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Research on food health problems in sports school from the perspective of food safety

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ABSTRACT

With the spreading of education, school physical education is becoming more and more popular and its scale is continually expanding, thus, the diet of the boarding students in the school has become a priority of the school work. The diet of school work directly related to the students' physical and mental development and even the attention of the whole society. This paper starts from the background and significance, and then the research to the existing problems, and puts forward some suggestions on improving the management so as to provide reference for the school canteen management in similar regions of the country.

KEYWORDS

Food safety; Physical education; Health.



THE IMPORTANCE OF FOOD SAFETY

Food is too human as water to fish: food safety not only has an irreplaceable material base of the human social development, but also has an important significance for the development of the country, society and citizens. For the sake of their survival consciousness, food safety problem has been a widespread concern. The field of food safety has increasingly become the focus of scholar's attention.

As an important part of the public domain in the food safety field, solving the problem not only is about the law, government, but also we must rely on civic responsibility consciousness of citizen. Civic responsibility consciousness can impel people to pay more attention to food safety from the ideological problems and uphold the responsibility consciousness of citizens of containment, which will solve the problem of food safety. The internal self-discipline responsibility of citizen consciousness is regarded as a starting point, which make each citizen can be able to consciously safeguard the food security and security from the source of food security. Civic responsibility awareness of food safety is from the perspective of the study, which is to expand the cultivation.

At present, the overall level of food safety in the field of citizenship awareness has increased, but the present situation is not optimistic, widespread production operators to law-abiding awareness, public awareness and lack of consumer awareness of right and responsibility is not strong phenomenon. Insufficient, knowledge reserves which are with the relevant enterprises and personal responsibility of citizen consciousness related enterprises lack of social responsibility, the responsibility of citizen consciousness related social practice and lack of lack of school education and social education are closely related.

THE SPECIAL REQUIREMENTS OF THE SPORT SCHOOLS

There are some special requirements in the sports school, because of the large amount of exercise. Thus, in addition to the basic diet, we should pay more attention to the nutrition, such as the system of the accompany of teacher to a meal.

The system of the accompany of teacher to a meal

Eating safety, combined with the actual school, has formulated the system of "teacher to accompany a meal ". The contents are as follows:

Firstly, the accompany of a meal prepared to the teachers is by turn. Every day, they should be on time to the cafeteria or student dining place to accompany a meal.

Secondly, to accompany a meal teacher should promptly take the initiative to understand the students and reflect the timely feedback of the opinions of students, collecting on the canteen work and life views and suggestions, and timely report to school so as to improve the quality.

Thirdly, to accompany a meal the teachers should be familiar with every meal recipes, and school canteens, enterprises or Joe family meal must be brainstormed, which will improve students' life.

Fourthly, the teacher to accompany a meal is in a highly responsible attitude to register, which fill the log.

Lastly, to accompany a meal, teacher has difficulty to accompany a meal to inform the leader in charge in order to adjust.

Rational assort or arrange of nutrition to ensure that the student health

Providing comprehensive nutrition is healthy growth and balanced diet is the fundamental way to proper nutrition. School students should participate in exercise, high strength training, which have special requirements on food and nutrition. Recommends that the school hired professional dietician guides the student canteen balanced diet, nutritional assort or arrange in pairs or groups. The reference standard commonly used international and domestic athlete's diet make students food recipes to achieve a balanced diet, rational nutrition.

Some special requirements of the school

Following are some special requirements in the sports school, just as Figure 1.

