

# Hygiene and Food Safety

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# Introduction

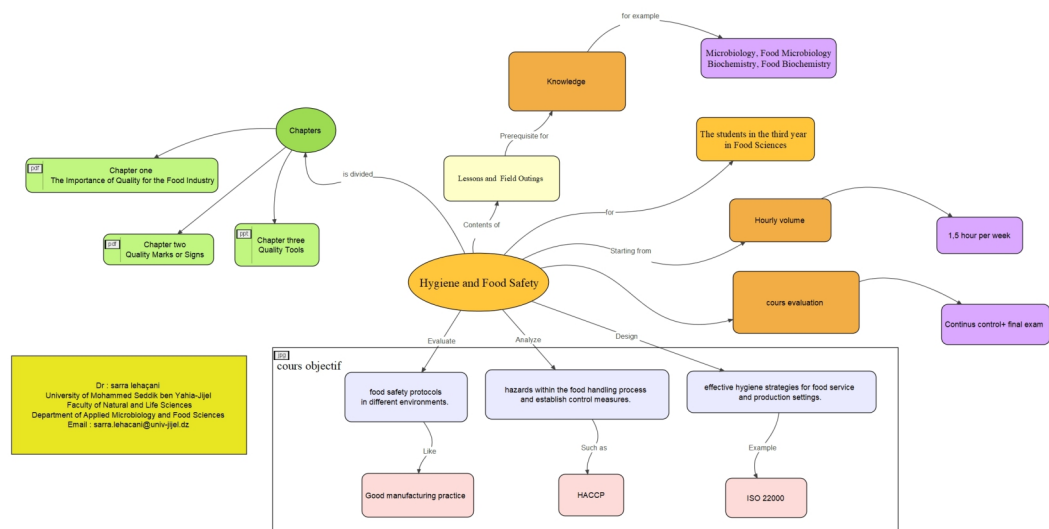
Hygiene and food safety are essential aspects of our daily lives. They are essential to ensure the safety and quality of the food we eat. This is because improper handling or preparation of food can lead to foodborne illnesses and endanger our health. That's why it's important to understand and apply good hygiene and food safety practices. This course, explores the fundamentals of food hygiene and the preventive measures needed to preserve the health of all consumers.

Food hygiene and safety are essential aspects of our daily lives.

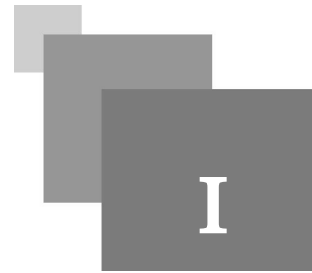
Indeed, we are all likely to consume food at various times during the whether at home, at work or in a restaurant. This is why it is essential to ensure that these foods are prepared and handled under sanitary conditions in order to avoid any risk to our health.

Food hygiene encompasses various aspects such as the cleanliness of the premises, the equipment used (kitchen utensils) and manipulators' hands, as well as compliance with the standards of

preparation, preservation and transport of food. Food security, on the other hand, aims to prevent the risk of contamination of food by the different types of hazards in implementing control measures and complying with the regulations in force.



# chapter 1



## 1. Introduction

### *Définition*

In the food sector, quality is an age-old and recurring concern that continues to be at the forefront of consumer worries. The term quality for food products encompasses different components: nutritional quality, safety, and sensory attributes (taste). Therefore, the food industry operates within these three essential dimensions of quality.

### *Complément : Nutritional quality*

The nutritional quality of a food is its ability to meet the daily needs of individuals. It is important because, depending on a person's nutritional habits, it can lead to diseases such as obesity, diabetes, hypertension, and cancer. In France, the nutritional values table is mandatory on all prepackaged foods. The nutritional quality of foods can be assessed based on their content of various elements such as fats, saturated fatty acids, proteins, free sugars, fibers, vitamins, etc. To improve the nutritional quality of foods and catering, it is recommended to encourage transnational, national, and local food and catering distribution services to enhance the nutritional quality of their products.

### *Complément : Safety*

Food safety is a concept that encompasses the preparation, handling, and storage of food in a way that avoids foodborne illnesses. Foodborne illnesses are caused by bacteria, viruses, parasites, or harmful chemicals present in contaminated food. Symptoms can range from diarrhea to cancer. Therefore, it is important to take measures to ensure food safety. This can be achieved through effective collaboration between governments, producers, and consumers.

