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**ELABORAÇÃO E PRODUÇÃO DE MATERIAL DIDÁTICO INSTRUCIONAL:  
RELATO DE EXPERIÊNCIA SOBRE AS BOAS PRÁTICAS DE MANIPULAÇÃO  
EM ALIMENTOS**

**PREPARACIÓN Y PRODUCCIÓN DE MATERIAL DIDÁCTICO: INFORME DE  
EXPERIENCIA SOBRE BUENAS PRÁCTICAS DE MANIPULACIÓN DE  
ALIMENTOS**

**PREPARATION AND PRODUCTION OF INSTRUCTIONAL TEACHING  
MATERIAL: EXPERIENCE REPORT ON GOOD FOOD HANDLING PRACTICES**

Presentation: Experience Report

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## **INTRODUCTION**

The food handler must know the importance of their role in handling, preparing, preparing and delivering food, preventing and eliminating the conditions for the proliferation of microorganisms that cause illnesses (Silva, 2001). The importance of training is to provide handlers with the necessary theoretical and practical knowledge to qualify them and lead them to develop skills and attitudes for specific jobs in the food sector (Góes et al; 2001). The use of practical methods to provide knowledge is the use of educational teaching material and training or qualifications (Gonçalves, 2012). These methods aim to multiply, renew and update the knowledge and behavioral and attitudinal changes of handlers (Souza, 2006).

The objective of the study was to report the experience of preparing educational material on good practices, appropriate techniques and preparation for the production of healthy foods, helping to establish a dialogue between scientific knowledge and practice for food handlers in the city of Paraíso do Tocantins.

## **EXPERIENCE REPORT**

This is a report on an extension experience, carried out in the second half of 2022, on the production of teaching material and training in good food handling practices for 20 food handlers (restaurants, cafeterias, bakeries, etc.). According to Cavalcante and Lima (2012), the

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experience report is a descriptive research instrument that provides the act of reflection on an action that addresses a practical situation in the professional sphere of scientific relevance.

After surveying the number of registrations with the existing tax bodies in the Municipality of Paraíso do Tocantins, a selection was carried out, through telephone contact, inviting food handlers for virtual training. Terms were signed (virtual via Google forms sent to WhatsApp by those interested in participating in the virtual training) consenting to participate and use images and applying a checklist (virtual via Google forms) at the establishment with reference to RDC 275/2002 and RDC 216/2004. Groups of participants were created on WhatsApp to later send an electronic questionnaire (Google forms) to assess the level of knowledge of handlers regarding good manufacturing practices. The questionnaire will present 20 qualitative questions, covering the following topics: good manufacturing practices, the need for hand washing, microorganisms and personal behaviors and habits. After tabulating data from the checklist and questionnaires, research in books, articles, magazines and electronic media, information was selected to prepare an educational teaching material on Good Practices, food poisoning, microorganisms, hazards (biological, physical and chemical) in food, hygiene personal and behavioral.

The prepared educational teaching material (figure 1) was delivered to participants during a (virtual) training course emphasizing the main aspects of correct food handling. The training took place virtually by sending videos from YouTube (figure 2), short (2 to 5 minutes) on Good Practices, food poisoning, microorganisms, hazards (biological, physical and chemical) in food, personal hygiene.

**Figure 1:** Teaching material



**Source:** Own (2022)

**Figure 2:** Video used in virtual training



**Source:** [https://youtu.be/47hgN5wJOf0?si=X\\_tRcxs5OzHx0hg1](https://youtu.be/47hgN5wJOf0?si=X_tRcxs5OzHx0hg1) (2022)

Questions and clarifications during the training will be via WhatsApp group. The



training evaluation was carried out using electronic forms (Google forms) on the videos sent and content covered in the educational teaching material made available virtually through social media groups.

The result of applying the Checklist of hygienic-sanitary conditions in companies where food handlers worked, shows that 70% of companies were in compliance with the standards that regulate the correct handling of food in the sectors observed and that 60% of companies were food handlers. Participants were unaware of the standards for safe food handling.

Education and constant training are the best ways to improve the quality of the food served, as they create a set of means and processes through which the individual is taught and perfected in carrying out a given task (Oliveira et al., 2003). The majority of workers recruited to handle food are neither qualified nor trained to perform these functions.

The training via WhatsApp used didactic material prepared after reviewing the literature and applying the electronic questionnaire (Google forms) to assess the level of knowledge of handlers regarding good manufacturing practices. During the virtual training, the interest and participation of the handlers and the high number of doubts about the content covered in the teaching material were observed. There was interaction and interest among the members of the group providing satisfactory training, presenting positive results on the development of teaching material for people who work with food handling in their daily lives, with information and guidance on good food handling and contamination practices. According to Oliveira et al. (2003), constant training is one of the ways to improve the quality of the food served, as the individual is trained and develops the execution of a certain work or function (Oliveira et al., 2003). According to Gomes et al., (2014) the efficiency of training leads the handler to reflect and understand the adoption of attitudes to promote changes in habits. In this sense, it appears that the training carried out in the present study was successful as it enabled knowledge and clarification of doubts about food handling, contributing to behavioral change, appreciation, importance and guarantee of food safety for handlers.

## CONCLUSIONS

The teaching material allowed access to knowledge, contributing to the safe practice of



production, handling, storage, transportation of food and influencing changes in the behavior of food handlers when carrying out good practices. The study suggests continued training in order to promote and consolidate knowledge and to improve the practices of these food handlers, enabling greater safety in food handling and raising the level of knowledge about Good Manufacturing Practices.

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