



**A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME  
ECONOMICS STUDENTS**

A Thesis

Presented to the Faculty of Education Program

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Bachelor of Technology and Livelihood Education  
major in Home Economics

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## APPROVAL SHEET

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## ABSTRACT

This qualitative-phenomenological study navigates the practice of food Sanitation of BTLED students. The purpose of this study was to investigate the knowledge of home economics students in food sanitation and discover how they handle the challenges they experience in food sanitation practices. This study gleaned through the theory of (Bandura et, al 1976) will determine the Knowledge, attitude, and practices of food handlers in food sanitation. There were five (5) BTLED students who participated in-depth interview and Focus group discussion. As to the participants' reasons why they face challenges in food sanitation, four major themes emerged: Inadequacy of know-how, Inadequacy of tools and supplies, Poor sanitation and hygiene and Risk of food poisoning. With regards to copying their problems in food sanitation, four major themes emerged: Keeping area equipment and utensils clean, observing good hygiene, implementing food hygiene standards, Taking the initiative to learn. Lastly, their insight in experience in food sanitation, three major themes: Food sanitation ensures food integrity, Food necessary tool of the trade and Food sanitation is a conscious effort. The results show the lack of knowledge about food sanitation and poor personal hygiene causes the problem and the student should enhance their knowledge and awareness in proper food sanitation. The study concludes that having enough knowledge and complete personal hygiene is a must.

**Keywords:** *Food sanitation practices, challenges in food sanitation, lack of knowledge, poor sanitation, personal hygiene*

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## DEDICATION

This study is wholeheartedly dedicated to our beloved parents who have been our source of inspiration and gave us strength, emotional and financial support, and to the people who become the researchers' inspiration and motivation. To the Teachers who are not giving up teaching about this study, especially students who gave problems with food sanitation, we are extremely grateful and honored in this study that food sanitation practices will help and guide you towards the betterment of your advisory. To the future participants and beneficiaries of our study, the researchers are looking forward to helping and guiding you in the improvement of your performance in this modular distance learning.

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**The Authors**

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## Chapter 1

### INTRODUCTION

This study focuses on food sanitation from the lens of home economics students. This research problem evaluates the student's knowledge, attitude, and practices in food sanitation. It shows that some students need more understanding of food sanitation and their cleanliness, as well may result from a need for more awareness of food sanitation. Poor sanitation within the establishments could lead to disease, illness, or even death (Ismael, 2015).

All nations are concerned about the public health implications of food safety and cleanliness. Three hundred fifty thousand people every year pass away from foodborne according to the World Health Organization. Producing, delivering, and preparing food can all lead to food safety issues. Foodborne diseases are, therefore, pervasive and pose a substantial health danger, affecting the elderly, pregnant women, and young children the most in both developed and developing nations (WHO, 2015).

Each year, more than one-third of the populace in developing countries contract a foodborne illness. This is evident, for instance, in West African countries like Nigeria and Cameroon, where there has been a history of low legal enforcement, broad public ignorance of food safety issues, food fraud, and general consumer knowledge, awareness, and behavior connected to food safety. After earthquakes, foodborne illnesses threaten Chinese citizens' daily lives in Asia (Illes, 2021).

Food-borne disease outbreaks occur often in the Philippines. This is the rationale behind why on August 23, 2014, President Benigno S. Aquino III approved Republic Act (RA) No. 10611, also referred to as the "Food Safety Act of 2013." The

Republic Act 10611, which is based on the principles of food safety, intends to safeguard consumer interests through ethical food trade practices while preserving human life and health throughout the food production and consumption process.

(J Borneo, 2019).

The second-highest number of deaths attributable to digestive diseases occurred in the Philippines. Food outbreak If there was a treatment for the borne illness, it might include the tools, know-how, and instruction needed to protect individuals. The majority of cases of food poisoning take place in eateries, frequently following a large number of victims. To address this issue, the local administration has made plans. Given how important it is for people to maintain their health, all public service activities were designed to safeguard and promote health, per the reason for the Code of the Philippines. The most recent advancements in sanitation address the need to codify and reform outdated sanitary laws. (Perez, 2017).

Due to numerous cases of food poisoning, the Davao City councilor enlarged the food sanitation and safety ordinance. Before vendors can participate in the Roxas Night Market, the Davao Environmental Sanitation Office in the city government must specifically approve their application. These criteria are essential to safeguard the food safety and appropriate sanitation of Roxas Night Market for devoted customers and consumers and the safety and cleanliness of the items and food they sell (Bual, 2017). The Republic Act 10611, This proposed law will be "a law to bolster the nation's food safety regulatory framework in order to safeguard consumer health and promote market access for local food and products" (Colinas, 2015).

## **Purpose of the Study**

This study aimed to investigate the knowledge and awareness of home economics students in food sanitation and discover how they handle the challenges they experience in food sanitation practices. The main goal of this study is that students will be knowledgeable in performing the proper sanitation process.

## **Research Questions**

This study was conducted to determine the challenges of home economics students in food sanitation practices. Specifically, this study addressed the following questions.

1. What are the challenges home economics students face regarding food sanitation?
2. How do home economics students cope with their challenges in food sanitation practices?
3. What insight can the students share about their experience in food sanitation?

## **Theoretical Lens**

This research is Anchored on Ajzen's' Planned Behavior Theory (1991). Using this theory, we can better understand how people's views, subjective norms, and sense of behavioral control affect their propensity to follow hygienic food handling procedures. The TPB has been extensively used to comprehend the elements that influence behavior. Three primary constructs predict the purpose of a person. These are perceived behavioral control, attitude, and subjective control. An individual's attitude is an assessment of what it would be like to conduct a specific conduct. The more unfavorable their attitude about that behavior is. The degree to which a person

feels under societal pressure to engage in the action is their subjective norm. This implies that people think about other people's opinions when deciding whether to engage in particular conduct. We predict that the less likely an individual's desire to contaminate food intentionally is, the more unsupportive their subjective norms of purposeful food contamination are. A person's sense that an action is being performed under his or her control is known as perceived behavioral control. Ratings of how easy or difficult an activity is to accomplish are often used to gauge it. A lack of apparent behavioral control is anticipated to deter people from wanting to engage in food contamination in the current investigation.

This study will be anchored in Bandura's Social Learning Theory (1977). Learning theory is where the KAP model method came from. With the use of this theory, food handlers' comprehension, attitudes, and behavior concerning food sanitation can be ascertained by (Bandura, 1976). Several studies have shown that food workers must receive food safety education because they lack knowledge (Woh et al., 2016). Woh et al. assert that knowledge is the fundamental factor influencing the practices of food handlers and that information will modify behavior by causing a shift in attitude. The Knowledge, Attitude, and Practices (KAP) study is a representative one that aims to find out what people know (knowledge), feel (attitude), and do (practices) (Wood, 2008). Some recent studies assess the food handlers' knowledge, attitudes, and practices (KAP) about food safety in foreign schools and dining facilities (Al-Dalalah, 2013). In the food and beverage business, food handlers' knowledge, attitude, and practice play crucial roles in ensuring food safety (Owusu-Kwarteng, 2017). These

critical steps reduce the independence of foodborne illness, according to (Siau et al., 2015).

Marcia's Food Safety Knowledge Theory will be the study's foundation (2014). Any program for training food handlers tries to change how people handle food safely at work. However, (Clayton, 2008). Research has demonstrated that knowledge-based training initiatives only occasionally result in safe food handling in the workplace. Due to this, it has been suggested that behavioral science ideas be used to help food handlers comprehend food hygiene behavior (Rennie,1995). The majority of human behavior, active food handlers believe that their handwashing behavior will result in hand washing behavior. They will engage in hand washing behavior regardless of whether the advantages gained from engaging in the proposed behavior to minimize the threat outweigh the barriers to engaging in those action (Janz & Becker,1984).

### **Importance of the Study**

This study was conceived to give knowledge and awareness to home economics students in Food sanitation practices. The researchers believe that the following will benefit from this study. The first beneficiaries of this study are the students, giving them more knowledge and a deeper understanding about the importance of food sanitation practices. Moreover, this study will be helpful for the teacher, and they can serve as a guide to give valuable tips about the importance of food sanitation. Furthermore, the researchers enable them to look for solid evidence and responses from the respondents. Moreover, Lastly, the findings of the study may provide another channel for those who conduct a similar study, as it serves as a valuable reference and source of information.

## **Definition of Terms**

The researchers used words that may be unfamiliar to the readers but are essential to this study. To better understand the terms used, definitions of each word are provided. The following definitions of terms are defined operationally in the context of their study.

### **Sanitation**

Sanitation emphasizes cleanliness, the absence of germs, and the facilities enabling hygiene (Wasike, 2015). According to Oxford's English Dictionary (2017). Conditions relating to public help, pristine water, and adequate sewage disposal. In this study, sanitation keeps places clean and healthy, mainly by providing a sewage system and a clean water supply.

### **Food Safety**

The Codex Alimentarius Commission (2016), states that food safety ensures that it will not harm the consumer when cooked and consumed by its intended usage. Food sanitation refers to how food is handled, prepared, and stored to lower the risk of people becoming ill from dangerous illnesses (AIFS, 2019). In this study, maintaining food quality helps prevent contamination and foodborne illnesses. Food safety includes the quality and safety of the food chain.

### **Food Hygiene**

According to the World Health Organization, (2015) a set of actions was taken to maintain health. Food hygiene is "the means and circumstances necessary to control hazard and to assure fitness for human eating of a foodstuff considering its intended

purpose" (Heggum, 2016). In this study, good food hygiene standards in these regions guarantee that the food is always safe for human consumption.

### **Scope and Limitations**

The researchers are curious about what home economics students think about sanitary food procedures. Five people took part in this study. According to (Creswell's, 2013) theory, which (Guetterman, 2015) quoted, the number of participants between 3 and 10 is sufficient as long as saturation is attained.

The participants are located at Kolehiyo ng Pantukan, Davao De Oro. Focuses on home economics students. Questionnaires crucial to the success of this study were given to the researchers. They are using in-depth interviews (IDI) and focus-group discussions (FGD). Also, depending on the participant's responses, researchers gathered the data. All personal statements will be protected and kept secure.

### **Organization of the Study**

In this part of the study, we appropriately arranged a presentation of our study. Chapter 1 Introduces the study; this part includes information about the problem, the introduction of the study, its purpose, and its significance. The definition of terms was also included in this chapter and the review of the related literature. Chapter 2 The methods of the study, the part of the study where research methods, the research participants, the role of the researcher, data source and research instrument, data collection procedure, data analysis procedure, the validity and reliability, and the ethical consideration of the study.



Chapter 3 The result of the study, the part of the study where results are being presented, interpreted, and analyzed based on the participants' responses.

Chapter 4 The discussions and conclusions of the study, the part of the study where discussion of the previous chapter is presented, as well as the conclusion of the study.

Implications for teachers, students, and future researchers are presented.

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## Chapter 2

### REVIEW OF RELATED LITERATURE

This qualitative study consists of problems wherein these problems are related and relevant to our research problems with appropriate citations of recognized authors.

#### **Inadequacy of know-how**

This research problem evaluates the student's knowledge, attitude, and practices in food sanitation. It shows that some students need to learn about food sanitation and their cleanliness, which may result from a need for more awareness of food sanitation. Poor sanitation within the establishments could lead to disease, illness, or even death (Ismael, 2015).

The study by (Bosque, 2018). There are various types of food contamination, and handling or incorrect sanitation of the Food can cause it. These include cross-contamination and biological, chemical, physical, and cross-pollutants. Cleanliness, cooling temperature, and food storage are also taken into consideration.

Additionally, (Wolfram, 2017). Bacteria, viruses, and parasites are common causes of food poisoning and are typically brought on by careless food handling. Salmonella, Clostridium Perfringens, Campylobacter, Staphylococcus Aureus, E. coli, Listeria Monocytogenes, NoIn reovirus, and Toxoplasma are the most often found foodborne pathogens.

#### **Inadequacy of tools and supplies**

According to Fung, Wang, and Menon (2018). Food is essential to life. Thus, the right to safe food exists. A threat to billions of people is unsafe food. Hundreds of thousands die each year, and millions more become ill. The same problems with food

safety still plague the twenty-first century. The volume and variety of products distributed allow local outbreaks to spread globally. There were serious incidents of foodborne illness on every continent. For food safety, science and fair law enforcement are crucial. New laws and regulations must be frequently enacted to ensure a consistent supply of food products that are healthful and safe for the population's health and wellness.

Foodborne infections and low nutrition can lead to several cycles of health degradation, making food safety essential for human nutrition and food security. As a result, policies and efforts must firmly embrace food safety to enhance nutrition and food security. As the international community transitions to the post-Millennium Development Goal era with an emphasis on sustainable development goals, food safety is essential for improving global health and ensuring sustainable development. (WHO, 2015). Food safety is a significant issue in order to achieve the sustainable development goal of providing healthy lives and fostering well-being for all people of all ages (UN, 2016).

### **Poor sanitation and hygiene poison**

Personal cleanliness is crucial for adhering to food safety regulations. A safe working environment must be ensured through proper handling procedures. Poor food hygiene has various adverse effects, including the spread of foodborne illnesses and avoidable compliance violations. Additionally, management can spread awareness of personal hygiene advice by acting as a positive role model and stressing the importance of following a food safety compliance routine. Remind staff members frequently of the need to maintain good personal hygiene and reassure them that

disclosing an illness or communicable disease will not result in their termination. Give workers the information they need to maintain their hygiene and the necessary clean tools. Effective management and ongoing training are essential for a business to operate safely and successfully (Dakota, 2015).

Furthermore, People handling Food must maintain proper personal hygiene at all times. The Food cooked by the Sisekelo Hostel workers may contaminate several guests. This is why it causes such concern for the schools that operate hostels, and it causes me even more anxiety since, despite how important this is, it frequently gets overlooked (North Devon Council, 2015).

### **Risk of food poisoning**

According to (Al-Nasraween, 2018). Foodborne diseases will occur at any step of the long organic phenomenon cycle, and consumers can get sick. Food handlers are considered one of the foremost vital factors within the phenomenon since they are the one who is in contact with Food throughout its transportation, storage, preparation, and commercialism. Foodborne diseases and medical, legal, and different expenses can significantly burden the economy.