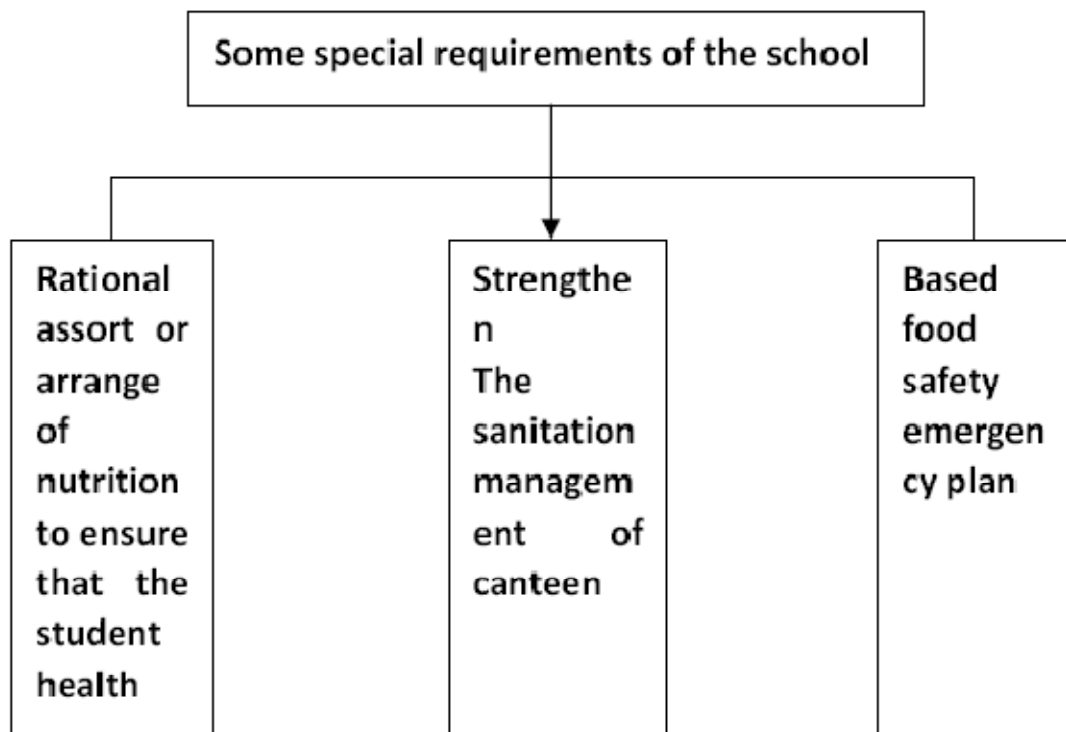


Figure 1 : Some special requirements of the school

Strengthen the sanitation management of canteen

To further establish and improve the health management system, we must formulate specific safety requirements; organize special hygiene supervision and management team regularly to the kitchen health. The student dining sanitation inspection and management must be in strict accordance with the system, and the canteen staff must according to the health requirements for food storage, cleaning, processing in order to provide a safe and sanitary food for the students. At the same time, so that students in the course of the meal can have healthy meals to ensure that the school canteen hygiene not has some hidden safety problems.

Based food safety emergency plan

At present, the Gansu province sports school canteen standardization management is still in the initial stage. In order to prevent safety accidents in school food hygiene, we suggest that the establishment of the school food safety emergency plan on food from raw materials procurement to storage, processing, and then to the students at each link, which will help build safety emergency measures. But the occurrence of food safety accidents must be timely emergency treatment, thus, the accident hazards will be reduced to the minimum.

THE EXISTING PROBLEMS AND THE REASONS IN SPORTS COLLEGES AND UNIVERSITIES

Under the study of the food in sport school, we can find the following problems and the reasons for them, just as Figure 2.

