

Situation of food safety, hygiene, and nutritional awareness of household cooks living in different divisions of Bangladesh

Nepal C Dey

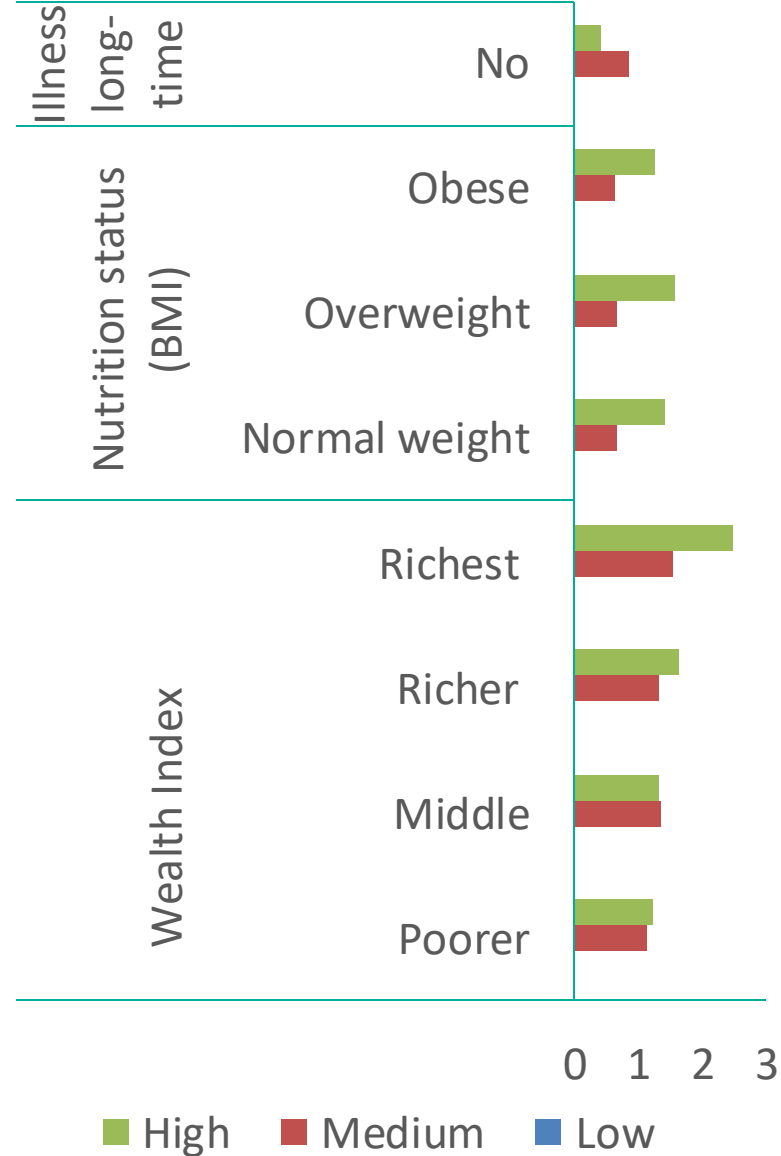
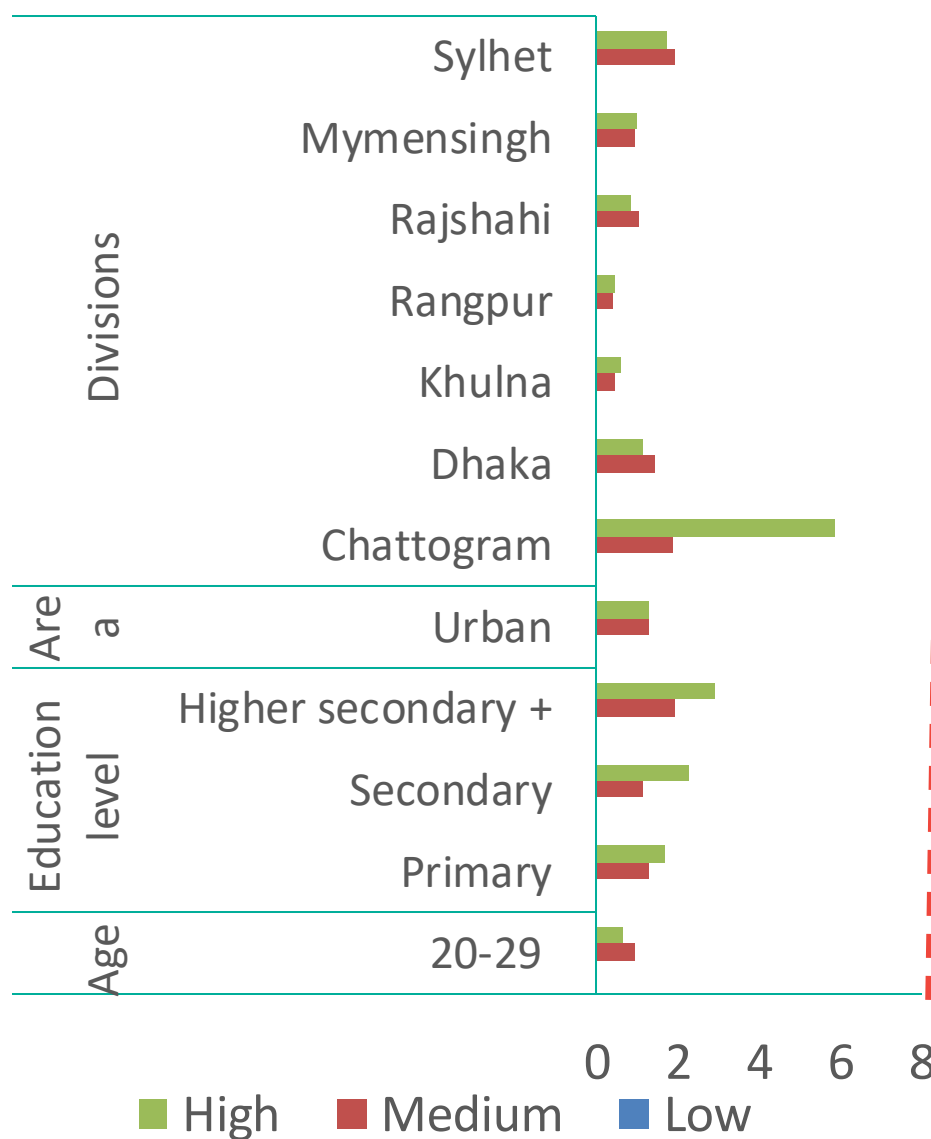
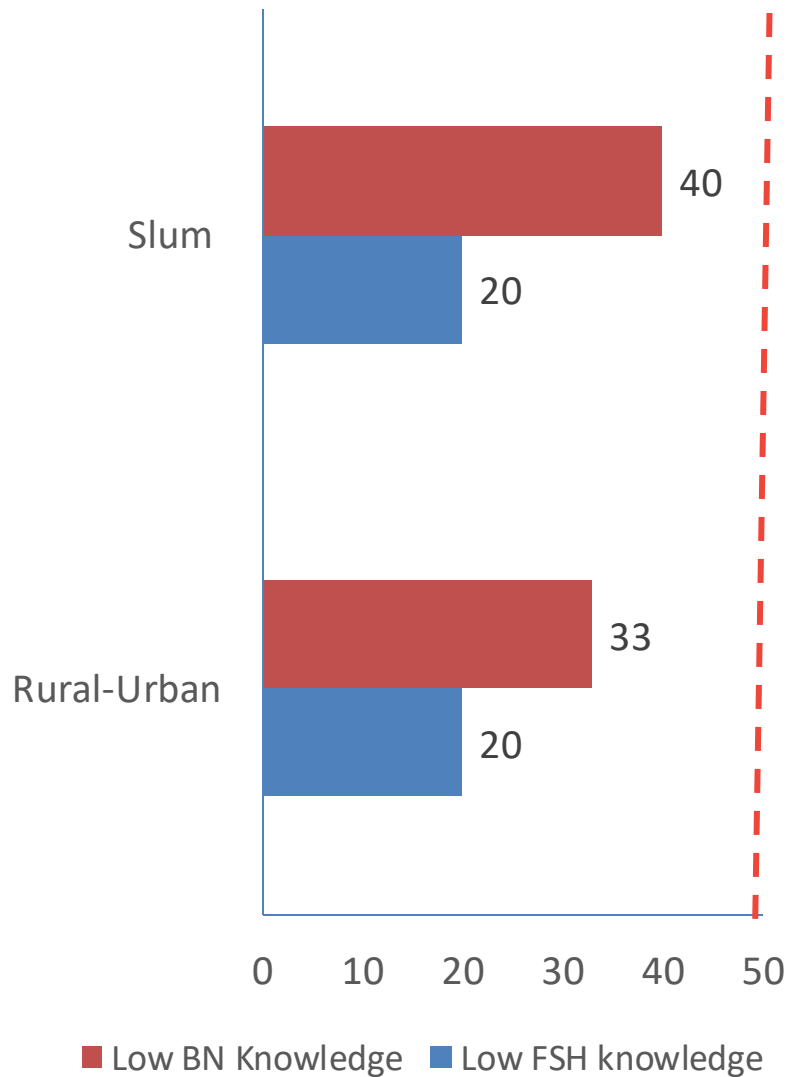
Resilient Food System Research, Research