Foodborne disease, commonly known as foodborne illness or food poisoning, is any ailment brought on by consuming tainted Food infected with harmful bacteria, viruses, or parasites. People, food industries, and a nation's reputation may bear the financial burden of foodborne disease. Worldwide, foodborne disease outbreaks can result in harm to people's health as well as financial losses. Food production, harvesting, and preparation methods that are not hygienic are the root reasons. Thirty-one major foodborne pathogens can cause disease; the significant ones, such as Shiga

toxin-producing *Escherichia coli*, *Salmonella non typhoidal*, *Campylobacter*, and *Listeria*, are closely watched by national authorities, and outbreaks are investigated to identify trends and determine the best course of action for preventing further outbreaks. Foodborne illnesses might be minor (Adley, 2016).

*Foodborne infections* are ailments that occur after eating tainted Food. Infectious bacteria, viruses, parasites, noninfectious chemicals, and poisons are only a few of the 250 potential foodborne risks identified. There is not a singular clinical symptom for all foodborne illnesses. However, many of these substances frequently produce vomiting and diarrhea. These substances may be accidentally (or purposefully) added to Food during its manufacture, processing, or preparation, or they may already be present in the meal as an inherent component. Most foodborne illnesses can also spread through contact with contaminated people, dogs, and other animals, as well as through water or other surfaces. Only a few foodborne infections are common, and the percentage of illnesses caused by eating contaminated food varies depending on the agent and how the Food was handled (Hoffmann, 2017).

### **Keeping area, equipment, and utensils clean**

Sanitizing your kitchen items and equipment is necessary for cooking safe food, according to (Chron, 2020). The need to routinely sanitize kitchen equipment should be emphasized more. The kitchen is one of the restaurant's most important sections to keep clean. This area may include several hazardous contaminants. Food contamination is a concern when cooks, servers, bussers, and even cashiers can access the kitchen. Eating raw food can also be unhealthy if surfaces are not

adequately cleaned. To properly clean a restaurant kitchen, staff members must sanitize all surfaces, objects, and tools that have come into contact with food.

The state or local health department establishes the proper types of disinfectants and sanitizers used by kitchen staff while cleaning dishes and the proper storage techniques for food that might contain blood-borne diseases. Standard operating procedures are distributed to restaurant staff by (Lowa State University, 2015) .

### **Observing good personal hygiene**

On the other hand, the prevention of bacteria, viruses, and infections can be aided by maintaining proper personal hygiene, which includes washing your hands, brushing your teeth, and flossing. There are both physical and psychological benefits. Maintaining good bodily hygiene helps you feel good about yourself, which is crucial for your mental health, says Donald Novey, MD, an integrative medicine specialist at the Advocate Medical Group in Park Ridge, Illinois (Beth, 2015).

Moreover, food poisoning can be avoided with good personal cleanliness. Even healthy persons can have food poisoning-causing bacteria on them. Bacteria from you can spread to the Food you touch, your nose, mouth, hair, or clothes, and then to the Food. Decent personal hygiene also makes good business sense. Consumers appreciate seeing food-handling employees that are diligent about hygiene and use safe food-handling techniques (WHO, 2021).

### **Implementing food hygiene standards**

Food and cleanliness should always go hand in hand. Food establishments must serve wholesome, hygienic meals by law. It is essential to put food hygiene guidelines into practice in order to achieve the final objective. Your company can

consistently supply safe food and win customers' trust by upholding good food hygiene. Complaints and issues with public health safety can be avoided by following sanitary protocols (Eva Maria, 2022).

Moreover, according to (Charles, 2021), From ensuring food cleanliness, quality, and safety regulations, to ethical considerations. For food hygiene, quality, and safety to steadily develop in the agri-food product sector, it is still essential to adopt hazard analysis and critical control points (HACCP) and improve good practices constantly. The dependence of quality management (QM) on such crucial aspects as quality assurance (QA), Control, improvement, and planning is increasing to improve agri-food product quality. Here, the methods are detailed to ensure food cleanliness, quality, safety standards, and related procedures. We discuss some ethical quality considerations, food quality safety standards, HACCP fundamentals/implementation, QA control systems, and other quality standards associated with the agri-food industry, along with quality essentials, to understand the relevance of QM in the (above-mentioned) processes. The combined efforts of HACCP and QA control points (QACP) can further improve and sustain food cleanliness, quality, and safety standards. The real thing is not setting up the QM system within a specific agri-food product firm. How to keep it going and sustain it is what matters most. The difficulties faced while auditing and implementing food safety management systems and recommendations for future research involving QM, QA, and food hygiene quality safety are discussed.

### **Taking the initiative to learn**

The respondents recognized that practical food safety training's most significant benefits are improved food safety, better product quality, and reduced customer

complaints. This is the one alarming finding that one of the most significant deficiencies identified was incomplete training records, indicating room for improvement concerning food sanitation training in the food and drink industry (Global Food Safety Training Survey, 2014).

Most of the research on commercial food safety and hygiene training programs reviewed in a study of 46 studies from around the world did not examine the attitudes of food handlers or supervisors, and the methodology used to evaluate behaviors or practices had shortcomings (Egan et al., 2007). The analysis concluded that a significant obstacle to food hygiene training programs was a need for more knowledge about the crucial factors leading to meaningful behavior change.

Effective food safety training programs must cover more than just microbiology, contamination, and proper hygiene basics. It is essential to understand human behaviors and attitudes to provide food safety and hygiene training that actually improves food workers' behavior and lowers the likelihood of food contamination or food poisoning outbreaks. Such programs also need to consider the wide range of activities a food worker might engage in throughout his or her shift.

The fact that there are still frequent cases of food poisoning even though a rise in the number of food workers completing authorized training programs shows that conventional food hygiene training does not appear to have significantly improved sanitary practice (Seaman, 2010). Focus has been placed on using social cognition models to understand what motivates food workers to adhere to or disrespect their daily training. This health belief model (Becker, 1974) and the theory of planned



behavior (Ajzen, 2005). Have undergone adjustments due to this research, which aims to explain behaviors by understanding the causes of and restrictions on those activities.

### **Food sanitation ensures food integrity**

The concept of "food integrity" encompasses all the characteristics of a food product that are mentioned in the categories of "food safety," "food quality," "authenticity," and "defense." These ideas are actually product-centric, referring to one or more elements of food, such as ingredients, production processes, and supporting materials. Food integrity, in contrast, is system-centric and spans all of them. Manning has also shown that there is an inverse relationship between food integrity and food (Fraud, 2016).

Furthermore, Food is essential to life. Hence food safety is a fundamental human right. Billions of people in the world are at risk of unsafe Food. Many millions become sick, while hundreds of thousands die yearly. The food chain starts from farm to fork/plate, while challenges include microbial, chemical, personal, and environmental hygiene. Historically, documented human tragedies and economic disasters due to consuming contaminated food resulted from intentional or unintentional personal conduct and governmental failure to safeguard food quality and safety. (Fred Fung, 2018).

According to (Tjaart, 2015). Most trade-restraining reasons in developing nations are related to economics, inadequate infrastructure, and underdeveloped skills; food safety is still primarily the customer's responsibility. However, bringing food safety up to par with western standards could be expensive and put food out of the grasp of the underprivileged. Hence, rather than merely imposing western standards that are

expensive to monitor, new food safety tools and rules need to be implemented that are both economical and built on local food management practices. As well as good hygiene practices. Food sanitation procedures are carried out to lessen the possibility of exposing clients to foodborne illnesses (Maria, 2022).

### **Food sanitation is a conscious effort**

According to them, it is essential to apply food sanitation to minimize the risk of foodborne illness by making the environment of food handlers free from Food safe according to (Daloz, 2015), consciousness is the embodiment and experience of our values, culture, and worldview: going beyond a cognitive understanding of the world to sensing it in our bones The article departs from the idea that a consciousness of interdependence, or an 'ecological consciousness,' complements radical long-term societal transformation.

Some researchers suggest that such a shift towards an ecological consciousness should not be considered a sacrifice. In contrast, this article understands processes of sustainability transformation as invitations to rethink who we are as human beings and how we want to shape our lives and environments, learning along the way that our well-being does not depend on a consumerist, exploitative lifestyle (Belton, 2018).

### **Food Safety**

In this research, Fung, Wang, and Menon (2018). Food is necessary for life. Food safety is, therefore, a human right. Unsafe Food poses a threat to billions of people. Many people die each year, and millions more get sick. Issues with food safety have remained the same in the twenty-first century. Due to the volume and variety of

products distributed, local outbreaks might develop into global problems. Every continent saw severe cases of foodborne illness. Science and just law enforcement are essential for food safety. New laws and regulations must be enacted regularly to further a steady supply of food products that are safe and wholesome for the population's health and wellness.

Food safety is crucial for human nutrition and food security because a variety of cycles of health degradation can result from inadequate nutrition and food borne illnesses. Therefore, to advance nutrition and food security, policies and initiatives must rigorously embrace food safety. Food safety is crucial in enhancing global health and guaranteeing sustainable development as the international community transitions to the post-Millennium Development Goal stage with a focus on sustainable development goals. (WHO, 2015). To fulfill the sustainable development aim to healthy lifestyle, food safety is undoubtedly a crucial issue (UN, 2016).

### **Food Handling**

According to (Hlortsi & Owusu-Kwarteng, 2017). Food is handled by numerous people, raising the possibility of food contamination due to inappropriate handling. Whether intentional or unintentional, food contamination during mass production might pose a risk to consumer health and have a significant economic impact on a nation. The researchers concluded that institutional food handlers possess the necessary food safety knowledge, but this does not imply that they adhere to strict hygienic procedures when handling and processing food products.

According to (Codex Alimentarius, 2015). Any individual expected to adhere to food hygiene standards that directly handles packaged and unpackaged goods, food equipment and materials, or food contact surfaces is considered a food handler. As a result, a food handler's job description includes handling, storing, preparing, manufacturing, serving, and cleaning equipment, surfaces, and locations where Food is exposed. In this study, persons who touch Food in restaurants (chefs or cooks, servers, and cleaners), food vendors, and individuals who handle Food in other settings were all deemed food handlers (households, retailers, farmers, and food industry workers (Sani & Siow, 2016).

Food safety comprises food handling practices that can be applied to keep food products wholesome. All food supply chain members must comply with established standards and legislation to maintain food safety. Customers are expected to follow storage and processing directions for the products they purchase, especially if these are raw materials (Violette, 2021).

### **Food Contamination**

According to (Bosque, 2018). There are various types of food contamination, and handling or incorrect sanitation of the Food can cause it. These include cross-contamination and biological, chemical, physical, and cross-pollutants. Cleanliness, cooling temperature, and food storage are also taken into consideration.

Additionally, Wolfram (2017) states that bacteria, viruses, and parasites are common causes of food poisoning and are typically brought on by careless food handling. Salmonella, Clostridium Perfringens, Campylobacter, Staphylococcus

Aureus, E. coli, Listeria Monocytogenes, Norovirus, and Toxoplasma are the most often found foodborne pathogens.

Food contamination has been acknowledged by the World Health Organization (WHO) as a global issue in several documents and reports. In a statement, it is explicitly acknowledged that "food contamination that occurs in one location may harm the health of customers residing on the opposite side of the earth. A large percentage of people around the world contract a food- or water-borne illness at some point in their life. As a result, millions of people get sick from eating tainted Food, and many pass away. In this situation, "food contamination" becomes a significant problem. Food contamination problems are numerous and constantly expanding. To highlight the difficulties, I focus on intentional food contamination, antibiotics in food items, and fresh produce contamination (WHO, 2015).

### **Foodborne diseases**

According to Al-Nasraween (2018), foodborne diseases will occur at any step of the long organic phenomenon cycle, and consumers can get sick. Food handlers are considered one of the foremost vital factors within the phenomenon since they are the one who is in contact with Food throughout its transportation, storage, preparation, and commercialism. Foodborne diseases and medical, legal, and different expenses can significantly burden the economy.

Foodborne disease, commonly known as foodborne illness or food poisoning, is any ailment brought on by consuming tainted Food infected with harmful bacteria, viruses, or parasites. People, food industries, and a nation's reputation may bear the financial burden of foodborne disease. Worldwide, foodborne disease outbreaks can

result in harm to people's health as well as financial losses. Food production, harvesting, and preparation methods that are not hygienic are the root reasons. Thirty-one major foodborne pathogens can cause disease; the significant ones, such as Shiga toxin-producing *Escherichia coli*, *Salmonella non typhoidal*, *Campylobacter*, and *Listeria*, are closely watched by national authorities, and outbreaks are investigated to identify trends and determine the best course of action for preventing further outbreaks. Foodborne illnesses might be minor (Adley, 2016).

*Foodborne infections* are ailments that occur after eating tainted Food. Infectious bacteria, viruses, parasites, noninfectious chemicals, and poisons are only a few of the more than 250 potential foodborne risks identified. There is not a singular clinical symptom for all foodborne illnesses. However, many of these substances frequently produce vomiting and diarrhea. These substances may be accidentally (or purposefully) added to Food during its manufacture, processing, or preparation, or they may already be present in the meal as an inherent component. Most foodborne illnesses can also spread through contact with contaminated people, dogs, and other animals, as well as through water or other surfaces. Only a few foodborne infections are common, and the percentage of illnesses caused by eating contaminated food varies depending on the agent and how the Food was handled (Hoffmann, 2017).

### **Food Handlers Responsibility**

According to (WHO, 2015) asserts that those who handle Food play a critical part in preserving food safety along the whole supply chain for food production and storage. Pathogenic bacteria can come into contact with Food and, in some situations,

survive. It can lead to a variety of illnesses in the consumer. Hygiene standards should be addressed and handled by those who handle Food.

### **Personal Hygiene**

Maintaining personal cleanliness is essential for following food safety laws. The proper handling techniques must be used to guarantee a secure working environment. Many negative consequences of poor food hygiene include spreading foodborne infections and unnecessary compliance violations. By serving as a good role model and highlighting the need to adhere to a routine for food safety compliance, management may also raise awareness of the value of good personal hygiene recommendations. Remind staff members periodically about the need to maintain good personal hygiene and reassure them that failing to keep a disease or infection a secret will not lead to their dismissal. Provide personnel with the knowledge to practice good hygiene and care for their equipment. A company must have effective management and continuous training to run efficiently and safely (Dakota, 2015).

