

LOCAL FOODS OFFERED BY SELECTED HOMESTAYS, FOOD SAFETY
PRACTICES AND NUTRITION KNOWLEDGE OF HOMESTAYS' FOOD
HANDLERS IN NEGERI SEMBILAN AND TERENGGANU

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2008



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HANDLERS IN NEGERI SEMBILAN AND TERENGGANU

By
Low Yin Peng

Research Report submitted in partial fulfillment of
the requirements for the degree of
Bachelor of Food Science (Food Service and Nutrition)

Department of Food Science
FACULTY OF AGROTECHNOLOGY AND FOOD SCIENCE
UNIVERSITI MALAYSIA TERENGGANU
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FAKULTI AGROTEKNOLOGI DAN SAINS MAKANAN
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**PENGAKUAN DAN PENGESAHAN LAPORAN
PROJEK PENYELIDIKAN I DAN II**

Adalah ini diakui dan disahkan bahawa laporan penyelidikan bertajuk:

Local Foods offered by Selected Home stays, Food Safety Practices and Nutritional Knowledge of Home stays' Food Handlers in Negeri Sembilan and Terengganu

oleh *Lm. Yin Peng*, No.Matrik *UK 11156*

telah diperiksa dan semua pembetulan yang disarankan telah dilakukan. Laporan ini dikemukakan kepada Jabatan *Pamam Makanan*

sebagai memenuhi sebahagian daripada keperluan memperolehi Ijazah Sarjana Muda *Pamam Makanan (Perkhidmatan Makanan dan Pemakanan)*,

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FINAL REPORT ENDORSEMENT FORM

Hereby, it is admitted and certified that the research report entitled: Local Foods Offered by Selected Homestays, Food Safety Practices and Nutrition Knowledge of Homestays' Food Handlers by Low Yin Peng, Matric No. UK 11196 was examined and all correction that suggested had been done. This report was submitted to the Jabatan Sains Makanan in partial fulfillment of the requirements for the degree of Bachelor of Food Sciences (Food Service and Nutrition), Faculty of Agrotechnology and Food Science, University Malaysia Terengganu.

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DECLARATION

I hereby declare that the work in this thesis is based on my own except for quotations and summaries which have been dully acknowledgement.

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ABSTRACT

Homestay is a lodging establishment which catering food and beverage, recreation and tourism. This study focus on the types of local food prepared by various homestays and also touches on the food handlers' awareness of food safety and nutrition. Survey Questionnaire was self-administered to 124 respondents located in homestays of Negeri Sembilan and Terengganu from July to August 2008. A 100% of response rates were obtained. Statistical analysis, chi square and correlation were used. From the results, both homestays in negeri Sembilan and Terengganu offered one dish meals or local *kuih-muih* example *nasi lemak*, *nasi goreng*, *mihun or mee goreng*, *jemput-jemput* and *cucur* during breakfast. While, for lunch, both homestays in Negeri Sembilan and Terengganu offered various sides dishes depends on its own traditional local food from each state and method simplistic and not complication. The results also show a high level of food safety and nutrition awareness in both groups of respondents. However, there are several important issues highlighted regarding food safety and nutrition including defrosting practices, safe end point temperature for reheating foods and temperature of refrigerator in home as well as diet disease link and cooking methods. This study also highlighted both groups of respondents' attitude regarding food safety and nutrition awareness is similar. The results obtained indicated the need for each homestay regardless which state should provide menu for tourists to choose their meal according to their acceptance. Apart from that, the findings also demonstrated the need for food handlers' education regarding safe food handling from the point of storing to serving in the home, as well as nutrition knowledge. Only safety and nutrition conscious food handlers can provide safe, healthy and nutritious foods to the tourist.

ABSTRAK

Homestay merupakan tempat penginapan yang membekalkan makanan dan minuman, rekreasi dan pelancongan. Penyelidikan ini memfokus jenis-jenis makanan tempatan yang disediakan oleh pelbagai homestay dan juga menerangkan tentang kesedaran pengendali makanan terhadap keselamatan makanan dan pemakanan. Soal selidik telah dijawab oleh 124 orang responden dengan sendiri daripada homestay-homestay Negeri Sembilan dan Terengganu dari Julai hingga Ogos 2008. Seratus peratus kadar respon telah diperolehi. Analisis statistik, Ujian Khi Kuasa Dua dan kolerasi telah digunakan. Daripada keputusan, kedua-dua homestay Negeri Sembilan dan Terengganu menawarkan sama ada makanan pelengkap atau kuih-muih seperti nasi lemak, nasi goreng, mihun atau mee goreng, jemput-jemput atau cucur semasa sarapan pagi, manakala untuk makan tengah hari, kedua-dua homestay Negeri Sembilan dan Terengganu menawarkan pelbagai jenis makanan sampingan bergantung kepada makanan tradisional tempatan dan cara yang senang disediakan. Hasil kajian juga menunjukkan dua kumpulan responden mempunyai kesedaran yang tinggi dalam keselamatan makanan dan pemakanan. Walaubagaimanapun, terdapat beberapa isu tentang keselamatan makanan dan pemakanan telah disorotkan termasuk cara menyahbeku, suhu yang selamat untuk memanaskan semula makanan, suhu peti sejuk, hubungan antara diet dan penyakit serta amalan dan cara memasak. Hasil analisis melaporkan kesedaran dua kumpulan kesedaran dan pengetahuan pengendalian makanan dalam keselamatan makanan dan pemakanan adalah sama. Hasil kajian mendapati setiap homestay tanpa mengira negeri yang mana perlu membekalkan menu kepada pelancong untuk memilih hidangan mereka mengikut penerimaan mereka. Selain itu, hasil kajian juga menunjukkan pendidikan tentang mengurus makanan dengan selamat bermula dari penyimpanan sehingga dihidangkan dalam rumah serta pengetahuan tentang pemakanan adalah diperlukan. Ini adalah kerana hanya pengendali makanan yang prihatin terhadap keselamatan makanan dan pemakanan dapat menyediakan makanan yang selamat dan bernutrisi kepada pelancong.