

ENVIRONMENTAL HEALTH AND SANITATION UNIT

AKUAPEM NORTH MUNICIPAL ASSEMBLY

PROGRAMME:

FOOD HYGIENE EDUCATION ON NUTRITION

OCTOBER 13, 2021

Introduction

As part of the medical health screening exercise, food hygiene education is key. This an activity that runs throughout the period of the screen exercise till the end. The activity is undertaken by the environmental health and sanitation unit where every officer is involved in both mobilization of the people and the health talk. In that season, any individual who presents him or herself for the exercise is oriented.

Nutrition education provides people with correct information on the nutritional value of foods, food quality and safety, methods of preservation, processing and handling, food preparation and eating to help them make the best choice of foods for an adequate diet.

Nutrition program means a program under which meals or snacks are served by any service providers on a nonprofit basis to individuals in attendance.

Nutritional problems broadly fall into two categories, i.e.,

- those resulting from insufficient intake relative to nutritional needs and
- those resulting from excessive and unbalanced intake of food or a particular dietary component.

The main problems in Ghana and elsewhere in developing countries pertain to the first group. One of the principals aims of nutrition education must therefore be to provide people in rural and urban areas with adequate information, skills and motivation to procure and to consume appropriate diets. Such education should cover improvement of family food supplies and more efficient utilization of available food and economic resources to provide nutritious diets and better care for the most vulnerable groups.

Goal and purposes of the orientation

Food security, is a prerequisite for people to have an adequate and balanced food intake. However, to attain good health and nutritional status, people also need sufficient knowledge and skills to grow, purchase, process, prepare, eat and feed to their families a variety of foods, in the right quantities and combinations. This requires a basic knowledge of what constitutes a nutritious diet and how people can best meet their nutritional needs from available resources. Undesirable food habits and nutrition-related practices, which are often based on insufficient knowledge, traditions and taboos or poor understanding of the relationship between diet and health, can adversely affect nutritional status. However, people can adopt healthier diets and improve their nutritional well-being by changing their food and nutrition attitudes, knowledge and practices, if sufficient motivation is provided to do so.

The goal of this nutritional educational education:

- is to reinforce specific nutrition-related practices or behaviours
- to change habits that contribute to poor health
- correct information on the nutritional value of foods,
- food quality and safety
- methods of preservation

Discussion

The participants were taken through three components of Nutrition education programmes directed at the various social groups this include

· ***Increasing the nutrition knowledge and awareness of the public and of policy-makers.*** This could be achieved by providing information on the relationship between diet and health; the relationship between nutritional and health status and individual productivity and national development; the nutritional needs of the population and of individuals; the importance of ensuring the quality and safety of the food supply; the causes and consequences of nutritional disorders; and the benefits of food labelling and legislation were discussed

· ***Promoting desirable food behaviour and nutritional practices.*** This could be achieved by providing information on the nutritional value of foods; the components of an adequate diet; making appropriate food choices and purchases from available resources; hygienic food preparation and handling of food; storage, processing and preservation of food; and equitable intrahousehold food distribution according to the nutritional needs of family members.

· ***Increasing the diversity and quantity of family food supplies.*** This can be achieved by providing information on methods of improving food production; crop selection and diversification; proper storage, preservation and processing; conservation of nutrients during food preparation; and the prevention of food waste.

Each of these components makes a special contribution to nutritional improvement. All three are important and need to form part of nutrition education and training programmes for personnel in agriculture, education and health in African countries. At the community level the people affected by nutritional problems should participate in determining which components should receive most emphasis to bring about lasting improvements in local food and nutrition conditions.

. The participants were further taken through new information about nutrition and how to develop their attitudes, skills and confidence that they need to improve their nutrition practices, establishing desirable food and nutrition behaviour for promotion and protection of good health, besides, there was discussion on a change in behaviour leading to desirable nutrition practices for example, beginning to grow and eat dark-green, orange and yellow fruits and vegetables to protect the body from infectious diseases, learning how to store maize or other food more safely to reduce nutrient losses

Evidence show that nutrition education is concerned not only with imparting knowledge, but also with finding ways to work with individuals or groups in the community in a systematic manner that will stimulate their participation in and commitment to the learning process. Nutrition education undertaken in this spirit is interactive, encourages an exchange of information between the educator and the community and empowers people to make appropriate choices using both scientific and local knowledge. Moreover, it leads to the adoption of improved behaviour and contributes to lasting effects and changes.

CONCLUSION

In the end, vendors were made to pull out the effects of poor nutrition where every individual understood that, foodborne illness cost lives and money, therefore healthy nutrition and proper food safety practices must never be left out.