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IMPLEMENTATION OF FOOD PREPARATION STANDARDS FOR FOOD PROCESSING SANITATION AT HARAPAN RAYA STREET RESTAURANTS

¹Nofri Hasrianto, ²Riski Novera Yenita, ³Rohimah Assadiyah, ⁴Nurvi Susanti

^{1,2,3}Public Health, STIKes Al Insyirah Pekanbaru

⁴Public Health, Hang Tuah University Pekanbaru

Email : 1nofrihasrianto@gmail.com

ABSTRACT

Based on the observations of researchers in the working area of the Harapan Raya Health Center, there are 6 restaurants that do not meet the requirements that isnot paying attention to serving food to consumers in the use of food safety equipment, such as aprons, masks, gloves and long hair does not protect the hair so that the hair or dirt on the hair has the potential to enter food and drinks. This study aims to determine the application of food preparation standards for food processing sanitation in restaurants in the working area of Harapan Raya Pekanbaru Health Center. This study used descriptive analysis method by applying two data collection techniques namely direct interviews and observation. The data collection technique in this study used a purposive sampling technique. The sample in this study was conducted at six restaurants in the working area of the Harapan Raya Health Center. The results of the study show that the criteria for food preparation refer to the Minister of Health Regulation No. 14 of 2021, of which some of the standard criteria in question are food preparation standards/kitchen area inspections. In the food preparation criteria, there are three restaurants that have met the requirements, namely restaurants B, E, F and 3 restaurants A, C, D that do not meet the requirements. The results of the appraisal observation for setup food that is carried out using the form observations shows that in general the hygiene and sanitation of food transportation has met the requirements and transportation only from the kitchen to the serving place.

Keywords: Sanitary hygiene, food preparation, food processing sanitation

INTRODUCTION

Hygiene and food sanitation is a way of controlling four food factors, namely from factor places and buildings, tableware, people and foodstuffs [9]. According to Maulana Y (2020) food and drink are the most important needs for humans and have the potential contaminated bacteria and viruses [5]. The factors that influence the quality of food and drink are the behavior of food handlers in the application of personal hygiene and sanitation. Food and drink handlers are people who are directly related to food or drink from equipment, preparation, cleaning, processing, transportation to presentation, in accordance with work activity procedures.

According to Suhaimi (2019), a restaurant is one of the corporate/individual institutions that has a special place provided for consumers or people who are in the immediate environment or far away. And the existence of a restaurant as a place for food processing that aims to facilitate or fulfill the needs of food and beverages for consumers or the community. Thus, the need for food and drink must be protected and their health guaranteed [8] .

The restaurant is one of the places that must be considered because of food processing and serving it to the public and has the potential to cause the occurrence of disease if you do not pay attention to everything, for example purchasing food ingredients, material processing systems, food as well as ready-to-serve food [10].

Diseases caused by food are known as food poisoning. Food poisoning is any symptom that arises from contaminated food. Contaminated food can contain infectious organisms in the form of bacteria, viruses, or parasites or toxins produced by certain organisms. BPOM data for 2017 reported from 34 BB/BPOM throughout Indonesia as many as 53 extraordinary events (KLB) of food poisoning.

Based on this, the Ministry of Health of the Republic of Indonesia issued a ministerial regulation concerning standard of business activities and products in the implementation of risk-based business licensing in the health sector. 12 of 2021. Of the several standards that must be met, among others are Criteria outside the building, customer service, food preparation, processing equipment, cooked food presentation, and cooked food packaging.

Pekanbaru Health Office sanitarian observation in 2021, on the Harapan Raya Health Center working area has 6 restaurants that still do not meet the requirements. Conditions that have not been met are not paying attention to the presentation of food to consumers on the use of food safety equipment, such as aprons, masks, gloves, and long hair does not protect the hair so that the hair or dirt in the hair has the potential to get into food and drink.

The area of the Harapan Raya Health Center has 14 restaurants which are inspections for the hygiene supervision of food processing places. Several restaurants were taken as sampling from this study, totaling six restaurants spread across three urban villages, namely Air Cold, Simpang Tiga and South Tangkerang. The working area boundaries of the Harapan Raya Health Center are in the north bordering the Sail sub-district, in the south bordering the Kampar district, in the west bordering the Marpoyan Damai district, in the east bordering the Tenayan Raya district.

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The working area of Harapan Raya Health Center consists of 3 sub-districts, including; Tangkerang Selatan Village, there are 12 RWs, Simpang Tiga Village, there are 5 RWs, Air cold Village, there are 13 RWs.

The Research Objectives are obtaining information regarding the application of food preparation standards to food processing sanitation in restaurants in the work area of the Harapan Raya Public Health Center.

