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To be kept away from dust in dry cool place of 15 – 25c and relative humidity 20-40 %



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### QUALITY ASSURANCE OF READY TO EAT FOODS

#### Thesis

Submitted to the High Institute of Public Health
Alexandria University
In Partial Fulfillment of The Requirement for the Degree of
Master of Public Health
"Food Hygiene and Food Control"

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# CONTENTS

I-	Introduction	1
II-	Aim of the work	. 23
III-	Material and Methods	.24
IV-	Results	.39
<b>V</b> -	Discussion	.73
VI-	Conclusion and Recommendations	.93
VII-	Summary	.96
VIII-	References	102
IX-	Appendix	
X-	Arabic Summary	

# List of Tables

Table		Page
(I)	Reported food poisoning outbreaks 1983-1994 Communicable disseases section (Bahrain)	4
(II)	Classification of the levels and percentage of restaurants	25
(III)	Grades of the parameters checking the hygienic conditions of the 1 <sup>st</sup> level restaurants	40
(IV)	Grades of the parameters checking the hygienic conditions of the 2 <sup>nd</sup> level restaurants	41
<b>(V)</b>	Grades of the parameters checking the hygienic conditions of the 3 <sup>rd</sup> level restaurants	43
(VI)	Grades of the parameters checking the hygienic conditions of the total sampled restaurants	44
(VII)	Grades of the different level of restaurants on hygienic conditions	46
(VIII)	Mean and standard deviation of scores of the check- list parameter of studied restaurants	47
(IX)	Mean and standard deviation of scores of the check- list parameters and items of studied restaurants	50
(X)	Microbial counts of some food samples prepared in the restaurants	52
(XI)	Frequency distribution of the aerobic colony counts/g of the examined food samples collected from the	57

# INTRODUCTION

### Introduction

Proper nutrition is identified as one of the essential elements of primary health care, and food has to be both nutritious and wholesome. It has to support health and not to cause foodborne infections or intoxication through contamination with microorganisms or toxic substances.

Hence, the major function of the food safety programmes all over the world is to ensure the wholesomeness of food, and to protect consumers from adulteration, misdescription and misleading advertising.

Following the production of oil at Bahrain in 1932, which led to the improvement of the different aspects of commercial and economic development, people constrained to leave their houses for a long period to practice their new jobs in governmental or private establishments.

Consequently food consumption patterns had changed to meet the necessary daily nutritional needs. Moreover the number of immigrants from different nationalities increased dramatically and this led to the expansion of many food service establishments such as restaurants, cafeterias and fast food places.

The advantages offered by ready to eat foods are that they are inexpensive, include a wide variety and traditional foods, are quickly served and ready to eat immediately.

Most if not all ready to eat foods restaurants are operated by foreigns food handlers, of different nationalities, who might have come from lower

#### 1. Social and economic impact of contaminated food

Contaminated food whether bacteriological or chemical, produce not only health problems in country, but it also has great financial consequences.

The financial effect of contaminated food is a major concern to many parties. Yet the issue is examined systematically, quantified and stated publicly in a very limited way. (2)

In 1983 a Joint FAO/WHO Expert Committee on food safety noted that the total loss due to Salmonellosis in the Federal Republic of Germany was about DM240 million. (2)

Outbreaks of foodborne diseases cause economic problems for patients and their families, for the establishment that processed or prepared the implicated food, and for the governmental agencies responsible for food protection and disease surveillance.<sup>(3)</sup>

The consumption of contaminated food is a major cause of morbidity, mortality and disability, in some cases as reported. In many food poisoning outbreaks, the number of the cases may be hundreds and particularly at certain occasions such as wedding parties, festivals and religious gatherings. (3,4)

Illness of tourists that can be traced to food, could become a severe impediment in developing and maintaining a tourist industry. (5)

In Bahrain there were several outbreaks related to the consumption of contaminated foods as shown in table (I).<sup>(6)</sup>