Entrepreneurship Development (RED), Dhaka 1216

Bangladesh & The World Bank Group, Dhaka 1207

Cook's awareness of food safety, hygiene, and nutrition

Low FSH and Nutrition Knowledge



Basic Nutrition & FSH knowledge related questions

| SL No | Basic nutrition knowledge related questions | Cooks | | |
|-------|--|-------|------|------|
| | | FC | PC | IC |
| | | % | | |
| 1 | Which foods are rich in vitamin C? | 64.7 | 0.0 | 35.3 |
| 2 | Which foods you consider as unhealthy food? | 37.2 | 62.8 | 0.0 |
| 3 | What are body building foods? | 66.9 | 27.0 | 6.0 |
| 4 | Which types of foods you consider as unhealthy food and why? | 0.0 | 99.9 | 0.1 |
| 5 | What will happen if we consume unhealthy foods (harmful impact on health)? | 0.0 | 99.9 | 0.0 |
| 6 | Foods from which food group(s) need to be included in a balance diet? | 0.2 | 98.6 | 1.2 |
| 7 | What physical problems will arise if balanced foods/ balanced diet are not taken? | 12.2 | 83.9 | 3.9 |
| 8 | How should a pregnant woman eat in comparison with a non-pregnant woman to provide good nutrition to her baby and help him grow? | 0.3 | 98.3 | 1.4 |
| 9 | How should a lactating woman eat in comparison with a non-lactating woman to be healthy and produce more breast milk? | 0.1 | 98.8 | 1.0 |
| 10 | Overall, what are the features of a healthy diet? (dietary guideline based) | 0.0 | 94.9 | 5.0 |
| 11 | What do you know about trans-fatty acid? | 6.3 | 27.0 | 66.7 |
| 12 | Which foods are rich in vitamin A? | 5.6 | 33.6 | 60.7 |
| 13 | Which foods are rich in Iron? | 40.8 | 0.0 | 59.2 |
| 14 | What is energy rich foods for the body? | 1.3 | 38.1 | 60.6 |

| Questions | Cooks | | | |
|---|---------------|------|-----------|--|
| | Fully correct | PC | Incorrect | |
| | | % | | |
| At what times do you feel you should wash your hands with soap? | 0.0 | 99.9 | 0.1 | |
| Do you know food should never be stored near chemicals or cleaning supplies? | 47.8 | 0.0 | 52.2 | |
| Do you think that the hand should be properly cleaned before cooking? | 96.1 | 0.0 | 3.9 | |
| Is there any need to wash hand before having food? | 95.5 | 0.0 | 4.5 | |
| Do you know it is necessary to do separate storage of raw and cooked food? | 81.7 | 0.0 | 18.3 | |
| How can we ensure safety of cooked food ? | 0.1 | 99.9 | 0.1 | |
| Is there any need to clean enough the cooking utensils? | 97.7 | 0.0 | 2.3 | |
| What are the sources where disease can be transmitted overall? Such as uncleaned toilet, flies, open feces, polluted hand, polluted pond nearby house, polluted surroundings nearby household, etc. | 0.7 | 98.5 | 0.8 | |
| How many times you can reheat a cooked food? | 42.3 | 0.0 | 57.7 | |
| How can we prevent food from becoming contaminated during preparation? | 0.1 | 82.2 | 17.7 | |
| N | 3989 | | | |