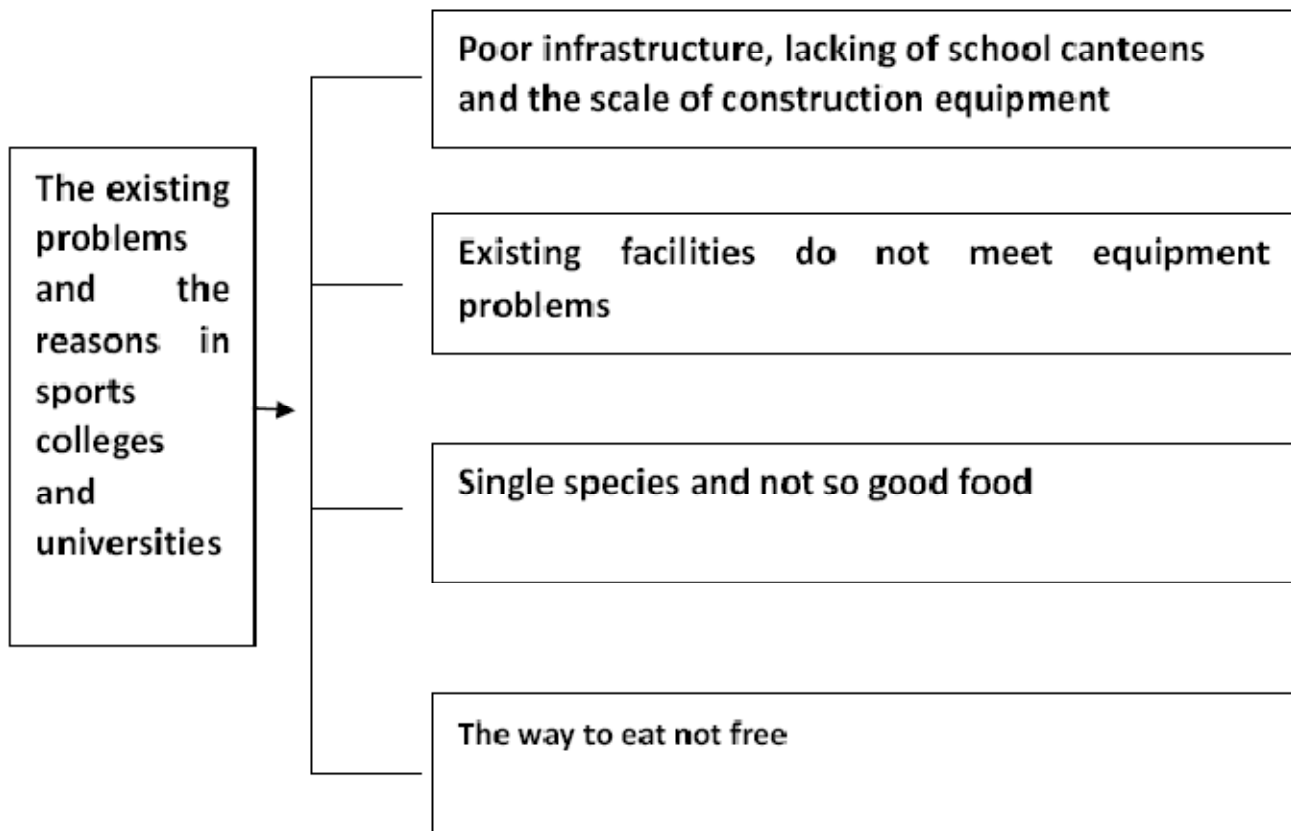


Figure 2 : The existing problems and the reasons in sports colleges and universities

Poor infrastructure, lacking of school canteens and the scale of construction equipment

From the beginning of 2005, Sports school students increased dramatically from four or five people rising to nearly one thousand people, but the investment and infrastructure construction of dormitory, canteen, far from students to catch up with the growth rate. Sports school has nearly one thousand people live in, which means that each meal to nearly one thousand people dining scale. The author has just entered the school to survey and saw down two layers of the school canteen, each floor area of about 100 m², first produced a serious challenge to the school canteen area. Sure enough, at noon dinner time, students in a long row of the team finished the meal began to move toward the playground, because dining chair of the school canteen is not enough, a large number of students holding boxes scattered back in the playground, classroom, dormitory or dining.

After the interview, the students all reflect the influence not give them school desks and chairs: canteen tables and chairs is not enough, which can only stand on the playground and are not willing to go back to the classroom or dormitory.

There many reasons: firstly is not willing to go too far down the road, because the hand is the rice bowl is not convenient; secondly is to wash the dishes after the meal. They only have the canteen to sink, backing to the dormitory or classroom had come back again, ran is very troublesome. But such

situations when encountered wind and rain was worse, not only to the playground, but the crowded cafeteria; even if it is a sunny day, The summer sun will be great, playground stood very hot discomfort, winter cold, standing on the playground the food is easy to cool. All these bring great inconvenience to the students' dining.