Persons handling food must always practice good personal hygiene. Several guests may become ill from the food that the Sisekelo Hostel staff prepares. This is why it creates such worry for the schools that run hostels, and it makes me even more anxious because, despite how crucial this is, it regularly gets ignored (North Devon Council, 2015).

## **Chapter 3**

### **METHODOLOGY**

This chapter covers the research design, the research participants, the Researcher's roles, the data source and research instrument, the data collection procedure, data analysis, and the study's trustworthiness, which encompasses the four criteria of credibility, confirmability, transferability, and dependability. The goal of this study was to listen to the voice of the home economics students and let them describe their own experiences from their perspective. The ethical consideration procedure also included all participants concerned about this study.

#### **Research Method**

According to (Creswell, 2013) Qualitative research is a method for discovering and comprehending the significance of individuals or groups associated with a social or human issue. In order to explore the difficulties and experiences of the participants, this study used a qualitative research methodology using a descriptive phenomenology approach. The participant's perspective is frequently used by qualitative approaches to address questions concerning experience, meaning, and perspective. Usually, these data need to be easier to measure or quantify (Del Lacey, 2015).

Specifically, to comprehend and characterize a phenomenon's fundamental nature, this study adopted a phenomenological approach (Bliss, 2016).

This study's main objective was to learn more about home economics students and the problems that arise from their real-world experiences. This phenomenological study had the advantage of analyzing the data inside and across participant circumstances. It was possible to determine whether the study outcomes



were worthwhile thanks to the reliable and trustworthy data obtained by phenomenological methodologies.

The study of phenomenology as it appears in human experience and how we perceive, comprehend, and interpret phenomena is known as phenomenology. Phenomenology thus investigates how people view the world. Examining a subjectively lived experience allows us to create new explanations and apologies that can alter our perception (Varpio, 2019).

This study design, known as descriptive phenomenology, is one of the most used strategies in qualitative research in the social and health sciences. Researchers bound the system by collecting comprehensive, in-depth data from several information sources. People may investigate the interactions between sequence phrases in phenomenological analysis (Iser, 1974).

The researcher can do both face-to-face and in-depth interviews with subjects. They can gain a deeper understanding of the participants' experiences by doing this and learning from them. In this research paradigm, the researcher gathers information regarding how things are encountered and how they make them feel. This paradigm recognizes that no objective reality exists, and that each person sees the world differently. The outcome is described from the viewpoint of the participant. Nevertheless, the researcher might come to a set of conclusions that can be used to identify key themes in the phenomenon under study (Lessie Hoover, 2021).

### **Research Participants**

According to (Creswell, 2013) said that as long as saturation is reached, the number of participants in this study was three to ten (3–10). The chosen home

economics students participated in Kolehiyo ng Pantukan, an event focused on sanitary food procedures. In this study, we used purposive sampling (Arikunto, 2010). Researchers employ selective or subjective sampling, a sort of non-probability sampling, to make decisions when selecting population members to take part in their surveys. This type of sampling is known as judgmental sampling. Purposive sampling is used because it better matches the sample to the goals and objectives of the research, increasing the study's rigor and the reliability of the data and findings (Campbell, 2020).

Moreover, the number of participants was supported by the idea of Creswell (2013), as cited by Guesttermen (2015), which suggested that three (3) to ten (10) participants are enough as long as saturation is reached. In this study, there will be five (5) participants. They interviewed through IDI and FGD.

In choosing the participants of this study, inclusion criteria will be used, such as they must be certified home economics students in Kolehiyo ng Pantukan. To know their experiences and challenges they encounter in food sanitation practices.

### **Role of the Researchers**

In this study, the Researcher had a multifaceted role. Before the in-depth interview, the researchers first undergo validation of the research questionnaire.

Furthermore, the researchers provided a letter of consent to the College President of Kolehiyo ng Pantukan to seek permission to conduct our interview.

Moreover, we were to provide a letter of intent to the assigned Program Head of the Bachelor of Technology in Livelihood Education major in Home- economics to

request selected home economics students undergo an interview and participate in our study.

In qualitative research, the researcher's objective is to learn about the thoughts and feelings of study participants. The researcher's primary responsibility during data collection is to keep participants and their information safe. Before the study may start, participants must be informed of the mechanisms for such Protection and the authority of a reputable research ethical review board (Sutton, 2015).

The Researcher conducted this study as responsible for the participant's well-being. Our participants' identities were kept confidential or anonymous, and the assurances must extend beyond protecting their names to avoid using self-identifying statements and information. We respect our selected participants' desire for privacy, and they were to decide whether we could use their identities in the study to credit their answers.

The translator made a great effort to guarantee that the written language was converted accurately and without basis.

The encoder correctly encodes the provided information into a document, making sure to encode precise data to avoid errors in our study.

The observers pay close attention to the participant's movement and feeling to assess the reality of his or her response or perspective.

The analyst was to pay attention to assessing the data we acquired and the responses of our selected participants on our topic.

The transcriber listened attentively to audio or video recordings and then converted them into written text without adding or deleting any of the messages on ideas.

### **Data Source and Instrument**

The study's subjects are the data source that may be used for research (Arikunto, 2010). Interviews, observations, and written records are the most typical qualitative data sources. Interviews, observation, and documentation are the three types of qualitative data sources that are most frequently used, according to (Patton, 2002).

Moreover, Focus Group Discussion (FGD) and In-depth Interview (IDI), both of which are useful for obtaining insights, are the most often used qualitative research methodology, according to (Compass, 2015). Also, responses from participants in face-to-face focus group discussions and in-depth interviews served as essential sources of available qualitative data. (Steber, 2017), defines an in-depth interview (IDI) as a qualitative study in which collecting observational data necessitates direct, one-on-one interaction with specific participants. Our main objective is to gather information from participants and comprehend their thoughts, beliefs, and experiences regarding a topic of interest. The Focus Group Discussion (FGD), a type of group interviewing that complements this, involves a moderator guiding a small group of people through a loosely structured discussion of a range of exciting topics (Misha, 2016).

Furthermore, all relevant sources for this study shall be gathered. In this study, all data about the experiences of home economics students will be acquired through documentation, interviews, research/guide questions, and audio recording. In this

study, we will ensure that their sources are founded on facts and that there is no prejudice or manipulation from the participants.

The researchers also used data triangulation methods. Using existing data for inspection and analysis is data triangulation's main strength. Data triangulation, by definition, examines an issue using several data sources rather than concluding a single study. Areas of convergence and divergence that may not have been seen or identified in the data from a single study will likely be found in the broader pool of relevant data. The fact that the data was compiled from numerous sources and data sets is a parallel strength. Utilizing triangulation, the information was probably gathered from a far more varied range of sources, and this diversity ensures a more thorough examination of the problem. This technique was used to convey the information coming from the participants (Creswell, 2015).

### **Data Collection Procedure**

Researchers followed the correct and precise procedures before concluding the research study; we asked a series of questions during the data collection process.

**It was seeking permission to conduct the study.** The researchers made a letter addressed to the college president through the Dean of the Bachelor of Secondary Education asking permission to conduct the study, and the research advisor noted it. Another letter was sent to the Program Head of the Bachelor of Technology in Livelihood Education major in home economics (BTLED- HE) for the approval to conduct the study regarding food sanitation from the lens of home economics students.

**Administration and Retrieval of the Questionnaire.** After approval, the researchers personally administered the questionnaire to the respondents via questionnaires through interview IDI, FGD, and observations, with specific instructions to ensure that all the items were answered. After they had finished answering, the researchers immediately retrieved the questionnaire.

**Checking, Collating, and Processing of Data.** The researchers personally checked, collated, and interpreted the result. The translator made a great effort to guarantee that the written language was converted accurately and without basis. The encoder properly encoded the provided information into a document, making sure to encode precise data to avoid errors in our study. The observers pay close attention to the participant's movement and feeling to assess the reality of his or her response or perspective. The analyst was to pay attention to assessing the data we acquired and the responses of our selected participants on our topic. The transcriber attentively listens to audio or video recordings and then converts them into written text without adding or deleting any of the messages or ideas.

### **Data Analysis Procedure**

Data analysis was done following the data collection. This is where the in-depth interview's collected data were all carefully examined, examined, summarized, transcribed, and synthesized. The following steps in the data analysis are suggested by (Creswell, 2007). Data organization and preparation come first. Second, the information is carefully read. Third, the Researcher performs a thematic analysis to find themes, such as fascinating or significant patterns in the data. This entails classifying linked data segments into subcategories. The Researcher then creates a description

of the scene or participants and extract's themes from the coding. Fifth, the data are presented in the research report by the Researcher. The Researcher then assesses the data's broader significance.

**Prepare data.** The researchers first prepared and organized the data. In this step, the researchers translated, categorized, and organized the data into several types based on the information's sources.

**Analyze data.** The Researcher thoroughly read the data. They considered the overall significance of the participants' responses. To extract the participants' ideas, the researchers painstakingly reread the data.

**Report results.** The researchers did a thematic analysis. The data were coded during this step. Critical responses were called out and emphasized. After coding, the researchers developed central concepts and grouped them according to common themes. The researchers then present the themes and accompanying fundamental ideas in a tabular format.

**Interpret the results.** The researchers interpreted and clarified the data's overall meaning, using relevant sources to support each topic.

### **Validity and Reliability**

Any study must demonstrate validity and reliability to guarantee that it will offer crucial information to all scholars. Instead, "trustworthiness" is employed, encompassing both (Golafshani, 2003). Ensuring the reliability and correctness of the information provided by the participants during the data collection, we will follow Lincoln and Guba's (1985) recommendation and confirm it.

**The trustworthiness.** of a research study is essential to value its worth, which involves establishing credibility, transferability, dependability, and confirmability (Lincoln, 2005).

**Credibility.** in a research study, credibility is an evaluation of the research findings that represent a "credible" conceptual interpretation of the data raw from the participants' original data. There are a series of techniques that can be used to establish credibility. Prolonged engagement and iterative questioning, and member checking were adopted in this study (Lincoln & Guba,1985) as cited by (Shenton, 2005).

Long-lasting interest was shown in the study. Spending enough time in the field to learn about or comprehend the culture, social environment, or phenomenon of interest is what (Cohen, 2006). Define as prolonged involvement. The researcher spent enough time studying different features of the environment, conversing with various people, and building rapport with the participants. Iterated questioning will be utilized in this study to address the issue of believability. A procedure of inquiry in which the researcher revisits a subject that had previously been brought up by an informant and obtained pertinent information through rephrased questions, according to (Lincoln,1985), as quoted by (Shenton, 2005). Falsehood will be recognized and eliminated in this way. The Researcher asked the same questions repeatedly during the in-depth interview. This is to ensure the consistency of participants' responses.

Moreover, member checking will be employed by researchers. According to (Lincoln,1985), as cited by (Shenton, 2005). The most critical provision can be made to bolster the study's credibility. Checking the data's accuracy may occur on the spot,



in the course, or at the end of the conversation. Also, the participants were allowed to read the transcripts, the dialogues, the interpretation, and the conclusion. In this manner, the participants can clarify their intentions and correct some misunderstood statements.

**Transferability.** The extent to which the results of this investigation can be applied or transferred outside the parameters of the project, as stated by (Lincoln and Guba, 1985) as referenced by (Shenton, 2005). Shenton also contends that to ensure transferability, the researcher must provide a thorough description of the methodology and phenomenon to enable other researchers to assess whether the environment is comparable to that of other regions and whether the findings hold true in other regions contexts. We went into great length about our research's assumptions and context. To ensure that anyone transferring the findings of this study to another environment will be held accountable for doing so, we will ensure that the data is thick and rich in descriptions. To ensure the transferability of our study, we will provide a detailed and thick description of the method and phenomenon to convey the actual situations under investigation.

**Dependability.** in qualitative research refers to an inquiry that provides another researcher or audience with the evidence that if the study is replicated with similar participants and settings, it will result in similar findings. (Shenton, 2005) asserts that meeting the dependability criterion is difficult in qualitative work, although researchers should at least strive to enable a future investigator to repeat the study.

To ensure the dependability of our study, we will have a detailed account of the research processes. This would allow other future researchers to repeat the same study, if not necessarily to gain the same results.

**Confirmability.** is the extent to which the conclusions result from the investigation's emphasis rather than the researcher's bias, motivation, and interest. Confirmability evaluates how effectively the information gathered backs up the investigation's conclusions. An extensive methodological description and audit trail are also essential for confirmability (Lincoln, 1985, as cited by Shenton, 2005). Confirmability will show that participants influenced the findings more than qualitative researchers did. We will not offer our opinions, theories, or conclusions to prevent data misrepresentation. Bracketing was one of our approaches because we decided not to include our biases. To ensure that the study results are not skewed and chauvinistic, we will also use triangulation and debriefing.

An in-depth methodological description allows the reader to know how far the data and the constructs that emerge from it may be accepted. On the other hand, an audit trail allows any observer to trace the course of the study through the decisions made and procedures described (Lincoln & Guba, 1985) as cited by (Shenton, 2005).

To address the confirmability or suitability of our study, we will keep the audio-taped interviews, our flexibility journal or diary, transcripts, and note-taking.

### **Ethical Consideration**

The main concerns of this study are the Home Economics students in Kolehiyong Pantukan. Therefore, their safety and complete Protection were ensured. This is to

preserve the trust they gave. Thus, the researchers followed ethical standards in conducting this.

The first principle is voluntary participation. This means that all research subjects can participate without pressure or coercion. (Thomson, 2016). The study's participants are allowed to end their participation at any time. The decision of our participants must be respected because they are the ones that advance the research and must engage voluntarily. As researchers, we must also reassure individuals that their refusal to cooperate has no adverse consequences.

The second principle is privacy and confidentiality, which entails the researcher's obligation to ensure that any use of information obtained from or shared by human subjects respects the dignity and autonomy of the participants and does not violate the interests of individuals (Bos, 2020). We, the researchers, ensured to make our participants unknown to others. Their names and identities were hidden in public. We also ensured that the statements they gave in the interviews that we conducted were kept private.