RESEARCH METHODS

This study used descriptive analysis by applying two data collection techniques namely direct interviews and observation. The population and sample in this study were conducted at 6

restaurants in the working area of the Harapan Raya Health Center. The type of data collected in this study refers to primary data and secondary data. Primary data is the type of data taken directly from the subject using the questionnaire method, namely data collection by submitting several question items to the research subject and the answers are given in writing. The questionnaire is used to find out knowledge and attitudes about the Application of Standards. Data collection techniques in this study used triangulation or a combination of observations and interviews. From the following table it can be seen definition operational of the framework think

Table 1. Operational Definitions

Variable	Definition Operational	How to measure	Tool measuring	Measurement results	Scale Measuring
Sanitation Facilities	Physical facilities, buildings and equipment that are useful for maintaining environmental quality and controlling environmental factors that can harm human health such as clean water facilities, latrines, waste water channels, hand washing facilities and trash	observation	<i>Checklist</i>	MS ttms	ordinal

RESULTS AND DISCUSSION

Based on the results of observations that have been made, the results of the criteria are obtained the food preparation area, can be divided into three parts, namely the Kitchen/Food Preparation Area (with 12sub criteria), Foodstuff Selection and Storage (with 4sub criteria), and Food Preparation and Processing/Cooking. For more details, this table below :

Table 2. Hygiene in the Food Preparation Area

No	Food Preparation Area Inspection	Restaurant Name					
		A	B	C	D	E	F
A	General						
1	There is access to a safe water source	2	0	0	0	0	0
2	Easily accessible toilet/toilet access is available	2	2	0	2	0	0
3	There is a place for washing equipment and foodstuffs	5	5	5	0	0	0
4	There is a hand washing area	9	9	9	0	0	6
5	There is a covered trash can	2	0	0	5	0	0

6	There is a clean food storage area that is protected from chemicals, as well as vectors and disease-carrying animals	2	2	2	2	0	0
7	There is a place to store equipment that is clean and protected from vectors and disease-carrying animals	2	2	2	2	0	0
8	The storage area is not an access point to the bathroom or latrines	2	2	2	2	2	0
9	There are no vectors and disease-carrying animals or pets roaming this area.	3	2	2	3	3	0
10	Chemicals (insecticides and others) are not stored next to food	3	1	3	3	0	0
11	The floors are flat and easy to clean	2	2	0	0	0	0
12	Has air ventilation	2	0	1	0	2	0

No	Food Preparation Area Inspection	Restaurant Name					
		A	B	C	D	E	F
B	Food selection and storage						
1	Foodstuffs	2	0	0	0	0	0
2	Internal food raw	8	2	8	8	2	2

materials							
3	Food stored in the refrigerator	6	4	4	4	2	4
4	Foodstuffs	8	6	8	8	2	2

No	Food Preparation Area Inspection	Restaurant Name					
		A	B	C	D	E	F
C	Food preparation and processing/cooking						
1	Lighting is bright enough		0	0	0	0	0
2	The food to be used is cleaned and washed with running water before cooking	2	2	2	2	0	0
3	Do proper thawing/softening of food	2	0	2	2	2	0
4	Food is cooked to the right temperature and perfectly cooked.	14	8	14	14	9	0
5	Short nails, clean and do not use nail polish	3	0	3	3	3	0
6	Always wash your hands with soap and running water before and periodically when handling food	0	3	3	3	3	3
7	Do not use jewelry and other	0	3	3	0	3	0

	accessories						
8	Do not smoke while processing food	0	0	0	0	0	0
9	Do not sneeze or cough over food directly	0	0	0	0	0	0
10	Do not spit carelessly during food processing	0	0	0	0	0	0
11	Do not chew food or drink while processing food	0	0	0	0	3	0
12	Not scratching or touching dirty limbs and then directly touching food	3	3	3	3	3	0
13	Take cooked food using gloves or assistive devices	3	3	3	3	0	0
14	If injured, the wound is covered with a bandage or the like and covered with a waterproof cover and in clean condition	3	3	3	3	0	3
15	Conduct a health check at least 1 (one) time a year	2	2	2	3	3	2

	Food handlers have received training on ready-to-eat food safety						
16		3	3	3	3	3	3
	Total	109	73	88	88	44	31

The assessment for food storage for restaurants in the Harapan Raya Health Center work area, namely Restaurant A, Restaurant C, and Restaurant D has not met the requirements, while Restaurant B, Restaurant E and Restaurant F have met the requirements. Inspection of the kitchen/food preparation area is divided into three. The first is the general criteria, only Restaurant E and F that meet the criteria for the kitchen area/food preparation with a final score of 81.58% and 84.21% and only sub-criteria 4,8,9, and 12 that have not been implemented by Restaurant E and F. Mean while, other restaurants (A to D), each scored 5.26%, 26.32%, 28.95%, and 28.95%. Restaurant A with the smallest score has only implemented sub-criteria 12.a (has air ventilation with strong and durable materials) and Restaurant B, C, and D when viewed from the criteria score still needs efforts to be improved in the application of processing hygiene and sanitation food in the kitchen area, although several crucial sub-criteria (with a score of 3) have been applied by Restaurant B, namely sub-criteria 10 (Insecticidal and other chemicals are not stored next to food). However, for sub-criteria 3.b. (washing is not carried out in the contamination source area) is not fulfilled by Restaurant B and only Restaurant E and F have implemented it. In this sub-criteria, Restaurant F washes cutlery using running water which of course makes the water change periodically. This will certainly reduce the possibility of food being contaminated with bacteria and viruses that cause disease [5]. So only Restaurant F is classified as safe. In this sub-criteria, Restaurant F washes cutlery using running water which of course makes the water change periodically. This will certainly reduce the possibility of food being contaminated with bacteria and viruses that cause disease [5]. So that only Restaurant F is classified as safe. In this sub-criteria, Restaurant F washes cutlery using running water which of course makes the water change periodically. This will certainly reduce the possibility of food being contaminated with bacteria and viruses that cause disease [5]. So only Restaurant F is classified as safe.