Existing facilities do not meet equipment problems

The construction of hardware is the foundation in the canteen work, which directly related to the quality of the food and health. Cafeteria internal layout is reasonable, and infrastructure standards can effectively reduce the cross contamination of food to prevent the spread of food borne disease. The survey found that the school canteen problems of internal layout is not reasonable, and so the basic health facilities etc. When we went into the school canteen operating room, the first impression is not very neat; stove that has black smoke traces side walls. Also, it has a black stain, which should be used for a long time without cleaning.

The processing operation of ground some wet and the wall is provided with a white ceramic tile installed into a 1.5 meters high dado tiles, but has been damaged and off phenomenon. A coating operation between the ceiling and the doors and windows, but the coating has existed for loss or damage of the. Fluorescent lamp operation may be installed too high or wattage is not enough, is the room some dim. The more prominent issues are: dining room inside and outside environment is not clean, pollution source exists near the dining hall, and the overall layout is not reasonable, function to the division is not clear, the lack of tableware disinfection.

School canteens ground material is not waterproof, and the ground is not a certain slope, which is disadvantageous to the sewage discharge. Canteen processing vegetables, meat and other facilities used eating places are not equipped with adequate hand washing and other necessary facilities, treatment facilities vegetables, meat mix, so easy to create the conditions for the growth of bacteria, virus, occurrence of food poisoning and food borne infectious diseases hidden trouble. Relatively weak link and food storage is not standardized, raw and cooked food mix after disinfection of tableware storage, which does not comply with the hygiene requirements and easy to cause the cross pollution and second pollution in food processing. Thus, there are potential safety problems of food hygiene.

Single species and not so good food

The school canteen provides meals can basically meet the basic needs of students "eat", but almost all of the students surveyed said "it doesn't taste good. Some students even say that it doesn't taste good more accurate expression for bad taste. The reason for this result is the following:

Firstly, the processing of the large amount of food is difficult to grasp the discretion. And the school fund Co., limited staff will use the pot cooking; in this case, it will make good nature become difficult. As a teacher, teaching a person is not difficult, but will be a class of students teach well is not easy.

Secondly, the effects of processing methods must take the responsibilities, such as student mentioned vegetables. The school, in order to save time and save the edible oil, is indeed the vegetables cooked and then into the pot a little fried in oil. Thus, the taste is really bad, and doesn't have nutrition, because in the process of the water boiled, it must be off much nutrition.

Thirdly, we must mention the business level of the staff canteen. The canteen staff has not been professional in training school, it also has not been professional and technical training cook, thus, the doing of the dishes is not satisfactory.

The way to eat not free

The school canteen is the meals for all students to take, namely unified boarding fee standards. The school canteen = provide unified food. The benefits of doing so are to better control of food procurement, unified production process, labor saving, and convenient operation.

The disadvantages are also obvious: the students have no right to choose, the number of students in the variety of dishes are not free to buy,. They do not want to eat, and can not to eat. I have lunch at school during the meal, which is like making interviewed students, and almost all the students don't like the way.

There is also a way to eat from that purchase system, namely the food varieties. By the number of students to purchase, the school canteen with prepaid card or meal ticket settlement. But the disadvantage of this method is the food purchase quantity is not good, the canteen staff workload will increase, according to the actual situation of S school, short-term difficult to achieve self purchase system.

SOME SUGGESTIONS IN SPORTS COLLEGES OF THE FOOD HYGIENE PROBLEMS

Though our study, we can find that, there are many reasons for the hygiene problems, the following are some.