The third principle is informed consent. Participants were thoroughly informed of what was expected of them, how the data was used, and what possible outcomes there might be. To engage in the research, individuals must give clear, active, and signed consent and acknowledge their rights to access their information. Obtaining informed permission can be viewed as a contract between the researcher and the subjects (Denzin, 2011). We gave the study's participants a consent form to sign before we started the investigation. The researchers told the aim participants that they had

been interviewed. As a result, people are informed about the study's purpose and can choose if they want to participate.

The fourth principle, the principle of beneficence, refers to making efforts to secure the well-being of research participants. Involvement in research can lead to friendships with the researchers or other participants, knowledge or education, the chance to contribute to society or win others' respect, or any other rewards (Creswell, 2007). In order to protect participant replies from disclosure and maintain their anonymity, we used coding in this study, especially IDI and FGD. We also ensured that the research participants benefited from and enjoyed a pleasant outcome.

The last principle is plagiarism, which refers to the illegal use of, or exact imitation of, the words or ideas of another author with the intent to pass them off as one's original work (Bouville, 2008). We were assured that we had avoided wrongdoing, such as plagiarism. We avoided copying other works and ensured that the information in the study was credited to the rightful owner.

In summary, this endeavor followed the universally accepted standard in conducting the study. All the needed requirements were realized. Starting from research design up to ethical considerations are well planned and organized by the researcher

## CHAPTER 4

### RESULTS

This chapter presents the study's findings about Food sanitation from the lens of home economics students. It compasses the response of the participants together with its translation. It also presents the themes and core ideas derived from the participants' responses.

The questions were responded enthusiastically by the participants. After gathering all the answers, the researcher transcribed and translated the data carefully. Based on the responses, table 1 presents the major themes and core ideas that emerged from the analysis of transcripts.

#### **Challenges Faced by Home Economics Students on Food**

Upon careful analysis of the participants' responses regarding the Challenges faced by home economics students, the researchers extracted our (4) themes. The following themes emerged under the first question: 1) Inadequacy of know-how, 2) Inadequate tools and supplies, 3) Poor sanitation and Hygiene 4) Risk of food poisoning.

Table 1 presents the major themes and core ideas that emerged from the analysis of transcripts.

**Table 1**  
**Major Themes and Core Ideas on Challenges Faced by Home Economics**  
**Students on Food Sanitation.**

<b>Major Themes</b>	<b>Core Ideas</b>
<b>Inadequacy of know-how</b>	<ul style="list-style-type: none"> <li>● lack of knowledge or awareness on proper food sanitation</li> <li>● lack of proper guidelines or rules to follow</li> <li>● Ignorance of good hygiene and cleanliness</li> <li>● lack of preventive controls in processing</li> </ul>
<b>Inadequacy of tools and supplies</b>	<ul style="list-style-type: none"> <li>● lack of resources like clean water</li> <li>● dearth of materials for cleaning of food</li> <li>● inadequate storage</li> <li>● Wrong use of chemicals</li> </ul>
<b>Poor sanitation and hygiene</b>	<ul style="list-style-type: none"> <li>● contaminated raw materials</li> <li>● Improper food storage</li> <li>● unclean materials; dirty equipment</li> <li>● Food contamination</li> <li>● Unsafe food preparation</li> </ul>
<b>Risk of food poisoning</b>	<ul style="list-style-type: none"> <li>● Cross-contamination of food</li> </ul>

	<ul style="list-style-type: none"><li>• Food spoilage</li><li>• Food-borne diseases</li></ul>
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### **Inadequacy of know-how**

Home economics students are experiencing these challenges because they need to learn the correct food sanitation process. The students still need to gain knowledge and awareness of proper food sanitation. The importance of food sanitation has yet to be in their mind.

IDI 3 shared her experience

*"Ang challenges judt na akong na agian na isip usa ka estudyante sa home economics in terms aning food sanitation is kulang gyud kog knowledge ogawareness aning food sanitation mao ng maka encounter gyud kog challenges kay kulang kos kahibalo , peru kani na mga challenges man good is makatabang ni sa atoa para mas mo lambo og mas mohanas pa atong skills og ma sure gyud nato ang tama na buhaton para sa atong ka ayohan"*

(My challenge as a home economics student regarding food sanitation is more knowledge and awareness. This challenge will develop our health literacy skills and ensure us in making the best decisions for our health.)

IDI-04 also shared that:

*"Para sa akoo no ang challenges sa food sanitation practices is ka nang kakulangan sa*

*materials para gamit sa pag hinlo,tapos improper storing of food, lack of proper guidelines og rules implementation na kailangan nato e follow."*

(The challenges in food sanitation practices are the lack of materials used for cleaning and cooking and the improper storing of food. Also, we need proper guidelines and implementation rules for us to follow.)

IDI-02 also mentioned that:

*"Maong nay challenges ang food sanitation tungod wala kani na practice nato ang tama ng proseso sa food sanitation og Ignorante ta sa good hygiene og cleanliness parihang mga pagkaon na ready na kaunon diba usahay diritsoon ra nato nag kaon bisag wala pay hugas kay pwedi lagi dayun nato makaon pero wala ta nag huna-huna na possibling makadaot kini sa atoa . sa food sanitation man good kinahanglan judt ang hinlo o safety na tubig para sa pag sanitize sa mga pagkaon or mga utensils na atong gamiton, diba usahay mawal an man tag tubig tungod kay brown out niya importante man ka'au ng tubig ining mag luto ta mao ng isa sa dsako na problema maong dili ma apply ang proper food sanitation."*

(The challenge in food sanitation is that the individual will not practice it. They need to do proper sanitation and pay attention to good hygiene and cleanliness of food, especially those that are ready to eat and do not need much processing. Food sanitation needs clean water to sanitize it successfully. There are times when water is unavailable, which could be a big



challenge that is one of the big problems or reasons food sanitation cannot be applied appropriately.)

IDI-05 confirmed that:

*"Tungod sa atong lack of knowledge ma face gyud nato ni na mga challenges like sa imong gi ingun ganiha poor sanitation, illness, contaminated raw foods, improper storage , chemical misuse, dirty equipment, inadequate food preparations."*

(Because of our lack of knowledge, we can face these challenges like what you said, poor sanitation, illness, contaminated raw foods, improper storage, chemical misuse, dirty equipment, and inadequate food preparation.)

### **Inadequacy of tools and supplies**

Home economics students commonly face these challenges because there must be more resources like clean water and lack of materials or equipment to apply food sanitation.

IDI-01 stated that:

*"Daghan kaayong challenges ang food sanitation parihang anang poor sanitation , mali na paggamit sa mga chemicals, lack of preventive controls in processing , contaminated raw materials og improper storage . Na encounter nako ni na challenges sa food sanitation tungod sa akong kakulangan pg kahibalo about sa food sanitation."*

(There are a lot of challenges in food sanitation practices, like poor hygiene, misuse of chemicals, lack of preventive controls in

processing, contaminated raw materials, and proper storage. I encounter some challenges in food sanitation due to my lack of knowledge.)

IDI-05 added that:

*"Ang potensyal na panganib sa pagkain ay sanhi ng iba't ibang bagay tulad ng hindi magandang gawi sa agrikultura, poor hygiene sa food chain, kakulangan ng mga kontrol sa kung paano pinapatakbo ang mga operasyon at kung paano inihahanda ang pagkain, maling paggamit ng kemikal, maruming sangkap at tubig, raw materials , as well inadequate or improper storage."*

(Potential food hazards are caused by a variety of things, such as poor agricultural practices, poor hygiene throughout the food chain, a lack of controls over how operations are run and how food is prepared, chemical misuse, tainted ingredients, water, and raw materials, as well as inadequate or improper storage.)

IDI-03 also mentioned that:

*"Since kulang pata sa knowledge aning sanitation ang ma encounter gyud nato kay lack of preventive controls in processing food, improper storage, poor hygiene and poor sanitation."*

(Since we need to gain knowledge of sanitation, we encounter a lack of preventive controls in

processing food, improper storage, poor hygiene, and poor sanitation.)

### **Poor sanitation and hygiene**

Home economics students commonly need better sanitation and hygiene; improper food storage can lead to several problems, including bacteria and mold growth, food spoilage through natural decay, and food waste.

IDI-01 stated that:

*"Para sa ako ano ang possible na consequences jud kay maka cause gyud siyag cross contamination, og hinungdan sa mga sakit na makuha nato gikan sa pagkaon. Kapag hina ka sa kahibalo sa food sanitation naay posibilidad na maka kuha gyud og sakit ang mukaon ato kasagaran gyud sakit na makuha is food poisoning."*

(The possible consequences are that it can cross contamination and potentially cause foodborne disease outbreaks. Poor food hygiene will lead to those consuming the food becoming severely ill, most likely with food poisoning.)

IDI-02 added that:

*"Ang possible na consequences ani no makahatag gyud kini og sakit kanang lala na sakit tungod sa mga bacteria or virus na nakuha nato sa pagkaon. Maong para ma layo ta ani dapat maghugas tag kamot, mang hinlo ta sa atong palibot kay lain sad kaau hugaw kaau atung palibot samot na sa atong dirty kitchen dapat limpyo dapat judt maging responsable ta e practice natong proper hygiene og sanitation."*

(It could lead us to get sick or have chronic diseases due to the different bacteria or viruses we get in food. To avoid this we need to wash our hands daily, clean our surroundings, maintain cleanliness, and be responsible enough to do proper hygiene and sanitation.)

IDI-04 confirmed that:

*"There are possible consequences gyud kung ang sanitasyon sa pagkaon dili magamit sa husto sa pag andam sa pagkaon sama sa dali nga sakit sa foodborne nga mahimong hinungdan sa daghang mga sintomas. Tapos importante nga unahon ang food sanitation sa mga aspeto sa pag-andam sa pagkaon para protektahan ang pang lawas."*

(There are possible consequences if food sanitation is not applied correctly when preparing food, such as being highly prone to foodborne illness, which can cause many symptoms. It is important to prioritize food sanitation in all aspects of food preparation to protect our health.)

### **Risk of food poisoning**

Home economics students commonly face the Risk of foodborne illness because some students are not following recommended food safety and hygiene behaviors, that are increasing their Risk of food sanitation, such as the high risk of food poison caused by cross-contamination where food can become contaminated at any

point in the food handling process, from production and processing and serving. To mitigate the Risk of food poisoning, it must follow strict food safety and sanitation practices.

IDI- 01 stated that:

*"Para sa ako ano ang possible na consequences jud kay maka cause gyud siyag cross contamination, og hinungdan sa mga sakit na makuha nato gikan sa pagkaon. Kapag hena ka sa kahibalo sa food sanitation naay posibilidad na maka kuha gyud og sakit ang mukaon ato kasagaran gyud sakit na makuha is food poisoning."*

(The possible consequences would be that it can cross contamination and potentially can cause foodborne disease outbreaks. Poor food hygiene will make those who eat the food sick, probably from food poisoning.)

IDI-03 added that:

*"Ang mga posibleng kahihinatnan kung hindi mo mailapat ang food sanitation sa paghahanda ng pagkain ay posibleng mabilis na masira ang pagkain at magdulot ito ng sakit sa pagkain."*

(The possible consequences if you cannot apply food sanitation in preparing food is possible that the food spoils quickly and causes food illness.)

IDI-04 also added that:

*"There are possible consequences gyud kung ang sanitasyon sa pagkaon dili magamit sa husto sa pag andam sa pagkaon sama sa dali nga sakit sa foodborne nga mahimong*

*hinungdan sa daghang mga sintomas. Tapos importante nga unahon ang food sanitation sa mga aspeto sa pag-andam sa pagkaon para protektahan atung pang lawas."*

(There are possible consequences if food sanitation is not applied correctly when preparing food, such as being highly prone to foodborne illness, which can cause many symptoms. It is important to prioritize food sanitation in all aspects of food preparation to protect our health.)

IDI-05 confirmed that:

*"Ang consequences sa poor hygiene ay maaring malubhang makaapekto sa kalusugan ng mga kumakain nito , lalo na sa food poisoning . Ang hindi ligtas na pagkain na naglalaman ng mga nakakapinsala ng bakterya , mga virus, o mga kemikal na sangkap ay maaring magdulot ng mga sakit, like diarrhea to cancers .It also creates a kanang vicious cycle of disease og malnutrition."*

(The consequences of poor food hygiene can seriously affect the health of those who eat it, including severe food poisoning. Cancer and diarrhea can be brought on by eating unsafe food that contains dangerous germs, viruses, parasites, or chemicals. Malnutrition and disease develop in a vicious cycle as a result.

## How Participants Cope with the Challenges in Food Sanitation

After carefully analyzing the participants' responses regarding coping with their challenges in food sanitation, the researcher extracted four themes. The following themes emerged after a thorough data analysis: 1) Keeping areas, equipment, and utensils clean; 2) Observing good personal hygiene; 3) Implementing food hygiene standards; 4) Taking the initiative to learn.

Table 2 presents the major themes and core ideas that emerged from the analysis of transcripts.

**Table 2**

**Major Themes and Core Ideas on How Participants Cope  
 With the Challenges in Food Sanitation**

Major Themes	Core Ideas
<b>Keeping area, equipment, and utensils clean</b>	<ul style="list-style-type: none"> <li>• Maintaining cleanliness in the work area</li> <li>• Making sure surrounding is clean</li> <li>• Keeping utensils clean before and after cooking</li> <li>• Sanitizing kitchen utensils and all equipment used</li> <li>• Cleaning food contact surfaces</li> <li>• Use clean utensils, plates or containers for foods eaten raw</li> </ul>
<b>Observing good personal hygiene</b>	<ul style="list-style-type: none"> <li>• Keeping self-clean</li> <li>• Washing hands before handling food</li> <li>• Regular thorough handwashing</li> <li>• Wearing clean clothes or apron</li> <li>• Wear hairnets, apron when cooking</li> <li>• Wearing personal protective equipment</li> <li>• Use clean equipment rather than hands to pick up food.</li> </ul>

<b>Implementing food hygiene standards</b>	<ul style="list-style-type: none"><li>• segregating raw materials and finished products</li><li>• Being mindful of food safety procedures</li><li>• Wash fruit and vegetables properly</li><li>• Cook food thoroughly; at the right temperature</li><li>• Using separate cutting boards</li><li>• Separate raw and cooked food</li><li>• Use safe, clean water</li><li>• Keeping food away from potential contaminants</li></ul>
<b>Taking initiatives learn</b>	<ul style="list-style-type: none"><li>• Watch videos on proper food sanitation</li><li>• Doing research on how to handle food properly.</li><li>• Being conscientious and responsible</li></ul>

### Keeping area, equipment, and utensils clean

The Home economics students must keep their area, equipment, and utensils clean by sanitizing kitchen utensils and all equipment they use to help them be safe from bacteria.

