

ABSTRACT

BALANE, RASSILEN B., BEDAÑA, MICHAEL VINCENT N., PAJELMA, MA. IVY E. 2013. Mariners' Polytechnic Colleges, Panganiban Drive, Naga City. **"FOOD POISONING: ITS CAUSE AND EFFECTS."**

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The study determined the safety measures practiced by respondents to avoid food poisoning. Specifically, it answered the following problems: 1.) what is the profile of the respondents along age, civil status, sex, and educational attainment?; 2.) What are the types of hazard of food poisoning (Biological, Chemical, Physical)?; and 3.) What are the effects of food poisoning?

The study used the descriptive research design and the 50 respondents comprised of customers and staffs of the establishments were surveyed.

Findings of the study were: (1) Profile of respondents. Of the 50 respondents most were within the age bracket of 15-19 with 14-28 percent at rank 1. The last was the age group 45-49 with 3 or 6 percent of the respondents. As to its civil status, majority of the respondents were married with 35 or 54 percent. Only 1 or 2 percent was widow. As to sex, Female comprised the 35 or 70 percent and the rest were male. As to its educational attainment, the highest in rank were college graduates having 22 or 44 percent of the total respondents. The last were elementary graduates 1 or 2 percent. (2.) Along biological hazard, bacteria were rated by the respondents as High Hazard with a mean of 3.3 at rank 1. The last was at rank 4 was naturally occurring toxins at 2.21 interpreted as Fair. Along chemical hazard, pesticide was rank 1 with a mean of 3.0 interpreted as Moderate Hazard. Machine oils and dissolved metals were rated 2.56 each interpreted as moderate at rank 3.5. The least was sanitizers at rank 6 with a mean of 2.06 interpreted as Fair. Along physical hazard, of glass or metal had a mean of 2.2 interpreted as Fair at rank 1. The last was pebbles, hair, staples, and jewelry with a mean of 1.22 interpreted as Low at rank 4.(3.) Table 3 shows

the effects of food poisoning. All of the respondents indicated that the most hazardous effect was nausea (50); followed by diarrhea (32); then lightheadedness, increased thirst or fatigue (15). Among the three, biological hazard was the highest with a mean of 2.98 and the lowest was physical hazard with a mean of 1.81 interpreted as Moderate and Fair, respectively. (4.) Lastly, on the safety measures, respondents indicated that along purchasing and receiving, monitoring the expiry date of products ranked 1 with a mean of 2.34 interpreted as Moderate. Rank 4 was having separate containers with a mean of 2.27 interpreted as Moderate. Along food preparation, rank 1 was removing pesticides, insecticides and other poisonous substances in the kitchen with a mean of 3.51 interpreted as High. This was closely followed by spraying insecticides to avoid contamination in food with a mean of 3.50 also interpreted as High at rank 2. Rank 5 was the use of separate chopping boards with a mean of 2.30 interpreted as Moderate. Along food service, use of clean work tops was ranked 1 with a mean of 3.37 interpreted as High and the least at rank 6 was keeping the cooked food in separate containers with a mean of 2.26 interpreted as Moderate. Overall, among the three safety measures, data show that the highest was food service with an average weighted mean of 3.15, food preparation was second at 3.02, and the third was purchasing and receiving at 2.31.

The study concludes that: (1.) Most of the respondents were teenagers, early adults, and old adults, married, females, and either working students. (2.) Biological hazard was the primary cause of food poisoning mainly caused by bacteria, parasites, molds, and viruses, and naturally occurring toxins. (3.) There are a number of effects of food poisoning but the most prevalent one was nausea as experience by the respondents, and (4.) Respondents practiced safety measures on food service and food preparation to avoid food poisoning.