

CU: 9339

1100090161

Pusat Pembelajaran Digital Sultanah Nur Zahirah
Universiti Malaysia Terengganu.



LP 28 FASM 2 2012



1100090161

Knowledge, awareness and current food waste practices among
food handlers in selected private hospital at Klang Valley area /
Nor Kamilah Yusoh.

HAK MILIK
PUSAT PEMBELAJARAN DIGITAL SULTANAH NUR ZAHIRAH

**KNOWLEDGE, AWARENESS AND CURRENT FOOD WASTE PRACTICES
AMONG FOOD HANDLERS IN SELECTED PRIVATE HOSPITALS AT KLANG
VALLEY AREA**

**By
Nor Kamilah Binti Yusoh**

**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
2012**

ENDORSEMENT

The project report entitled **Knowledge, Awareness and Current Food Waste Practices among Food Handlers in Selected Private Hospitals at Klang Valley Area** by **Nor Kamilah Binti Yusoh**, Matric No. **UK18095** has been reviewed and corrections have been made according to the recommendations by examiners. This report is submitted to the Department of Food Science in partially fulfillment of the requirement of the degree of Bachelor in Food Science (Food Service and Nutrition), Faculty of Agrotechnology and Food Science, Universiti Malaysia Terengganu.



.....
(WAN HAFIZ BIN WAN ZAINAL SHUKRI)
Main Supervisor

WAN HAFIZ WAN ZAINAL SHUKRI
Pensyarah/Food Science Club Coordinator
Jabatan Sains Makanan
Fakulti Agroteknologi dan Sains Makanan
Universiti Malaysia Terengganu
21030 Kuala Terengganu

Date: 9.2.2012




.....
(DR. SITI NUR AFIFAH BINTI JAAFAR)
Co-supervisor

DR. SITI NUR AFIFAH JAAFAR
Lecturer
Department of Food Science
Faculty of Agrotechnology and Food Sciences
Universiti Malaysia Terengganu
21030 Kuala Terengganu

Date: 9/2/2012

DECLARATION

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

Signature : 

Name : NOR KAMILAH BT. YUSOH

Matric No. : 4K 18095

Date : 9/2/2012

ACKNOWLEDGEMENT

Foremost, I thank god with all my heart as He provided me the strength and wisdom to finish this research, I would like to express my deep and sincere appreciation to my supervisor, En. Wan Hafiz Bin Wan Zainal Shukri. His leadership, faithful guidance and unsurpassed expertise have been of great value to me. I wish to express my warmest and sincere thanks to my second supervisor, Dr. Siti Nur 'Afifah Binti Jaafar, for her detailed, constructive comments and for his support throughout this research.

I am grateful to Cik Noorkhatijah Binti Mustafa (Foodservice Supervisor at Assunta hospital), Mr Jimmy Mah (Manager Food and Beverages at Sunway Medical Centre), En. Makmur (Executive Chef at Sunway Medical Centre) and Rossallia Anya for their friendship and helping hands. Their patience guidance had supported me and kept me persevered throughout this research. I am also indebt to my lovely friends especially Fathihanum, Hidayah, Faridah, Dalila, Juliza, Aina, Ina, Khaini and Zaharah for all their helps and supports that helped me to pull through my research. They were of my great helps in difficult times.

Last but not least, I would like to thank my dear parents; Yusoh Sulong and Che Aliah Sulaiman and my siblings. Without their encouragement, assistance and support, I have no doubt that this dissertation could not be finished. I thank you all from the bottom of my heart.

ABSTRACT

Food waste in hospital refers to food ingredients to prepare meals and go through food production step intended to be eaten by patients but several factors at kitchen that make them remains unserved or being thrown away. This study focused on reasons food waste occurred by pointing at food safety practices, food hygiene practices, food storage and preparation, management issues and other factors that related to wastage among food handlers in private hospital located at Klang valley area. Survey questionnaire was self-administered to 50 respondents from July to September 2011 at five private hospitals. A 100% response rate was obtained. Descriptive analysis, independent t-test and correlation were used. The results showed food storage aspects and food preparation aspects are the main causes to food waste. This involves overproduction meals (54%), over trimming the vegetables (54%), hospital policy (50%), food that coincidentally fell down (48%) and failure to reseal the food ingredients (42%). However, based on gender, male practiced better compared to female in food safety aspects, food hygiene aspects, food storage and preparation. Food handlers that had received training showed better food safety and food hygiene practices. Interestingly, the food handlers that had not received any formal training showed better food storage and food preparation practices. The result also showed low level of food waste knowledge and high level of food waste awareness among respondents with mean score 1.54 and 2.89. The study concluded that although food waste knowledge was low and food waste awareness of respondents was high, it is still not enough to reduce or eliminate food waste at kitchen.

ABSTRAK

Sisa makanan yang dihasilkan di hospital merujuk kepada bahan-bahan makanan yang digunakan untuk menyediakan hidangan bagi pesakit tetapi beberapa faktor di dapur yang menyebabkannya tidak dihidangkan dan dibuang. Kajian ini mengetengahkan faktor-faktor berlakunya sisa makanan dengan memberi fokus kepada amalan keselamatan makanan, amalan kebersihan makanan, amalan penyimpanan dan penyediaan makanan, isu-isu pengurusan dan sebab-sebab lain yang berkemungkinan menyebabkan penghasilan sisa makanan dalam kalangan pengendali makanan di hospital swasta di kawasan Lembah Klang. Walaubagaimanapun, kajian ini hanya dapat memberikan data awal kepada hospital swasta untuk meningkatkan lagi pengurusan sisa makanan dengan lebih baik. Penyelidik telah mengedarkan soalan kaji selidik kepada 50 orang responden dari bulan Julai hingga September 2011 di lima buah hospital swasta dan mendapat 100% respons. Analisis deskriptif, ujian T bebas dan ujian korelasi telah dijalankan. Keputusan yang diperolehi menunjukkan aspek penyimpanan makanan dan penyediaan makanan adalah punca utama terjadinya sisa makanan. Antaranya adalah penghasilan makanan yang berlebihan (54%), kesalahan memotong sayuran (54%), polisi hospital (55%), makanan yang telah terjatuh (48%) dan kegagalan untuk menutup semula pembungkus makanan selepas dibuka (42%). Keputusan berdasarkan jantina menunjukkan lelaki lebih baik daripada perempuan dari segi amalan keselamatan makanan, amalan kebersihan makanan dan amalan penyimpanan dan penyediaan makanan. Responden yang telah menerima latihan secara formal menunjukkan bahawa mereka lebih baik dari segi amalan keselamatan makanan dan amalan kebersihan makanan tetapi bagi pengendali makanan yang tidak menerima apa-apa latihan secara formal, mereka lebih baik dari sudut amalan penyimpanan dan penyediaan makanan. Kajian ini juga telah membongkar tahap pengetahuan mengenai sisa makanan pengendali makanan di hospital swasta adalah rendah dengan skor min 1.54 tetapi tahap kesedaran mereka adalah tinggi dengan skor min 2.89. Kesimpulannya, walaubagaimanapun, ianya masih tidak mencukupi untuk mengurangkan kejadian lebihan makanan di dapur hospital swasta.