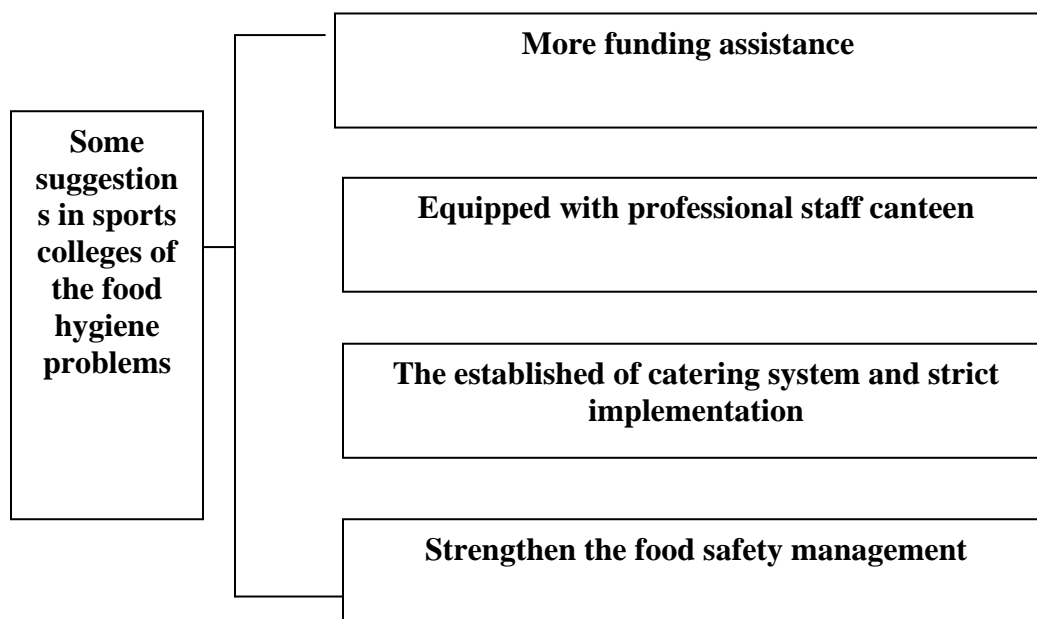


Figure 3 : Some suggestions in sports colleges of the food hygiene problems

More funding assistance

Consideration should be given to strengthen the sports school funding, which can set up a special fund for the school canteen, gradually rebuilding health substandard cafeteria and ensure the new cafeteria qualified compliance. With the centralization of rural education resources, we should expand the service radius of school in order to maintain the normal teaching order, which has the necessity and urgency of establishing the rural school canteen. Construction of boarding school must set up facilities to maintain the normal teaching order of the school canteen. The importance of governments must be put at all levels and the school leaders to understand hygienic safety, which will not only improve the health of school canteens in the school work plan, but also can make the student canteen facilities have special funding in the hardware construction.

With the simultaneous development of the classroom building, we should increase the campus construction. Therefore, we should increase the special fund for rural school canteen hardware facilities

investment, and the capital distribution should be focused, and vigorously support the poor infrastructure of primary schools and rural schools, which is equipped with cold storage facilities and tableware disinfection cleaning equipment.

But these funds must be improved in the nutritional status of the sports students, which still far from enough. From the preceding analysis, we can see even all the students enjoy the nutritional subsidy funds, dietary nutrition level but students should reach at least half of the official website of the funding gap, and enjoy the boarder living. We should believe that subsidies of students are limited, and the school canteen infrastructure status facilities of rural poor have letter to be money to solve. We want to state and local governments to increase the school especially in sports school funding which will support to education first, helping to resolve the practical difficulties of rural boarding school.

Equipped with professional staff canteen

With the development of boarding school canteen, boarding school canteen highlights a widespread problem, lack of boarding school life kind of staff, such as school psychological teacher, dietician. Boarding school student housing is a big problem, the basic living problems not resolved or not, which would not improve the quality of teaching.

For a long time, school teacher training is aimed at English and mathematics teaching subjects, some of the teachers do not consider the lack of life, the number of staff not only lead to the canteen staff shortage, also led to boarding school teacher than the color fuzzy, which should undertake the task of teaching, but also bear the boarding aspect work. The task of teaching and boarding management is lacking. And the student is in the body, for a long time, need to ensure balanced nutrition, which suggesting that diet the nutrition problems. Thus, we should pay attention to the rural school students; we must cultivate the cafeteria diet nutrition professionals.