IDI-01 stated that:

*"Na kaya nako ni na challenges pinaagi sa kuan akong gi maintain ang kalimyo jud tapos gina sanitize na nako tanan mga gamit na akung gi gamit sa pagluluto para ma iwasan nako ang possibling contamination sa pagkaon mao na akung gi buhat. "*

(I cope with the challenges in food sanitation by maintaining cleanliness and sanitizing all the equipment as I prepare food to prevent food contamination.)



IDI-05 also shared that:

*"Ang una nimo buhaton is need gyud ka mag observe sa imung palibot og hinlo bani, tapos e check ang tubig kung mo gana ba kay importnate kaau ang water baya during preparation , kung naka drain ba ang sa lababo kay isa na sa prone sa bacteria,After that is to plan everything which is helpful for food sanitation."*

(First, you must observe what needs to be done, such as if the water is working and the sink is being drained. After that, assess and plan everything helpful for food sanitation.)

IDI-03 added that:

*"Bilang isang estudyante sa Home Economics nakayanan ko ang hamon na iyon sa pamamagitan ng pagkilos ng tama like I make it sure talaga na hindi na cocontaminate ang food at hinuhugasan ko talaga ng maayos ang mga utensils sa kusina at lalo na aking kamay ginagawa ko ito para sa safety ng aking pamilya".*

(As a home economics student, I cope with the challenge of food sanitation practices. I do the right thing for my safety and my family, like ensuring the food is not contaminated and washing the kitchen utensils properly, especially my hands.)

IDI-04 confirmed that:

*"Na overcome nako ni na challenges by observing and researching sa kung unsay mga*

*dapat buhaton para ma apply ang proper sanitation , gina train sad nako akong kaugalingon sa paggamit sa husto nga sanitation sa pagkaon sama sa pag limpyo sa tanan gamit na akong nagamit, pag maintain sa kalimpyo sa lugar ,proper storing of food , proper personal hygiene sad nako tungod ani akung knowledge sa proper sanitation mas na dungagan."*

(I overcame these challenges by observing and researching the right things to do. I trained myself to apply proper food Sanitation, sanitizing all the equipment that I used, maintaining the cleanliness of the area, properly storing food, and appropriate personal hygiene. Because of this, my knowledge of proper Sanitation has expanded.)

### **Observing good personal hygiene**

The students observe good personal hygiene by keeping themselves clean and wearing personal protective equipment to reduce exposure to risks that lead to severe workplace illnesses and injuries.

IDI-01 stated that:

*"Para ma manage ang possibling mahitabo sa poor food practices pinaagi sa pag huigas sa akong kamot og sa mga pagkaon na need hugasan syempre nag gamit sad kog limpyo na mga utensils og nag gamit sad kog lainlain na mga cloths for cleaning the equipment para maka avoid sa contamination."*

(I manage to lessen the impact of poor food practices by washing my hands and the food. I use clean utensils and separate clothes for cleaning the equipment to avoid cross-contamination.)

IDI-02 Also shared that:

*"Para sa akosa na ma manage man nato or ma iwasan ang food contamination through several operations like segregate ang raw materials og ang finished product, hugasan ang mga ginamit before and after natong gamiton, mang hugas gyud og kamot permi bago mag handle sa food."*

(The contamination of foods can be prevented through several operations, including segregating raw materials and finished products, properly cleaning equipment and utensils before and after use, and regular handwashing.)

FGD- 01 Also mentioned that:

*"To manage to lessen the impact of poor sanitation no is, first need nato siguradohon na limpyo ta especially atong hands , syempre mag handle man ta og food dapat limpyo sad ta kay naay posibilidad na ang bacteria na naa sa atoa ma transfer sa food."*

(To lessen the impact of poor sanitation and rest, we must ensure that we are clean, especially our hands. Of course, if we handle the food, we must be clean because there is a possibility that the

bacteria that is on us will be transferred to the food.)

IDI-04 shared that:

*"Upang maiwasan ang poor sanitation is dapat mag gamit tag hinlo na mga utensils , plato, para ma prevent pag contaminate sa food or food that will be eaten raw, nag gamit sad kog hinlo na mga equipments kaysa kamot kamot un kay possibling maka spread og bacteria gikan sa imong kamot , magsoot og hinlo tapos mag apron , hugasan ang mga fruits, gulay or mga laing food na need hugasan , mao ni akung gi buhat para ma avoid ang poor hygiene ."*

(To lessen the poor food sanitation, to avoid contaminating either cooked food or food that will be consumed raw, I use clean utensils, plates, or containers; I pick up food with clean utensils rather than my hands; I wear clean clothes or an apron; and I wash fruit and vegetables intended for raw consumption under running water. That is what I did to avoid poor hygiene.)

FGD-03 also shared that:

*"Dapat pudt magsuot og hairnets, apron og dapat tanan mga gamit sa kitchen naka sanitize judt dapat tanan samot natong natong equipment na ginagamit gyud nako sa pag luto."*

(We should also wear hairnets, aprons, and all kitchen utensils should be sanitized, especially the equipment we use to cook.)

IDI-03 Also said that:

*"Nagagawa kong bawasan ang epekto ng hindi magandang gawi sa pagkain sa pamamagitan ng paggawa ng mga wastong paraan sa paghuhugas ng kamay at panatilihing malinis ang mga kagamitan. Para maiwasan ito maging maingat sa mga hakbang sa kaligtasan ng pagkain na nagiging sanhi ng pagkalason sa pagkain at magsout din ng mga personal na kagamitan na proteksyon upang mabawasan sa mga panganib na resulta ng pagkasakit."*

(I lessen the impact of food practices by adequately washing and keeping the utensils clean. To prevent disease, be more mindful of the steps to food safety that cause food poisoning spread around the kitchen, and also wear personal protective equipment to minimize exposure to hazards resulting from illnesses.)

### **Implementing food hygiene standard**

IDI-05 Stated that:

*"Nagagawa kong bawasan ang hindi magandang gawi sa pagkain sa pamamagitan ng pananatiling malinis ang lahat, ihiwalay ang hilaw at luto, I make it sure i cook thoroughly the food at panatilihin ang pagkain ay nasa ligtas na temperatura ,Also gumamit ng malinis ng pagkain sa pag hugas ng mga foods at equipment."*

(I manage to lessen the poor food practices by Keeping everything clean. Separate raw and cooked, I cook the food thoroughly and

Keep food at a safe temperature. Also, use safe water to wash the food and equipment.)

IDI-04 Also Stated that:

*"My preparation for proper food sanitation is gina sunod nako tong four steps sa food safety which is Clean, Separate, Cook and Chill. Tapos kung mag My preparation in proper food sanitation by following the four steps of food safety which is Clean, separate, cook, and chill. Additionally, when I prepare food I make sure to wear the proper PPE and make everything organized. Through this, I can perform proper food sanitation."*

(My preparation in proper food sanitation by following the four steps of food safety, which are Clean, separate, cook, and chill. Additionally, when I prepare, I make sure to wear the proper PPE and organize everything. Through this, I can perform proper food sanitation.)

FDG-04 Mentioned that:

*"My preparation is just following the four steps of food safety: Clean, Separate, Cook, and Chill. This is my preparation for proper food sanitation."*

FDG- 02 Also mentioned that:

*" Para sako no akong preparation is gi sunod lang nako tong four step sa food safety which is clen, separate, cook, and chill mao ni akong preparation sa proper food sanitation."*

(Aside from personal hygiene, we need to separate raw food from cooked food and ensure that our equipment is clean.)

ID-03 Added that:

*"Nagagawa kong bawasan ang epekto ng hindi magandang gawi sa pagkain sa pamamagitan ng paggawa ng mga wastong paraan sa paghuhugas ng kamay at panatilihing malinis ang mga kagamitan. Para maiwasan ito maging maingat sa mga hakbang sa kaligtasan ng pagkain na nagiging sanhi ng pagkalason sa pagkain at magsout din ng mga personal na kagamitan na proteksyon upang maiwasan sa mga panganib na resulta ng pagkasakit."*

(I lessen the impact of food practices by adequately washing and keeping the utensils clean. To prevent disease, be more mindful of the steps to food safety that cause food poisoning to spread around the kitchen, and also wear personal protective equipment to minimize exposure to hazards resulting from illnesses.)

### **Taking the initiative to learn**

The participants stated that they took the initiative to learn by watching movies on proper food sanitation and researching the internet.

IDI -02 stated that:

*"Gi kaya nako siya through observation sa mga naay knowledge about anang unsay proper na buhaton inig mag sanitize og mag prepare og food tapos naga tan aw sad kog video sa YouTube about aning tama na buhaton sa food"*

*sanitation kay para mas mo enhances pa akung knowledge og awareness sa proper food sanitation."*

(I cope with the challenges in food sanitation through observation, research, and watching videos about the proper etiquette of food sanitation because that enhances my knowledge and awareness of appropriate food sanitation.)

IDI -01 Added that:

*"Ang akong preparations para sa proper food sanitation kay parihas anang mang hugas kog kamot before ko mag gunit sa pagkaon na akong luto-on, gina sigurado sad nako na limpyo gyud akong kitchen og naka tago gyud og tarung ang pagkaon para dili siya masagol sa wala pay luto na mga pagkaon kay maka cause man siyag contamination good. Tapos kuan sad naga research sad ko kung unsay dapat buhaton tapos kung unsa akong na sabtan gina apply nako during food preparation."*

(My preparations for proper food sanitation are washing hands before preparing or handling food and keeping the kitchen clean. I store my food carefully, and I assure to avoid contact between raw and cooked food. Also, must have to do some research and apply what I have learned.)

IDI -03 Also added that:

*"Para sako no through this it teaches me kung paano maging responsable sa paghahanda ng*



*pagkain sa pamamagitan ng paggamit ng sanitizing cooking tools o mga kagamitan sa kusina . Nagiging mapagmasid din ako sa mga cooking safety safe para ma sure natin na ligtas talaga ang kinakain natin."*

(It teaches students how to be responsible in food preparation by sanitizing cooking tools or kitchen utensils. We also become observant of cooking safety tips to ensure we are safe.)

### **Insights that Home Economics students can share regarding food sanitation**

Upon careful analysis of the participant's responses regarding the Insight that they can share regarding food sanitation, The researcher extracted (3) themes. The following themes emerged under the first question: 1) Food sanitation ensures food safety integrity, 2) Food sanitation is a necessary tool of the trade 3) Food sanitation is a conscious effort.

Table 3 presents the major themes and core ideas that emerged from the analysis of the transcripts.

**Table 3**

#### **Major Themes and Core Ideas on Insights that HE Students Can Share Regarding Food Sanitation**

<b>Major Themes</b>	<b>Core Ideas</b>
<b>Food sanitation ensures food integrity.</b>	<ul style="list-style-type: none"><li>• Implement proper food sanitation to avoid food contamination</li><li>• With proper food safety mgt &amp; control, foodborne diseases can be avoided</li></ul>

	<ul style="list-style-type: none"> <li>• Know what could endanger food integrity and stability</li> <li>• Proper food sanitation can prevent the spread of diseases &amp; poisoning</li> <li>• Cross-contamination can be avoided w/ proper hygiene &amp; sanitation</li> </ul>
<p><b>Food sanitation is a necessary tool of the trade.</b></p>	<ul style="list-style-type: none"> <li>• Need to be knowledgeable and aware</li> <li>• A deeper understanding of nutrition is valued in HE</li> <li>• HE students need to have sufficient knowledge on food sanitation</li> <li>• Be adequately knowledgeable on food sanitation</li> <li>• Proper food sanitation knowledge is important for HE students</li> </ul>
<p><b>Food sanitation is a conscious effort.</b></p>	<ul style="list-style-type: none"> <li>• Need to sanitize cooking equipment before &amp; after use</li> <li>• Adhere to proper food safety protocols</li> <li>• A clean work environment is a must</li> <li>• Knowledge is not enough; it should be applied conscientiously</li> <li>• It is good to be keen and observant when cooking</li> </ul>

**Food sanitation ensures food integrity.**

The BTLED-HE students must follow food sanitation, ensuring food integrity, including proper food safety control and food-borne diseases that can be avoided. Cleaning and sanitizing must be implemented with instructions on their safe use and storage.

IDI -02 shared that:

*"My insight na ma share nako is ang knowledge na nakuha nako gikan sa akung experience. Para sako no ang proper food safety og kaning food hygiene practices dili nato ni ma prevent ang food sa contamination kung dili nato e apply ang proper sanitation naay possibilities na maka*

*encounter tag challenges sa food sanitation na maka cause of food borne illness, poisoning og uban pang mga sakit. Maong akong advice sa akong fellow students in home economics we need to be knowledgeable og dapat naa tay awareness in food sanitation. "*

(The insight I can share is the knowledge I can get from my experience. For me, proper food safety and food hygiene practices prevent contamination. If we cannot apply appropriate sanitation, we can encounter some challenges in food Sanitation that can cause foodborne illness, poisoning, and other diseases. So, my advice to my fellow students in home economics is that we need to be knowledgeable and aware of food Sanitation.)

IDI -02 Also shared that:

*"Para sa akin ang aking karanasan sa industriya ng pagkain ay na obserbahan ko ang isa sa mga pangunahing hamon sa kalinisan ng pagkain ay ang hindi pagsunod sa tamang mga protocol sa kaligtasan ng pagkain."*

(From my experience in the food industry, I observe that one of the main challenges in food

sanitation is adhering to proper food safety protocols.)

