3. METHODOLOGY

The methodology pertaining to the study “ASSESSMENT OF NUTRITIONAL, MICROBIAL AND HYGIENIC ASPECTS OF FOODS SOLD BY SMALL MOBILE FOOD VENDORS IN SALEM DISTRICT” was discussed under following headings.

3.1. Sampling
3.2. Food sample preparation for nutritional Analysis
   3.2.1. Methods of nutritional analysis of food
3.3. Food sample preparation for microbial analysis
   3.3.1. Methods of microbial analysis of food
3.4. Analysis of selected raw food items for adulterants
3.5. Assessment Food safety knowledge, attitude and hygienic practices among the selected small mobile food vendors
3.6. Statistical analysis

3.1. SAMPLING

Food samples were collected from the four main areas, which are situated around markets, schools, bus station and highly populated streets. The freshly prepared food samples were colleted from four different food zones of city like Suramangalam, Meyyanur, Gugai and Ammapet of Salem city. The selected twelve food items were as follows.

(1) Fast foods & snacks : Pani poori, Vada Pav, Pav bhaji, Cutlet, Samosa
(2) Chinese food : Fried rice, Manchurian
(3) South Indian : Idly, Oothappam, Pongal, Paniyaram
(4) Punjabi food : Roti

3.2. SAMPLE SELECTION AND PREPARATION FOR NUTRITIONAL ANALYSIS

All the food items that selected were freshly prepared by vendors. All the food samples were collected at 10:00 p.m on first day and packed in plastic containers. After this, these samples were individually homogenized in mixer and 100 gm sample was packed immediately in containers. These containers were stored at -34ºC in freezer. Homemade food sample were also prepared, homogenized and preserved along with samples collected from vendors. The chemical analysis was carried out, next day at 9.00 A.M.
PLATE 1 - FAST FOODS & SNACKS

- Pani Puri
- Vada Pav
- Pav Bhaji
- Samosa
- Cutlet

PLATE 2 - CHINESE FOOD

- Fried Rice
- Manchurian

PLATE 3 - SOUTH INDIAN FOOD
PLATE 4 - PUNJABI FOOD

IDLY

OOTHAPPAM

PONGAL

PANIYARAM

ROTI
3.4. ANALYSIS OF SELECTED RAW FOOD ITEMS FOR ADULTERANTS

Food adulteration is an act of intentionally debasing the quality of Food offered for sale either substitution of inferior substances or by the removal of some valuable ingredient.

3.5. ASSESSMENT FOOD SAFETY KNOWLEDGE, ATTITUDE AND FOOD HYGIENIC PRACTICE USING OBSERVATION CHECKLIST AMONG THE SELECTED SMALL MOBILE FOOD VENDORS

A total of 96 food handlers participated in the study comprising of 2 food handlers from each selected small mobile vendor food shop (2 X 48 = 96) from Salem city. The aim of the study was first explained to the food handlers of the stall or the food shop. An informed consent form based on ethical norms describing all the different components of the study was provided and signed by each participant prior to the data collection and safety observation.

3.6. Statistical analysis

The final data was compiled and analyzed by using statistical methods. The results are represented as Descriptive statistics such as mean, standard deviation, one way ANOVA, followed by Duncan’s multiple comparison tests. A p-values <0.05 were considered significant. Differences in baseline characters were analyzed by Paired t-test. All these were computed using statistical software IBM SPPS Statistics (Version 19, 2010).