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## Review on curbing food poisoning at home: impact through nutritional education

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### ABSTRACT

The paper examined food poisoning, effect and way of curbing food poisoning and its menace at homes through nutritional education. Nutritional education has become an advocacy medium for good home nutrition, safety and health. Poisoned foods are becoming a treat at home through carelessness by home makers, Food handlers and food venders. Motivation and awareness talk, aided action by environmental protection agencies at incidence to food delivery sought through nutrition education, could rescue the effect. The paper recommends the understanding of the concept food poisoning by homemakers, public food venders and the hygiene practice and purchases of food at proper places.

**Keywords:** Food poisoning, Home, Nutritional Education

### 1. Introduction

Ask someone on food-borne diseases and the initial responses will be on personal experience reflections. Most will recount some dramatic episode in which they ate “the incriminated item” and before they knew it they were feeling ill. While adequate nutrition and safe food is essential for human survival; food can also cause or convey risks to health and even to life itself. International concern about consumer food safety knowledge has promoted considerable research to evaluate domestic food-handling practices (Redmond and Griffith, 2003) the world health agency indicate that a significant proportion of food-borne illness arises from practices in the home kitchen. Home is one of the most frequent places of acquiring food-borne illness. (World Health Organization (WHO), 1992).

Food poisoning is a food-borne illness caused by eating food that contains toxins produced by harmful bacteria. The term “food poisoning” is used to describe certain illnesses that affect the digestive system which are characterized by sudden or abrupt onset of abdominal pains, discomfort, vomiting or diarrhea that occur within a short time following consumption of contaminated food or water. Every person is at risk of food borne illness, but other people maybe at more risk. Food poisoning is usually blamed in the eating last syndrome. However, food poisoning can take up to 75 hours before sickness become apparent. Therefore exposing the cell’s to weakening effect that may cause pre-medical complexity at prolonged stage intoxication.

Bacteria diseases classified as food poisoning include salmonellas Botulism staphylococcal food poisoning, among others. These bacterial multiply in food producing toxins that actually cause the poisoning. According to Bell (1985), the poisoning because there is a pre-formed toxin.

### The vehicle for food poisoning and its impact at homes:

**Foodborne Illness:** Foodborne illness or diseases is defined as a disease of an infections or toxic nature caused by or through the consumption of food or water (Tirade and Schmitt (2000). Food borne disease is widely recognized from the acute effects on the gastrointestinal tract, but also includes other symptoms through the body. Common symptoms include diarrhea, abdominal cramping, fever, headache, vomiting, severe exhaustion and sometimes blood or pus in stools. Borneff (2001) reported that illness from foods consumed in private homes is three times more frequent than those arising from foods consumed in cafeterias.

**Hand Washing Practices:** The role of hands in transmission of diseases has been established. While some food handlers felt the need to wash hands properly during and after food preparation some do not see any need for that, they act most often as a result of their hands after handling raw food, or when they did wash they washed without soap. Poor hand washing practices inevitably lead to retention on the hands of bacterial and viral pathogens, which are obtained from handling raw product on from toilet activities. Ausari (1989). Resulting from cross Contamination. These pathogens many then be transferred to prepared ready- to eat foods directly to the mouth or to other household members. The proper hand washing procedures include not only water, but the use of water as long as the hands can comfortably stand, wash hands with soap and rinse thoroughly under running water and dry with towels.

**Purchase of Foods:** Food handler should endeavor to always purchase foods at the appropriate places and get the most suitable foods. Look for foods that are carefully and properly displayed not the ones that are exposed to flies and sun, they could be dangerous because the integrity of cells containing nutrients or substrate are loosen. Consumers should look for expiration date on food labels, never buy undated food and need to be alert to offensive odour or abnormal odour and doubt on taste and appearance of food items.

## 2. Nutrition Education; role on advocacy against food poisoning

Nutrition education is defined as 'any set learning experiences designed to facilitate voluntary adoption of eating and other nutrition related behavior conducive to health and well-being. Cetento (2005) sees nutrition education as not only been shown to improve knowledge and skills but also eating science, physical activity, behaviors as well as health status.

Ania, (2009) identified three essential phases of nutrition education as a way of educating food handlers in respect of food borne illness posited in motivational and environmental issues.

**2.1 Motivation Phase:** Food handlers need to be psychologically motivated so as to inculcate in his/her behavior the need to handle food with absolute care, here the goal is to increase absolute care, awareness and enhance motivation of the intended audience. Many studies have shown that most food handlers may believe they know how to handle food safety, but consumer information is not always correct and mishandling occurs, so the need to be motivated so that they can begin to practice good knowledge of food handling whenever they begin to handle foods. They could also be motivated materially by providing free soap, detergent for them during public enlightenment programmes. At market square and immunizations centers.

**2.2 Action Phase:** Here handling action is needed, handling practices are of public concern, and action is required to reduce the likelihood on bad handling behaviors such as non-washing of hand after visiting toilets or after the day's activities .This is likely to reduce the risk and incidence of food borne diseases. The main goal is to facilitate the ability to take action and how to make changes.

**2.3 An Environmental Phase:** Cooking arena is to be properly cleaned and fully prepared for the exercise. Here the environment determines the level of exposure of foods to harmful files, rodents,

germs that could have contaminated the foods left uncovered or unprotected. Handlers should make sure the cooking environment is well care fore so that dust and flies are kept away from the environment because food particle, colloids, solute and surfaces are cohesive and adhering surfaces for microbial proliferations.

Nutrition education is very vital in combating the menace of food poisoning in various homes. Food handlers should imbibe the spirit of carefulness because any mistake made could be harmful to the family members. Report has shown that families have died not too long when Amala (Yam flower) with Okro soup was eaten. This was a good meal but the home maker could have used contaminated water or bad handling practice during preparation which could be curb through the consciousness on nutritional education.

## 3. Conclusion

Food consumption is associated with foods that are available and accessible at homes. Despite adequate nutrition awareness, knowledge and positive attitude towards healthy nutrition, some food handlers at home still exhibit poor safety practices that lead to high level poisoning.

## 4. Recommendations

In view of this, the following preventive measures should be taken to reduce the risk of food poisoning at home.

- People should learn more about foodborne illness through nutrition education.
- Food handlers, cooks and housewives should be educated in proper food hygiene and the importance of hand washing before and after food preparation and food protection against rodent and insect vector.
- Government should embark on an enlightenment campaigns to promote awareness on the danger of poor hygiene.

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