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**CONVENIENCE FOOD: DISADVANTAGES OF CANNED FOOD TO
CONSUMER HEALTH AND OTHER ALTERNATIVES TO MINIMIZE THE
USAGE OF CANNED FOOD**

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Thank you.

ABSTRACT

Recent years, consumers have become more depending on convenience foods which contribute to high demands in the market. Convenience food is preferable because of the easiness and it is require minimal preparation when consume. There are some examples of convenience food namely frozen food, canned food and many others. In this study, researchers only focus on canned foods which is considering as another types of convenience foods. Canned food refers to food seal in an airtight container and undergoes method of preserving food known as canning. This study consists of two objectives which are to emphasize the disadvantages of canned food to consumer's health beside to identify other alternatives that can minimize the usage of canned food in foodservice industry. Researchers use secondary data or argumentative essay as a methodology where researchers need to collect all reliable data from previous study and decides which data are compatible to be use. From the data, researchers will criticize on each point supported by other research. As the result, researcher will list the disadvantages of canned food especially to consumer' health. The disadvantages include the presence of Bisphenol A or popular known as BPA, low in nutritional values as well as botulism. All of these resulting in brain cell disturbance and respiratory failure.

TABLE OF CONTENTS

Chapters	Contents	Pages
	Abstract	i
	Acknowledgements	ii
	Table of Contents	iii
1.0	INTRODUCTION	
	1.1 Overview	1
	1.2 Background of the study	1
	1.3 Problem statement	2
	1.4 Research objectives	2
	1.5 Significance of the study	2
	1.6 Limitation of the study	3
	1.7 Definition of key terms	3
2.0	LITERATURE REVIEW	
	2.1 Overview	5
	2.2 Convenience food	5
	2.3 Disadvantages of canned food to consumer's health	7
	2.4 Alternative that can maximize the usage of canned food in foodservice management	8
3.0	METHODOLOGY	
	3.1 Overview	11
	3.2 Research design	12
	3.3 Data collection procedure	12
	3.4 Plan for data analysis	12
	3.5 Research ethic consideration	13

4.0	FINDINGS AND DISCUSSION	
4.1	The disadvantages of canned food to consumer's health	14
4.2	Alternatives that can replace the usage of canned food in foodservice industry	16
5.0	CONCLUSION	18
	REFERENCES	19
	APPENDICES:	26
	Appendix A – Turnitin Report	27