

Food Service Facility and Adequacy of Food Served at the Work Site in an Electronics Industry

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ABSTRACT Canteen food service facility provided in an electronics industry was studied on different aspects- physical facilities in terms of provision of store rooms, food plant, canteen personnel, finance, food subsidy, purchasing, food production and service, hygiene and sanitation appeared quite satisfactory. Meal and menu planning studied was devoid of green leafy vegetables and fruits. Breakfast items included were mainly refined bakery products – bread/bun, cake and biscuits supplying mainly calories. Per capita consumption of cereals, oils and fats, sugar, milk and milk products in the two meals itself was found to be in excess of their requirements. As a consequence per capita nutrient consumption exceeded the desirable amounts particularly calories in the two meals provided other than the food consumption at home. In the absence of proper awareness of nutrition, adlibitum food service with 30 minutes break for lunch appeared to be inappropriate in the group of sedentary workers. The study indicates the need for proper menu and meal planning, type of food service and nutrition education.

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