary conditions of establishments and food

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