IDI -04 also mentioned that:

*" Kuan ang pagkontrol sa safety ng pagkain ay nangangailangan ng kaalaman tungkol sa kung ano ang maaaring maka panganib sa integridad at katatagan nito sa ang kaligtasan ng pagkain ay negatibong naapektuhan ng mga kontaminasyon sa kahabaan ng food supply. Ang mga kontaminasyon ito ay maaaring sanhi ng mga biyolohikal , kemikal , pisikal at radiological na mga panganib na maaaring makaapekto sa lahat ng mahahalagang bahagi ng operasyon, Kung walang wastong pamamahala at kontrol sa kaligtasan ng pagkain maaaring mangyari ang mga isyu tulad ng mga sakit na dala ng pagkain at mga pinsalang related sa food."*

(Understanding what could compromise the integrity and stability of food is necessary for controlling its safety. Contaminants in your food supply chain hurt food safety. The biological, chemical, physical, and radiological risks that can impact all crucial points of your business can result in these contaminants. Foodborne illnesses and injuries related to food can only develop with effective management and control of food safety.)

IDI-03 Also added that:

*" Ang aking insight na maibabahagi ko tungkol sa aking experience ay aking napagtanto na importante talaga ang pag practice ng proper food sanitation para maiwasan ang bacteria na maaaring makapag dulot sa atin ng sakit . Ano*

*narin kung paano mag sanitize ng equipment pagkatapos gamitin ito."*

(The Insight I can share about my experience is that it is essential to practice food sanitation and how to avoid bacteria that might prevent disease. As well as on how to sanitize the equipment after using or preparing food.)

IDI- 01 Also mentioned that:

*"Ang experience na akong ma share kay katung sauna good nag luto ko og pagkaon tapos ang nakakaon pa gyud ato kay nag sakit iyang tiyan so kay akuang niluto raman iyang gikaon ako ilang gi blame kay ako may nag luto sa pagkaon. Human ato naka realize ko na naa diay koy mali na nabuhat sad like tapulan kaayo ko mag hugas sa mga utensils na akong gi gamit kay ang utensils man na ginagamit nako kay way hugas mao to naka realized ko na ang pagluluto diay og pagkaon dapat limpyo gyud atong gamiton og dapat safety para maka avoid ta sa possobling mahitabo parihas atong nahitabo sa akoo before."*

(The experience I can share is that I cooked food, and then the person who ate it had a stomachache, and then they blamed me because I was the one who cooked. I realized that I had done something wrong. I was too lazy to wash the utensils. Since then, I realized that cooking must be clean and safe to avoid diseases like my experience.)

### **Food sanitation is a necessary tool of the trade.**

The students need to be aware of the necessary tools of the trade. They must need to have sufficient knowledge of food sanitation to control hazards and, at the same time, ensure food safety in any food services preparation area.

IDI- 02 shared that:

*"Ang akong experience sa food sanitation ang worst gyud na akong na encounter is kaning kakulangan nakog kahibalo sa proper handling sa food og kaning pag hipos sa mga pagkaon sa dapat na butanganan , kay ako man good mag pataka ralog butang maong ma daot ang ubang pagkaon, Tungod ato na experience naka tabang sakoa na mahibal an nako ang ka importante sa food sanitation og nakatabang kini sa pag develop o mas lawom nga pagsabot sa nutrisyon."*

(In my experience with food sanitation, the worst thing I have encountered is a need for proper food handling and storage practices. It has taught me the importance of food sanitation. It helps me develop a deeper understanding of nutrition.)

IDI- 03 Added that:

*"Para sako no through this experience it teaches me kung paano maging responsable sa paghahanda ng pagkain sa pamamagitan ng paggamit ng sanitizing cooking tools o mga kagamitan sa kusina . Nagiging mapagmasid din ako sa mga cooking safety safe para ma sure natin na ligtas talaga ang kinakain natin."*

(It teaches students how to be responsible in food preparation by sanitizing cooking tools or kitchen utensils. We also become observant of cooking safety tips to ensure we are safe.)

IDI- 05 Shared that:

*"It was something unexpected like I didn't think it was really hard, but it still turned out fine because It's really help kay dili gyud nako ikalimod ang kamatuoran nga daghan kog nakat unan. Nakatabang gyud ni na experience."*

(It was something unexpected I did not think was hard, but it still turned out because I cannot deny that I have learned a lot. It was beneficial.)

IDI -04 Conrmed that:

*"Para sa akoo, Kaning knowledge nato sa proper food sanitation nakatabang ni para ma develop atung skills sa food sanitation. I learned how to care household og nakatabang ni to become responsible sa atung panimalay with proper food safety maka siguro ko na safety ang food na akong serve para nila."*

(For me, my knowledge of proper food sanitation helps me to develop my skills. I learned how to care for a household, which will help it become more responsible at home. With proper food safety measures, you can ensure that the food you serve is safe.)

### **Food sanitation is a conscious effort.**

Home economics students should be conscious and observant when cooking and preparing meals in proper food safety protocols like sanitizing cooking equipment before and after use.

IDI- 01 Shared that:

*"Based sa akong experience no ang food sanitation practices kay importante siya kay nakatabang siya na maging aware ko na dapat limpyo gyud tanan para ma reduce ang risk na gikan sa bacteria og para ma minimizes sad ang foodborne illness."*

(Based on my experience, food sanitation practices are essential because it helps me to ensure that all surfaces are cleaned on a basis to reduce the risk of transforming bacteria and Minimize the Risk of foodborne illnesses.)

IDI-02 shared that:

*"My experience as a home economics student is importanti gyud ang food sanitation para makabalo ta unsaon pag prevent sa pag spread ug germs na maka cause ug food poisoning og uban pang sakit dapat na gyud tay igong kahibalo og awareness sa food sanitation since home economics student's manta."*

(My experience as a Home Economics student is that food sanitation is essential to know how to prevent spreading germs that can cause food poisoning and other diseases. We must have sufficient knowledge and awareness of food



sanitation since we are home economics students.)

IDI- 03 also shared that:

*"Napakahalaga ng mga kasanayan sa sanitasyon ng pagkain upang maiwasan ang panganib ng mga sakit at para sa kaligtasan ng pagkain sinisiguro nito sa pamamagitan ng making environment free from food safety hazard at upang maiwasan ang panganib ng paglilipat ng bakterya mula sa maruming mga utensils to clean tools and equipment."*

(Food sanitation practices are essential to minimize the risk of illnesses. For food safety, it ensures making the working environment free from food safety hazards to reduce the risk of transferring bacteria from unclean surfaces to clean tools and equipment.)

IDI-04 added that:

*"So base sa akong experience, importante ang food sanitation practices para sa atong panglawas kung wala ta kabalo ani nga mga practices magka poisoned ta , siguraduhon nato na safety ang food na atung gi prepare, og dapat magsuot tag PPE kay if dili ta magsuot there is a chance that the food will be contaminated so that's why we need to be aware no para ma reduce ang risk or pag transfer sa bakterya oh hinungdan sa mga sakit. If we implement food safety practices maka tabang ni to detect and control food contamination."*

(Based on my experience, food sanitation practices are essential for our health. If we do not

know about these practices, we can get poisoned. We deal with food when we prepare it, so if we do not have PPE, there is a chance that the food will be contaminated. That is why we must be aware of these practices to reduce them. The Risk of transferring bacteria. Moreover, it causes diseases. Food sanitation practices can help detect and control food contamination when adequately implemented.)

The results above reveal the participants' responses on the challenges faced by home economics students in food sanitation, how they cope with their challenges in food sanitation, and Insight they can share regarding food sanitation. It also shows the themes that emerge from the participants' responses and the core ideas that correspond to the themes.

Furthermore, it manifests that food sanitation should be practiced and exerting effort to improve their knowledge and awareness of food sanitation. Also, they were finding ways to upgrade their ways of motivating themselves to apply food sanitation.

Lastly, the initiatives done by home economics students contribute to the overall performance of the home economics students that would help them to execute the proper food sanitation that can prevent foodborne diseases and food contamination.

## Chapter 5

### DISCUSSION

This Chapter presents a discussion of the themes extracted from the results. The articles were supported by various authors that shared the same idea. It also includes the implication for teaching practices, implication to theory, implication for further researchers, recommendations, and concluding remarks.

#### **Challenges Faced by Home Economics Students on Food Sanitation.**

This phenomenological study explored the challenges faced by Home Economics Students on Food Sanitation. Home economics students differ from one another as they have encountered different challenges in food sanitation. A single strategy only applies to some home economics students. Thus, the researchers need different strategies and techniques to encourage and help them be knowledgeable in food sanitation to avoid those challenges.

Under the first question about challenges faced by home economics students on food sanitation, the researchers gathered data from the following themes: Inadequacy of know-how, Inadequacy of tools and supplies, Poor sanitation and hygiene, and Risk of food poisoning.

#### **Inadequacy of know-how**

This research problem evaluates the student's knowledge, attitude, and practices in food sanitation. It shows that some students most likely have a Lack of knowledge of food sanitation and their cleanliness may result from a lack of awareness of it. Poor sanitation within the establishments could lead to disease, illness, or even death (Ismael, 2015).

Moreover, there are various types of food contamination, and handling or incorrect sanitation of the food can cause it. These include cross-contamination and biological, chemical, physical, and cross-pollutants. Cleanliness, cooling temperature, and food storage are also considered, according to (Wolfram T, 2017). Bacteria, viruses, and parasites are common causes of food poisoning and are typically brought on by careless food handling. Salmonella, Clostridium Perfringens, Campylobacter, Staphylococcus Aureus, E. coli, Listeria Monocytogenes, Norovirus, and Toxoplasma are the most often found foodborne pathogens.

### **Inadequacy of tools and supplies**

Home economics students needed more tools and supplies. The students faced those challenges because they needed more tools and supplies to apply food sanitation. Tools and supplies are essential for maintaining cleanliness or orderliness in the kitchen.

This theme is supported by (Menon, 2018). According to him, Tools and supplies are essential for maintaining cleanliness. Food is necessary for life. Food safety is, therefore, a human right. In his opinion, tools and materials are necessary to keep the kitchen clean and organized. Food is essential to life. Thus, the right to safe food exists. Billions of people are at risk from contaminated food. Each year, tens of thousands of people die, and millions become unwell. The same problems with food safety still plague the twenty-first century. Local epidemics could become international issues because of the amount and range of Goods supplied. There were serious incidents of foodborne illness on every continent. For food safety, science and fair law enforcement are crucial. New rules and regulations must be continuously passed to further project

a steady supply of foods that are healthy and wholesome for the population's health and wellness (Fung Wang, 2018).

Additionally, Food safety is crucial for human nutrition and food security because a variety of cycles of health degradation can result from inadequate nutrition and food-borne illnesses. Therefore, to advance nutrition and food security, policies and initiatives must rigorously embrace food safety. Food safety is crucial in enhancing global health and guaranteeing sustainable development as the international community transitions to the post-Millennium Development Goal stage with a focus on sustainable development goals. (WHO, 2015). To fulfill the sustainable development aim of ensuring healthy lives and promoting well-being for all people of all ages, food safety is undoubtedly a crucial issue (UN, 2016).

### **Poor sanitation and hygiene poisoning**

Several participants asserted that they encounter poor sanitation and hygiene due to improper storage of food; they use unclean materials or dirty equipment sometimes. They prepare unsafe food that can lead to several problems, including bacteria and mold growth, and increase their Risk of food poisoning.

Moreover, Personal cleanliness is crucial for adhering to food safety regulations. A safe working environment must be ensured through proper handling procedures. Poor food hygiene has various adverse effects, including the spread of foodborne illnesses and avoidable compliance violations.

Additionally, managers can raise awareness of the necessity of good personal hygiene by serving as a good role model and emphasizing the value of adhering to a food safety compliance routine. Keep reminding staff members how important it is to

practice proper personal hygiene and reassure them that they won't be fired for disclosing a sickness or infectious disease. Provide the tools, and knowledge employees require to maintain their hygiene. For a business to continue functioning safely and profitably, effective management and regular training are necessary (Dakota, 2015).

Furthermore, People handling food must maintain proper personal hygiene at all times. The food cooked by the Sisekelo Hostel workers may become contaminated and infect several guests. Therefore it causes such concern for the schools that operate hostels, and it causes me even more anxiety since, despite how important this is, it frequently gets overlooked (North Devon Council, 2015).

### **Risk of food poisoning**

Home economics students encountered the Risk of food poisoning. Students commonly face the Risk of foodborne illness because some students are not Following recommended food safety and hygiene behaviors that increase their risk of food sanitation, such as the high risk of food poison caused by cross-contamination, where food can become contaminated at any point in the food handling process, from production and processing and serving. To mitigate the Risk of food poisoning, it must follow strict food safety and sanitation practices.

This theme was supported by (Al-Nasraween, 2018). Food-borne diseases will occur at any step of the long organic phenomenon cycle, and consumers can get sick. Food handlers are thought of as one of the foremost vital factors within the phenomenon since they are the one who is in contact with food throughout its

transportation, storage, preparation, and commercialism. Food-borne diseases and medical, legal, and different expenses can significantly burden the economy.

Furthermore, any illness brought on by ingesting contaminated food contaminated with dangerous bacteria, viruses, or parasites is referred to as a foodborne disease, often known as food poisoning or foodborne illness. Financial costs of foodborne illness may fall on individuals, food companies, and the reputation of a country. In addition to harming people's health, outbreaks of foodborne illnesses can cause financial losses around the globe. The main causes are improper techniques used in food production, harvesting, and preparation. Thirty-one major foodborne pathogens can cause disease; the important ones, such as Shiga toxin-producing *Escherichia coli*, *Salmonella non-typhoidal*, *Campylobacter*, and *Listeria*, are closely monitored by national authorities, and outbreaks are investigated to identify trends and decide the best course of action for preventing further outbreaks. Food-borne diseases may just be mild (Adley, 2016).

Additionally, Foodborne infections are illnesses brought on by eating contaminated food. More than 250 potential dangers are associated with foodborne illness, including infectious bacteria, viruses, parasites, noninfectious chemicals, and toxins. All foodborne infections do not share a single clinical symptom. However, most of these substances frequently cause vomiting and diarrhea. These ingredients may mistakenly (or purposefully) be added to food as it is being produced, processed, or prepared, or they may already be an intrinsic part of the dish. In addition to contact with contaminated people, pets, and other animals, as well as through water or other surfaces, most foodborne infections can also be transmitted this way. The frequency

of foodborne diseases is rare, and the percentage of illnesses brought on by consuming tainted food varies depending on how the food was handled (Hoffmann, 2017).