### *Complément : Sensory attributes*

Sensory attributes are characteristics of a product that can be perceived by the senses, such as appearance, color, flavor, texture, and taste. Sensory attributes are evaluated by trained panels of experts who use a standardized vocabulary to describe the sensory properties of a product.

Taste refers to the perception of the sensory cells in your taste buds. When food compounds activate these sensory cells, your brain detects a taste, like sweetness. Odor comes from your sense of smell.

## 2. What is called quality?

**Quality** is not just a matter of common sense, tools and techniques. It is a mindset, a change approach and a method that involves all stakeholders in the company. This requires collective awareness and a continuous evolution of the internal culture of the organism. Quality is the ability to meet customer requirements, which can be explicit or implicit.



### *Complément*

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The quality is:

- Process performance, operation and organization to improve productivity and more broadly drive operational excellence in private and public organizations.
- Quality is therefore not what we believe to put or recognize in a product or service, but what the customer finds in it and why he is willing to pay. The excellence of products and services to satisfy increasingly demanding customers and conquer new markets (especially in export).



### *Définition : Full definition of Quality by AFNOR and ISO:*

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Quality is the ability of a product to satisfy its users. The set of properties and characteristics of a product or service that enables it to meet the explicit or implicit needs of all users.



### *Remarque : AFNOR*

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AFNOR stands for French Association of Standardization. Founded in 1929, the French Association of Standardization is the official organization in charge of standards in France. Since 2004 and its merger with the French Agency for Quality Improvement and Management (AFAQ), it is affiliated with the AFNOR group that operates in the fields of standardization, certification, and training.



### *Remarque : The International Organization for Standardization (ISO)*

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The International Organization for Standardization (ISO) is an international nongovernmental organization made up of national standards bodies; it develops and publishes a wide range of proprietary, industrial, and commercial standards and is comprised of representatives from various national standards organizations.

## 3. I.Strong challenges for companies and organizations

Beyond the price, the quality of the products and the services that accompany them are the real criteria for competitive differentiation.

Quality, cost, timing, three constraints that must mobilize any organization around three inseparable issues:

1. Commercial: satisfaction of customers;
2. human: Motivate all employees towards the same goal.
3. Economic: economic performance of the organization.

### Complément

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The European system is one of the strictest in the world in terms of health, consumers are increasingly demanding the quality of health products. the progression of the prevalence of obesity and overweight has strengthened consumer demands on nutritional aspects and on taste! This is the main criterion for consumers to make purchases.

Today, in the food sector, quality is therefore an essential and a determining element of consumer choices.

## 4. II. Quality of food

For millennia, and still now in many countries, the goal of farmers and livestock farmers was to produce as much as possible: In the event of shortage or famine, the target was quantity.

But in Europe and North America, agriculture has been so “successful” that the supply is overwhelming: too much is produced. Producers and processors, therefore, aim for the quality, demanded by consumers.

### II.1. Components of Quality

The concept of quality is characterized by:

- Its subjectivity: Quality is appreciated differently by individuals.
- Relativity: Customer's use of the product determines its quality.
- Its measurability: Quality has multidimensional characteristics that remain measurable.

There are three (03) approaches:

1. The quality control.
2. The quality assurance.
3. Total Quality Management (TQM )

### Complément

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Quality control (QC) is a process through which a business seeks to ensure that product quality is maintained or improved.

### Complément

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Quality assurance (QA) is a quality management process that consists of establishing standards, guidelines and procedures to prevent quality issues and maintain the integrity of the product or service throughout its development.

### Complément

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A core definition of total quality management (TQM) describes a management approach to long-term success through customer satisfaction. In a TQM effort, all members of an organization participate in improving processes, products, services, and the culture in which they work.

The following components must be observed: Eight components of food quality

4 S + 2 R + T + E

SSSS RR T E

**Safety, Salubrious, Savor and Service:**

The Four S. **Hygienic, nutritional, organoleptic and usage.**

**2R Regularity and reverie**

**T technology and E Ethics**



***Complément : 4S***

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**What does the consumer expect?**

**Safety (hygienic quality)**

They want less danger.

**Salubrious (Nutritional Quality)**

They want more benefits.

**Savor (organoleptical quality)**

We want to enjoy the taste

**Service (usability quality= Quality of Use)**

We want it to be convenient (comfortable).