The second is the Selection and Storage of Foodstuffs. Inspection of food ingredients with good quality (1.a.) to intact and undamaged (1.b.) was met by all restaurants, except Restaurant A. In Restaurant B, it was found that the quality of the food was good and some food had almost no damage. . Restaurant C found that the quality of the food was quite good because some of the food was not damaged. Likewise with Restaurants D, E, and F where the food conditions are classified as good. Inspections on packaged food raw materials that have a label (2.a.) are only fulfilled by Restaurants E and F, because the researchers found that in the conditions of restaurants other than Restaurants E and F. Restaurants B and E use listed raw materials or have a distribution permit and this can be seen from the raw materials seen.

Meanwhile, for packaged food raw materials, none of the B, E, and F restaurants have expired. However, restaurants A, C, and D have some food ingredients that have expired such as packaged food and this is contrary to Suhaimi's statement (2019) where one of the things that must be considered and remembered in the selection of food ingredients is not to buy food ingredients that have been sold [8]. Expiration includes buying meat/poultry that has been stored for a long time, especially the internal organs (offal) which have a high potential to contain bacteria. For the condition of food stored in the refrigerator, only Restaurant A does not store food stuffs in clean conditions, while other restaurants are classified as storing food stuffs in clean conditions. In Restaurants B to F, however, only Restaurant E and F neatly arrange food items stored in the refrigerator. This causes the condition of refrigerators in other restaurants to be poorly maintained and has the potential to grow disease-causing bacteria and viruses. For storage in the refrigerator, all restaurants store foodstuffs in overcrowded conditions and this of course does not meet sub-criteria (3.b.).

For the last section, namely Food Preparation and Processing/Cooking. Sub-criteria with a weight of 3 such as Food cooked to an appropriate temperature and cooked (4), except for Restaurant F, do not meet the sub-criteria. It can be seen from all processed food products at Restaurant F that are perfectly cooked such as the inside of the poultry meat so that there are no raw bones on it, but it is a pity that other restaurants do not meet this sub-criteria. In terms of the personnel who are working, there are still restaurants whose personnel are unhealthy or not free from infectious diseases, such as Restaurants A, C, and D. For Personal Protective Equipment such as aprons, masks, and hair coverings, only Restaurant E has personnel using them. apron. Hand hygiene conditions such as nails, only restaurants B and F have met the sub criteria. Meanwhile, in restaurants A, C, D, and E there are still personnel who have long nails or use nail coloring. Meanwhile, restaurant B and F personnel did not have long fingernails, and for the sub-criteria washing hands with soap and running water was only carried out by restaurants C and D. Because researchers found conditions in which staff or workers at restaurant A often , B, and E, rarely wash their hands before carrying out food processing activities.

For personnel's habitual patterns when processing food, no actions such as smoking are carried out by personnel, except at Restaurant A. Although this is fairly simple and trivial, in fact cigarettes are one of the producers of pollutant substances that will harm consumers. As for not coughing or sneezing on food, it can be said that the six research object restaurants have implemented well. Because the researchers did not find any violations of the protocol for food preparation or processing and this is directly in accordance with the opinion of Sari (2012) which said that one of the safest foods is one that is not contaminated, and does not contain microorganisms or bacteria and harmful chemicals. In addition, five restaurants (B to F) did not have any personnel who spat carelessly [7].

After observing and describing the conditions of the application of Hygiene Standards to food processing sanitation in restaurants in the working area of the Harapan Raya Community Health Center, Restaurants B, E and F meet the requirements to be said to be restaurants that have implemented the Standard, while Restaurants A, C, D must further increase the

application of food preparation standards for sanitation food processing hygiene in accordance with Permenkes No. 14 Year 2021

CONCLUSION

Based on the results of the evaluation of standard implementation food preparation on food processing sanitation At the restaurant in the work area of the Harapan Raya Pekanbaru Health Center, it can be concluded that the criteria for food preparation from the six restaurants were found to be three restaurants that met the requirements and three restaurants that did not meet the requirements.

Restaurants need to pay attention to the quality and feasibility of restaurant sanitation hygiene. The need for good cooperation from the home manager and health workers from the Puskesmas to gain knowledge of health standards that must be applied by restaurants.

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