### **How Participants Cope with the Challenges in Food Sanitation Food Sanitation**

Challenges Cope the participants by being mindful of food safety procedures and maintaining cleanliness in the work area. Also, please keep all the equipment clean and sanitize it before and after cooking. Additionally, implementing wearing PPE during food preparation.

Under the second question on how participants cope with their challenges in food sanitation, the following themes emerged; keeping areas, equipment, and utensils clean, observing good personal hygiene, implementing food hygiene standards, and taking the initiative to learn.

#### **To keep the area, equipment, and utensils clean.**

The students address that problem. They maintain cleanliness in the work area, clean food contact surfaces, keep utensils clean after cooking, and ensure all the equipment is sanitized. According to one of the participants, they train herself to apply proper food sanitation practices, proper storing of food, and proper personal hygiene. Through this, they can prevent contamination and foodborne illness.

According to (Chron, 2020), Cooking safe food means sanitizing your kitchen tools and equipment. We cannot stress enough how crucial it is to sanitize your kitchen equipment regularly. The kitchen is one of the essential areas in the restaurant to keep clean. This area is an exposed variety of possible contaminants. Access to the kitchen by cooks, servers, bussers, and even cashiers open the door to the possibility of tainted food. Eating raw food also offers health risks if surfaces are not thoroughly cleaned. Employees must sanitize surfaces and equipment that have come into touch



with food and kitchenware to clean a restaurant kitchen thoroughly. You must do this following each activity. The local or state health agency makes appointments. The right procedures should be followed when storing food containing blood-borne infections and using sanitizers and disinfectants to wash dishes. Standard operating procedures are provided to restaurant staff members who may have to clean up blood and bodily fluids by Iowa State University. You may post a reminder of these protocols anywhere workers can see it. Kitchen equipment, countertops, and kitchenware like cutting boards and blenders should all be cleaned (Lynley, 2022).

### **Observing good personal hygiene**

Home economics students observe good personal hygiene by wearing clean clothes, hairnets, and aprons and keeping themselves clean by doing proper hand washing and wearing personal protective equipment to minimize exposure to hazards resulting from illnesses.

On the other hand, washing your hands, brushing your teeth, and flossing your teeth are all examples of good personal hygiene habits that can prevent the spread of bacteria, viruses, and diseases. There are other benefits for the body and the mind. Excellent bodily hygiene helps you feel good about yourself, which is crucial for your mental health, says Donald Novel, MD, an integrative medicine specialist at the Advocate Medical Group in Park Ridge, Illinois. People with poor hygiene are frequently perceived as unwell and may experience prejudice because of their untidy appearance, including their disordered hair and clothes, body odor, foul breath, and missing teeth (Beth, 2015).

Moreover, food poisoning can be avoided with good personal cleanliness. Even healthy persons can have food poisoning-causing bacteria on them. If you touch your nose, lips, hair, or clothes before touching food, you could transfer bacteria from those surfaces to the food. Also, maintaining decent personal hygiene is an intelligent business. Consumers appreciate seeing food-handling employees who are diligent about hygiene and use safe techniques (WHO, 2021).

### **Implementing food hygiene standards**

Implementing good personal hygiene standards that must be applied to keep clean should separate raw food from cooked food, ensuring the food is thoroughly cooked, keeping it at a safe temperature, and using safe water and raw materials. According to the participants, we should follow this because proper food safety and hygiene practices prevent contamination of food products from related hazards.

Additionally, Food and cleanliness should always go together. A restaurant is required by law to serve wholesome, hygienic food. Implementing food hygiene best practices is essential to obtaining the desired outcome. If you maintain high food hygiene, your company can regularly supply safe food and build a solid reputation with clients. Violations of personal hygiene could lead to complaints and issues with public health safety. (Eva Maria, 2022).

Furthermore, according to (Charles, 2021) From ethical considerations to assuring food hygiene quality safety standards. For food hygiene, quality, and safety to steadily develop in the agri-food product sector, it is still essential to adopt hazard analysis and critical control points (HACCP) and improve good practices constantly. The dependence of quality management (QM) on such crucial aspects as quality

assurance (QA), control, improvement, and planning appear to be increasing to improve agri-food product quality. Below is a description of the procedures used to ensure food safety, hygiene, and related standards. We discuss some ethical quality considerations, food quality safety standards, HACCP fundamentals/implementation, QA control systems, and other quality standards associated with the agri-food industry, along with quality essentials, to understand the relevance of QM in the (above-mentioned) processes. Food hygiene, quality, and safety standards can be further improved and maintained through the joint efforts of HACCP and QA control points (QACP). What matters most is managing and preserving the QM system within a certain agri-food product firm; establishing it is not the real deal. The difficulties faced in auditing and implementing food safety management systems and recommendations for further research on quality management and food safety are discussed.

### **Taking the initiative to learn**

The respondents agreed that the most significant advantages of hands-on food safety training are increased food safety, higher product quality, and fewer customer complaints. One of the worrying results was that incomplete training records were one of the most significant flaws found, showing an opportunity for improvement in the food safety training provided to those working in the food and beverage business (Global Food Safety Training Survey, 2014).

A review of 46 research on commercial food safety and hygiene training programs from around the world found that most of them did not examine the attitudes of food handlers or supervisors, and there were challenges in the methods used to

evaluate behaviors or practices (Egan et al., 2007). There was a large training gap in food hygiene, the evaluation revealed.

Moreover, training programs for adequate food safety must cover more than microbiology, contamination, and hygiene essentials. Designing food safety and hygiene training that actually changes the behavior of food workers positively and lowers the risk of food poisoning outbreaks or food contamination events requires a fundamental understanding of human behaviors and attitudes. Such programs also need to consider the wide range of activities a food worker might engage in throughout his or her shift.

### **Insights that Home Economics Students Can Share Regarding Food Sanitation**

The home economics students shared their insights and realization regarding food sanitation. Also, they give home economics students tips on applying proper food sanitation. They shared how vital food sanitation is to us. As home economics students, we must have enough knowledge about food sanitation.

Under the third question on the Insight that home economics students can share regarding food sanitation, the following themes emerged: Food sanitation ensures food integrity, Food sanitation is a necessary tool of the trade, and Food sanitation is a conscious effort.

#### **Food sanitation ensures food integrity**

Food sanitation ensures food integrity. They are implementing proper food sanitation with proper food safety mgt and control to ensure the cleanliness of the food and food quality to avoid food contamination. They stated that knowing what

could endanger food integrity and stability is essential. Cross-contamination can be avoided w/ proper hygiene and sanitation.

Additionally, Food integrity is the idea of all the characteristics of a food. A product that conforms to accepted standards for food safety, quality, authenticity, and defense. These ideas are product-centric and focus on one or more food-related characteristics, like ingredients, production techniques, and supporting materials. Contrarily, food integrity is system-centric and spans all of them. Hence, as also shown by Manning, the relationship between food integrity and food (Fraud, 2016).

Furthermore, Food is necessary for life. As a result, the right to safe food is a fundamental one. Unsafe food puts billions of people around the globe at risk. Every year, millions of people get sick, and many pass away. The problems of the food chain, which extends from the farm to the fork or plate, include microbiological, chemical, human, and environmental hygiene. Historically, deliberate or unintentional individual behavior and state failure to protect food quality and safety have led to documented human tragedies and economic catastrophes brought on by eating tainted food (Fred Fung, 2018).

### **Food sanitation is a necessary tool of the trade**

According to the participant, they must have sufficient knowledge of food sanitation. Have a deeper understanding of food nutrition. With that knowledge and awareness, they become more responsible in applying food sanitation. Also, it helps them to develop a deeper understanding of nutrition.

This theme is supported by (Tjaart, 2015). Most trade-limiting factors in developing countries relate to economics, poor infrastructure, and lagging skills; food

safety is still mainly the responsibility of the consumers. However, improving food safety along western standards may carry considerable costs and price food out of reach of the poor. Therefore, the introduction of new food safety tools and rules needs to be affordable and build on local food management customs rather than simply imposing western standards that are expensive to monitor.

Furthermore, Food sanitation keeps equipment, touch surfaces, and the entire facility clean and free of common food risks to promote a healthy working environment. Cleaning and sanitizing procedures, including wiping, sweeping, and applying sanitizers that have been approved, are included in food sanitation operations, as well as good hygiene practices. Food sanitation procedures are carried out to lessen the possibility of exposing clients to foodborne illnesses. (Maria, 2022).

#### **Food sanitation is a conscious effort.**

According to them, applying food sanitation is crucial for reducing the risk of foodborne illness by cleaning up the workspace for food handlers. (Daloz, 2015) asserts that consciousness is the embodiment and experience of our values, culture, and worldview, moving beyond a purely cognitive understanding to a visceral awareness. The essay rejects the notion that substantial, long-term societal reform requires the presence of an "ecological consciousness," sometimes known as an awareness of interconnectedness.

According to several scholars, making such a change toward ecological consciousness should not be considered a sacrifice. In contrast, this article views sustainable transformation processes as opportunities to reevaluate who we are as

people and how we want to create our lives and environments, realizing that our well-being depends on it. (Belton, 2018).

### **Implications for teaching practices**

This study provided additional research on food sanitation from the lens of home economics students. Also, this study may serve as a basis for present and future home economics students to be aware of possible consequences if they cannot apply food sanitation. It also helps to enhance their knowledge of food sanitation practices.

Moreover, this provides additional research relating to BTLED HE students. This study asked whether the participants wanted to learn more about food safety. Since the interest in learning more about food safety existed among participants.

Lastly, Food sanitation needs to evaluate types of training for them to increase their knowledge of food safety practices and address their beliefs that may deter food safety principles.

### **Implications to theory**

The Theory of Social Learning Theory coined by (Bandura,1977) is appropriate for discussing and comprehending the challenges and experience of Home economics students in Food sanitation practices. Food handlers' comprehension, attitudes, and behavior concerning food sanitation can be ascertained by (Bandura,1976). Several studies have shown that food workers must receive food safety education because they lack knowledge (Woh et al., 2016). Woh et al. assert that knowledge is the fundamental factor influencing the practices of food handlers and that information will modify behavior by causing a shift in attitude (2016). The Knowledge, Attitude, and Practices (KAP) study is a representative one that aims to find out what people know (knowledge), feel (attitude), and do (practices) (Wood and Tsu, 2008). In the food and

beverage business, food handlers' knowledge, attitude, and practice play crucial roles in ensuring food safety (Owusu-Kwarteng, 2017).

As a result, the students has lack of knowledge, awareness and practices in food sanitation. It shows that some students need more understanding of food sanitation practices. The students should be knowledgeable in performing the proper sanitation process. Because poor sanitation within the establishments could lead to disease, illness, or even death.

### **Implication For Future Researchers**

Since this study was limited to five (5) Home economics students in Kolehiyo ng Pantukan, Davao De Oro, the following signs for future research are forwarded:

Future research should be conducted to conduct further investigation and in-depth interviews with the participants of their lived experiences, coping mechanisms with the problems and difficulties they have encountered, and insights and thoughts of home economics students they can share with their fellow students.

This study was conducted in Kolehiyo ng Pantukan. Future research could investigate the same phenomenological study among home economics students.

This study could help the other home economics students in Kolehiyo ng Pantukan as their awareness on how to apply proper food sanitation. Also, students will enhance their knowledge in awareness in preventing food contamination and illnesses.



## **Recommendation**

In this section, the researchers have gathered essential data for the study. The researchers highly recommend that home economics students be knowledgeable enough in food sanitation practices and enhance their awareness of what would happen if they cannot apply them.

Hence, this study focuses on food Sanitation Practices of BTLED HE college students; thus, conducting the study that focuses on food Sanitation Practices of BTLED-HE college students would be an interesting topic because this will provide an opportunity to measure the knowledge of college Students in food sanitation practices.

Moreover, we highly recommend that present and future home economics students always wear their Personal Protective Equipment (PPE) during food preparation. Students must apply proper food sanitation and personal hygiene.

Lastly, the researchers highly recommend that students always apply food safety and sanitation during and after preparation as it could make the work safe and prevent foodborne diseases and contaminants.

## **Concluding Remarks**

The researchers evaluated their practices regarding proper food sanitation practices. After analyzing the data we gathered, we discovered that the knowledge of home economics could be enhanced. In many nations, research on students' food sanitation practices shows that most students need more knowledge on practicing or applying proper food sanitation.

Additionally, this study will contribute to a better understanding of why students mostly face challenges in food sanitation. According to information from a wide variety of sources, some students most likely need more knowledge in terms of food sanitation and possibly in their cleanliness, as well may result from a lack of awareness of food sanitation.

Lastly, Home economics students must be cautious about their practices in food sanitation; they need to enhance their knowledge of food sanitation practices to avoid foodborne illness and contamination. Their mentors still need to teach them more about food sanitation practices to develop their knowledge because their knowledge needs to be more accurate, which may lead to risk.



