



**UNIVERSITY TECHNOLOGY OF MARA,
CAMPUS SARAWAK**

Faculty of Administrative Science and Policy Study

Diploma in Public Administration

**Healthy Food Practice
A study of healthy food practice at the food outlets
within UiTM Sarawak, Campus Samarahan.**

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Abstract

This study was done to observe and analyze the healthy food that was been providing by the premises outlets in UiTM. It also aims to see whether it's comply with the rules and regulation stated by the law. It believes that, healthy food and its hygiene is important to the students UiTM which are the permanent customers. Besides, the important is to ensure the preparation and handling of the food is in a proper condition. Other than that, we will see the awareness of the students toward the quality of food providing by the food dealer. We will take few premises outlets such as student's cafes and canteen. Through this research, we will found out the effectiveness and efficiency of the food providers and students toward the foods.

CHAPTER 1

1.1 Introduction

People probably have many concerns about the foods that they eat. Is it a nutritious meal or much fat? However, one thing that may not cross in their mind as they buying food is food healthy.

"We are what we eat" is an old proverb. Our nutritional status, health, physical and mental faculties depend on the food we eat and how we eat it. Access to good quality food has been man's main endeavor from the earliest days of human existence.

Safety of food is a basic requirement of food quality. Food safety implies absence or acceptable and safe levels of contaminants, adulterants, naturally occurring toxins or any other substance that may make food injurious to health on an acute or chronic basis. Food quality considered as a complex characteristic of food that determines its value or acceptability to consumers. Besides safety, quality attributes include nutritional value; organ elliptic properties such as appearance, color, texture, taste; and functional properties

Why is healthy food practice so important? Proper food preparations are necessary to prevent people from becoming sick from food-borne illnesses caused by bacteria such as E. coli, Salmonella, Campylobacter and Wisteria. Food safety precautions include knowing how to select foods in the grocery store, how to store them, how to cook them, and how to clean up afterward.

CHAPTER 2

LITERATURE REVIEW AND CONCEPTUAL FRAMEWORK

2.1 Introduction

2.1.1 Definition of Healthy food

According to Food Safety Act 1990, Part 1 under Section 1 (1), food can be including of drink, articles and substances of no nutritional value, which are use for human consumption, chewing gum, and other products of a like nature and use and articles and substances used as ingredients in the preparation of food or anything falling within this subsection.

Furthermore, food is any substance usually composed primarily of carbohydrates, fats, water or protein that can be eaten or drunk by an animal or human being for nutrition or pleasure. Items considered food may source from plants, animal, or other categories such as fungus and fermented products like alcohol.

2.1.2 Definition of healthy food

Healthy food means food has that been handled properly and safe to eat and do not bring any effect to out health in the short term or long term. Safe food means food prepared on clean and sanitized surfaces with utensils and dishes that are