In this regard, the practice of America is worth learning. American society is of great concern and attention to the school nutrition work. From the heads of state down to the ordinary, all the students and parents believe that the school is to help students develop a healthy diet of choice and the best place to nutrition and health level of students, and cultivating healthy students to improve the national productivity through school. Based on the belief and consciousness, American schools are widely supported by the society from all walks of life, and even a variety of folk science groups or charitable organizations are also very concerned about school meals. All of these provide a solid foundation for the implementation of the school nutrition diet. The United States, as early as 1946, introduced the "school lunch act", then introduced the nutrition security concerns children growing up in the law, such as "child nutrition law", "nutrition labeling and Education Act"; and the legal norms of behavior of food, nutritional products industry, such as "the dietary supplement health and Education Act" and so on.

It can be said that the United States to pass legislation to make school nutrition organized and orderly. The U.S. government also provides school teachers must consider dietary service personnel training needs; it is one of the basic elements of the school nutrition services of high quality. So the school should provide sufficient pre nutrition education and continuous in-service training for teachers and nutrition diet service staff, school teachers and food service personnel to obtain professional guidance and professor of nutrition education and health training, enrich their professional knowledge,

The established of catering system and strict implementation

The management of school canteens is relates to the students physical quality and the health growth, which is the main part of school management. The facilitate management of schools should make the school canteen management system strictly according to staff canteens and food procurement, storage. All the links of food processing process, canteen finance should make detailed management system, the s school rules and regulations.

It is not difficult to find the missing or the implementation of the system, no execution and implement the system, the system is just on paper, as decoration. To make the system effective implementation system, we should do the following:

Firstly, policymakers must abide by the rules and regulations system, and build up the leading members of the lead followed, not to engage in special, but to set an example to other members and the

public. It can make us to abide by the rules and regulations, follow suit, and arouse the staff's enthusiasm, creativity so as to achieve the systematic management, received the desired effect. On the contrary, if the leadership members can not comply or executive unit system, but asked his subordinates to obey, potential be counterproductive, causing subordinate dissatisfaction, rebellious, which will lead to the job enthusiasm is not high, poor initiative. The implementation of the system is through the field, work achievement naturally.

Therefore, the implementation of the system and implement the leadership of compliance is the key. A system of light is enough, only the strict implementation of the system to play its due effect, to play its due role.

Strengthen the food safety management

Maslow's hierarchy of needs theory tells us that the human physiological needs are the most basic needs, only need to meet the basic force level, but also will need a higher level. The school canteen is to meet the students' needs and the lowest level of existence. The canteen work is an important content of the school work, but don't be emphasized. The basic requirements of health management are ensuring the quality of the food, to prevent food pollution. Many factors affect the quality of the food processing, production, cooking, the sales process, through the health management can eliminate or avoid harmful factors to the contamination of the food or influence, ensure food safety.

In sports school, due to the leadership of supervision, food storage does no have examination schools, not timely processing of expired or spoiled food, daily supply all kinds of dishes do not sample etc.. This is because the school leadership and canteen management is to the personnel of the canteen and health management policies and regulations understanding insufficiency. Also, the food safety awareness is not strong.

It is suggested that the education department should be regarded safety as an important evaluation index of assessment of school work, and the school leadership and canteen management personnel to participate in different levels of food hygiene and safety knowledge training in order to improve their attention on health work canteens.

CONCLUSIONS

Sports school canteen management exist some problems, the author summarized as the following: boarding school canteen management lack of attention, canteen facilities, in the canteen. The lack of professionals, some of the management system is not implemented. Many management difficulties of rural boarding school is about the dining room faces, both from the national policy level in the educational funds. The investment is insufficient and unreasonable, but also from the local education authorities and school management concept and professional knowledge many reasons such as the lack of general medicine.

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