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## APPENDICES

### APPENDIX A

#### Interview questionnaire

#### **1. What are the challenges faced by home economics students in terms of food sanitation?**

1.1 What are the challenges in food sanitation practices?

1.2 How do these challenges affect you as a home economics student?

1.3 What are the possible consequences if you cannot apply food sanitation in preparing food?

#### **2. How do home economics students cope with their challenges in food sanitation practices?**

2.1 How did you cope with your challenges in food sanitation?

2.2 How did you manage to lessen the impact of poor food practices?

2.3 What are your preparations for proper food sanitations?

#### **3. What insight can the students share about their experience in food sanitation?**

3.1 What insight can you share about challenges in food sanitation based on your experience?

3.2 How has your experience as a home economics student affected you?

3.3 Based on your experience , why are food sanitation practices very important ?

## APPENDIX B









## VALIDATION SHEET FOR RESEARCH QUESTIONNAIRE

TITLE	<b>A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME ECONOMICS STUDENTS</b>
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Name of Evaluator:	<b>Eufrosina P. Mines, EdD</b>
--------------------	--------------------------------

Highest Degree:	<b>Doctor of Education</b>
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*Kindly check the appropriate box for your rating.*

Points Equivalent	<b>5 - Excellent    4 - Very Good    3 - Good    2 - Fair    1 - Poor</b>
-------------------	---

ITEMS	5	4	3	2	1
<b>1. Clarity of Directions And Items</b> <i>The vocabulary level, language, structure, and conceptual level of questions suit the level of participants. The best directions and the items are written in a clear and understandable manner.</i>		//			
<b>Presentation and Organization of Items</b> <i>The items are presented and organized in a logical manner.</i>		/			
<b>Suitability of Items</b> <i>Each item is appropriate and represents the substance of the research. The questions are designed to determine the conditions, knowledge, perception and attitudes that are supposed to be measured.</i>		/			
<b>4. Adequateness of Items per Category or Indicator</b> <i>The items represent the coverage of research adequately. The number of questions per area category is representative enough of all the questions needed for research.</i>		/			
<b>5. Attainment of Purpose</b> <i>The instruments as well as a whole, fulfill the objectives for which it was constructed.</i>		/			
<b>6. Objectivity</b> <i>Each item questions only one specific answer or measures only one behavior and no aspect of the questionnaire is a suggestion of the researcher.</i>		/			
<b>7. Scale and Evaluation Rating Scale (for survey questionnaires only)</b> <i>The scale accepted is appropriate for the items</i>					

**REMARKS:** Please improve based on the suggested corrections, before administering the instrument.



**EUFROSINA P. MINES, EDD**  
Signature over Printed Name



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## VALIDATION SHEET FO RESEARCH QUESTIONNAIRE

TITLE	<b>A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME ECONOMICS STUDENTS</b>
-------	--

Name of Evaluator:	<b>ALBEB Q. TARAY, MBA</b>				
Highest Degree:	<b>MBA</b>				
<i>Kindly check the appropriate box for your rating.</i>					
Points Equivalent	<b>5 - Excellent</b>	<b>4 - Very Good</b>	<b>3 - Good</b>	<b>2 - Fair</b>	<b>1 - Poor</b>

ITEMS	5	4	3	2	1
<b>1. Clarity of Directions And Items</b> <i>The vocabulary level, language, structure, and conceptual level of questions suit the level of participants. The best directions and the items are written in a clear and understandable manner.</i>			/		
<b>Presentation and Organization of Items</b> <i>The items are presented and organized in a logical manner.</i>			/		
<b>Suitability of Items</b> <i>Each item is appropriate and represents the substance of the research. The questions are designed to determine the conditions, knowledge, perception and attitudes that are supposed to be measured.</i>			/		
<b>4. Adequateness of Items per Category or Indicator</b> <i>The items represent the coverage of research adequately. The number of questions per area category is representative enough of all the questions needed for research.</i>		/			
<b>5. Attainment of Purpose</b> <i>The instruments as well as a whole, fulfil the objectives for which it was constructed.</i>		/			
<b>6. Objectivity</b> <i>Each item questions only one specific answer or measures only one behavior and no aspect of the questionnaire is a suggestion of the researcher.</i>			/		
<b>7. Scale and Evaluation Rating Scale (for survey questionnaires only)</b> <i>The scale accepted is appropriate for the items</i>	N/A				
<b>REMARKS: APPROVED</b>					

**ALBEB Q. TARAY, MBA**  
Signature over Printed Name



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## VALIDATION SHEET FO RESEARCH QUESTIONNAIRE

TITLE	<b>A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME ECONOMICS STUDENTS</b>
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Name of Evaluator:	
Highest Degree:	
<b>Kindly check the appropriate box for your rating.</b>	
Points Equivalent	<b>5 - Excellent    4 - Very Good    3 - Good    2 - Fair    1 – Poor</b>

ITEMS	5	4	3	2	1
<b>1. Clarity of Directions, and Items</b> <i>The vocabulary level, language, structure, and conceptual level of questions suit the level of participants. The best directions and the items are written in a clear and understandable manner.</i>			/		
<b>Presentation and Organization of Items</b> <i>The items are presented and organized in a logical manner.</i>			/		
<b>Suitability of Items</b> <i>Each item is appropriate and represents the substance of the research. The questions are designed to determine the conditions, knowledge, perception and attitudes that are supposed to be measured.</i>				/	
<b>4. Adequateness of Items per Category or Indicator</b> <i>The items represent the coverage of research adequately. The number of questions per area category is representative enough of all the questions needed for research.</i>			/		
<b>5. Attainment of Purpose</b> <i>The instruments as well as a whole, fulfil the objectives for which it was constructed.</i>			/		
<b>6. Objectivity</b> <i>Each item questions only one specific answer or measures only one behavior and no aspect of the questionnaire is a suggestion of the researcher.</i>		/			
<b>7. Scale and Evaluation Rating Scale (for survey questionnaires only)</b> <i>The scale accepted is appropriate for the items</i>					
<b>REMARKS: Revise your instrument accordingly before using it!</b>					

**LYNARD BOBBY L. ASIRIT, PhD, CESE**  
Signature over Printed Name

## LETTER OF PERMISSION TO CONDUCT THE STUDY

February 10, 2023

**FDR. JOCELYN H. HUA, DFRIEdr**  
College President Kolehiyo ng Pantukan  
Juan A Serenas Campus, Kingking Pantukan,  
Davao de Oro

Dear Ma'am;

A Pleasant Morning with full of Love!

The undersigned are currently working on their research entitled "A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME ECONOMICS STUDENTS " as a requirement for their degree of Bachelor of Technology and Livelihood Education major in Home Economics.

In this regard, the researchers would like to request your approval to conduct the study. Also, the confidentiality of the data will be an utmost priority. Looking forward to your favorable response on this said request.

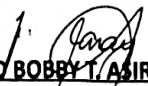
Sincerely yours,

**KRISTINE A. ONGAYO**  
**IRISK P. GUTIERREZ**  
**RICHELLE ENRIQUEZ**  
Researchers


Noted by:

  
**MR. ALBERT MAPALO, MAEd**  
Under Thesis Adviser

  
**MR. MHARFE M. MICARUZ, MAEd**  
Program Head

  
**DR. LYNARD BOBBY T. ASIRIT, CESE**  
Research Director

Approved by:

  
**FDR. DR. JOCELYN H. HUA, DFRIEdr**  
College President



## LETTER OF PERMISSION TO CONDUCT THE STUDY

February 10, 2023

**MR. MHARFE MICAROZ, MAEd**

Program Head of Department of Education

Kolehiyo ng Pantukan

Juan A Serenas Campus, Kingking Pantukan,

Davao de Oro

Dear Mr. Micaroz;

The undersigned are currently working on their research entitled "**A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME ECONOMICS STUDENTS**" as a requirement for their degree of Bachelor of Technology and Livelihood Education major in Home Economics.

In this regard, the researchers would like to request your approval to conduct the study. To fulfill the purpose, students enrolled under the BTLED Department must undergo bench marking segmentation from existing sources of basic information relevant to the study. Also, the confidentiality of the data will be an utmost priority. Looking forward to your favorable response on this said request.

Sincerely yours,


**KRISTINE A. ONGAYO**

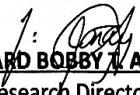
**IRISK P. GUTIERREZ**

**RICHELLE ENRIQUEZ**

Researchers

Noted by:

  
**MR. ALBERT MAPALO, MAEd**  
Under Thesis Adviser

  
**DR. LYNARD BOBBY T. ASIRIT, CESE**  
Research Director

Approved by:

  
**MR. MHARFE M. MICAROZ, MAEd**  
Program Head






# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## ***PARTICIPANT'S CONSENT***

I, the research participant/informant, have read the information provided above. I have been given a chance to ask questions in relation to this consent form and to this study. My questions, if any, have been answered to my satisfaction, and I agree to participate in this study. I have been given a copy of this form and I am fully aware that I have the right to withdraw my consent at any time and discontinue my participation without penalty.

  
(Signature over Printed Name)

(Date)



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



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Iras P. Miras  
(Signature over Printed Name)

February 10, 2023  
(Date)



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



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(Signature over Printed Name)

(Date)





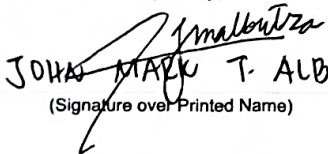
# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



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JOHN MARK T. ALBUTRA  
(Signature over Printed Name)

02/14/23  
(Date)



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



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(Signature over Printed Name)

(Date)



KNP REC F5

## Ethics Informed Consent/ Assent Form

<b>Research Title:</b>	A PHENOMENOLOGY ON FOOD SANITATION FROM THE LENS OF THE HOME ECONOMICS STUDENTS
<b>Name of Researchers:</b> / Student/s Faculty Staff Non-KNP	Kristine A. Ongayo Irisk P. Gutierrez Richelle Enriquez
<b>Institution:</b>	KOLEHIYO NG PANTUKAN
<b>Course/Major:</b> (Faculty/Staff: designation and sponsor)	
<b>INSTRUCTION FOR THE RESEARCHERS</b>	

Greetings!

You are invited to participate in a research study conducted by the researcher/s, whose name/s is/are stated above because you fit the inclusion criteria as a participant of our study.

If you wish to accept, your participation will be completely voluntary. Before fully deciding whether to participate or not, I/we would like you to read the information given below. If you have questions or do not understand something stipulated within this consent form, do not hesitate to ask me/us. Please take as much time as you need to read and understand the consent form. You may also decide to discuss participation with your family or friends if you wish to.

If you decide to participate, you will be asked to sign this consent form. A copy of this form will be given to you. Rest assured that the survey questionnaire does not contain your name or any identifiable information about you being an informant.

### **PURPOSE OF THE STUDY**

*Our study aims to conduct a timely assessment to determine the challenges of home economics students on food sanitation practices . The purpose of this study was to investigate the knowledge of the home economics students in food sanitation and discover how they handle the challenges they experience in food sanitation practices .*



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## **PARTICIPATION PROCEDURES**

*A snowball sampling technique will be used to select participants for this study. Following the methods, 5 BTLED -HE students in Kolehiyo ng Pantukan will answer. A permission letter will be sent to the deans of the department and at the same time an informed consent to the participants with the guidelines of their rights towards data privacy. A set of survey questionnaires will be distributed or given as a tool to conduct the study.*

## **BENEFITS TO PARTICIPANTS AND TO THE SOCIETY**

*The benefits of this study to the participants and society is to provide reliable and accurate research results that will help the students and the society to be knowledgeable in performing the process of proper sanitation.*

## **CONFIDENTIALITY**

*An informed consent letter will be provided to the participants. Respondents have the right not to give personal information as it is under the data privacy act. On the other hand, if the participants choose to provide such personal information, it will be kept confidential.*

## **POSSIBLE RISKS AND DISCOMFORTS**

*The researchers are liable for any risks and discomforts that the participants may feel in their participation in the study. Hence, the researchers made sure to provide fair and unbiased questions to the participants.*

## **PARTICIPATION AND WITHDRAWAL**

*The participation in the study is voluntary and participants have the right to withdraw any involvement in the study at any time for any reason. There would be no harm, penalty or loss of benefits for not participating.*

## **RESEARCHER/S CONTACT INFORMATION**

**Name: Kristine A. Ongayo**

Email: [kristine\\_ongayo@knp.edu.ph](mailto:kristine_ongayo@knp.edu.ph)

Mobile Number: 09510869446

**Name: Richelle Enriquez**

Email: [richelle\\_enriquiz@knp.edu.ph](mailto:richelle_enriquiz@knp.edu.ph)

Mobile Number: 09278010772

**Name: Irisk P. Gutierrez**

Email: [irisk\\_gutierrez@knp.edu.ph](mailto:irisk_gutierrez@knp.edu.ph)

Mobile Number: 09097996680



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## ***RIGHTS OF THE PARTICIPANT***

Research participants have the right to ask questions, raise concerns and complaints. If the participant is unable to contact the researcher/s, do not hesitate to contact Kolehiyo ng Pantukan, Research Office at 0926 872 3832 or visit the office beside the AVR, Kolehiyo ng Pantukan, Kingking, Pantukan, Davao de Oro.

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# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## ***PARTICIPANT'S CONSENT***

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(Signature over Printed Name)

(Date)

© GSJ



# Kolehiyo ng Pantukan

Juan A. Sarenas Campus, Kingking, Pantukan, Davao de Oro



## RESEARCHER/S

I have explained the entirety of the research to the participant/informant and answered all of his/her questions. I believe that he/she understands the information described in this document and freely consents to participate.

(Signature over Printed Name)

(Signature over Printed Name)

(Signature over Printed Name)

(Signature over Printed Name)

(Signature over Printed Name)

Noted by:

© GSJ

(Signature over Printed Name)  
**Mentor/Adviser**

## CURRICULUM VITAE



### PERSONAL DATA

**Name:** Kristine A. Ongayo

**Birth Date:** October 10, 2001

**Civil Status:** Single

**Address:** Bagumbayan, Lupon Davao Oriental

**Contact#:** 09510869446

### EDUCATIONAL BACKGROUND

**Elementary:** Alberto Recano Elementary school

**Secondary:** Lupon Vocational High School

**Tertiary:** Kolehiyo ng Pantukan

**Degree:** Bachelor of Technology in Livelihood Education





## PERSONAL DATA

**Name:** Irisk P. Gutierrez

**Birth Date:** Aug 15, 2000,

**Civil Status:** Single

**Address:** Magsaysay, Lupon Davao Oriental

**Contact#:** 09097996680

## EDUCATIONAL BACKGROUND

**Elementary:** Sergio Mawalic Elementary school

**Secondary:** Lupon Vocational High School

**Tertiary:** Kolehiyo ng Pantukan

**Degree:** Bachelor of Technology in Livelihood education.



## PERSONAL DATA

**Name:** Richelle Enriquez

**Birth Date:** August 15, 2001

**Civil Status:** Single

**Address:** San Isidro Paniquian, Banaybanay Davao Oriental

**Contact#:** 09278010772

## EDUCATIONAL BACKGROUND

**Elementary:** Ireneo C. Donguila SR. Elementary School

**Secondary:** Manuel B Guinez , SR. National High School

**Tertiary:** Kolehiyo ng Pantukan

**Degree:** Bachelor of Technology in Livelihood Education