

Food Safety Practices and Hygiene Awareness Among Home Economics Students: A Systematic Review of Educational and Behavioral Perspectives

Princess Anne S. Galera

¹Ilocos Sur Polytechnic State College

Publication Date: 2026/07/04

Abstract: This review synthesizes literature on the relationship between food safety practices and hygiene awareness among students in Home Economics programs. The objective is to examine how knowledge of hygiene standards influences compliance with food safety protocols, and how practical exposure reinforces awareness. Literature was gathered from ERIC, Science Direct, PubMed, and Philippine E-Journals, covering studies published between 2015 and 2025. Findings consistently highlight that hygiene awareness positively correlates with safe food handling behaviors, including handwashing, proper storage, and prevention of cross-contamination. International studies emphasize that adolescents and young adults are particularly vulnerable to foodborne risks due to inconsistent hygiene habits, while local Philippine research underscores the importance of integrating hygiene education into Technology and Livelihood Education (TLE) curricula. Theoretical perspectives such as Social Learning Theory and Health Belief Models explain how awareness translates into practice, though gaps remain in ensuring sustained behavioral compliance. This synthesis underscores the importance of combining theoretical instruction with practical training to strengthen food safety behaviors. Recommendations include curriculum enhancement, peer-led workshops, and digital learning tools to improve hygiene awareness and food safety practices among students.

How to Cite: Princess Anne S. Galera (2026) Food Safety Practices and Hygiene Awareness Among Home Economics Students: A Systematic Review of Educational and Behavioral Perspectives. *International Journal of Innovative Science and Research Technology*, 11(6), 2414-2415. <https://doi.org/10.38124/ijisrt/26jun1323>

I. INTRODUCTION

➤ Background Context

Food safety and hygiene are critical components of public health, particularly in educational settings where students engage in food preparation. The World Health Organization (2022) emphasizes that proper handling, preparation, and storage of food reduce foodborne illnesses. Home Economics education provides a platform for students to apply hygiene principles in real-life contexts, making awareness and practice essential.

➤ Scope and Purpose

This review focuses on literature examining hygiene awareness and food safety practices among adolescents and students in vocational or Home Economics programs. Studies outside educational contexts or unrelated to hygiene and food safety are excluded.

➤ Thesis Statement / Objective

The review aims to synthesize research on the relationship between hygiene awareness and food safety practices, identify barriers to compliance, and highlight gaps in localized studies among Home Economics students.

II. METHODOLOGY

A. Search Strategy

Databases: ERIC, ScienceDirect, PubMed, Philippine E-Journals. Search terms: *food safety practices, hygiene awareness, Home Economics students, foodborne illness prevention, vocational education hygiene.*

B. Selection Process

➤ Inclusion Criteria:

- Studies focusing on hygiene awareness and food safety practices.
- Research involving adolescents or students in vocational/Home Economics programs.

- Published between 2015–2025.

➤ *Exclusion Criteria:*

- Studies focusing solely on professional food handlers.
- Non-empirical reports or opinion pieces.

III. MAIN BODY

➤ *Theme 1: Hygiene Awareness and Food Safety Compliance*

WHO (2020, 2021) and FAO (2019) emphasize that hygiene awareness reduces foodborne illness risks. Mensah et al. (2019) found that proper handwashing and cooking practices significantly reduce contamination. Daryani et al. (2018) noted that awareness alone is insufficient without reinforcement through practice.

➤ *Theme 2: Educational Contexts and Curriculum Integration*

Local studies (DepEd Research Series, 2019; Philippine TLE Research Bulletin, 2020) highlight that hands-on TLE activities improve hygiene awareness and food safety compliance. Galanis et al. (2019) argue that curriculum design integrating theory and practice produces more competent students.

➤ *Theme 3: Behavioral and Social Influences*

Social Learning Theory (Bandura, 1986) explains how peer influence and observation shape hygiene behaviors. Studies (Journal of School Health, 2018; UNICEF, 2015) show that sanitation education reduces foodborne risks in schools. Peer-led workshops and digital tools (International Journal of Educational Technology, 2020) enhance both awareness and practice.

➤ *Theme 4: International and Local Perspectives*

International studies (Al-Rifai et al., 2017; Stratev et al., 2017) confirm that hygiene awareness correlates with adherence to food safety protocols. Local Philippine research emphasizes the need for systematic hygiene education in Home Economics curricula to address gaps in awareness and practice.

IV. CONCLUSION AND RECOMMENDATIONS

➤ *Summary of Main Findings*

Hygiene awareness is positively correlated with food safety practices, but awareness alone does not guarantee compliance. Practical exposure, peer support, and curriculum integration are essential for sustained behavioral change.

➤ *Significance*

This synthesis highlights the importance of combining theoretical hygiene education with practical training in Home Economics programs to reduce foodborne risks and improve student competencies.

➤ *Future Research*

- Conduct localized studies on hygiene awareness and food safety practices among rural Philippine schools.
- Explore the effectiveness of digital tools and peer-led interventions in reinforcing hygiene behaviors.
- Investigate long-term impacts of hygiene education on food safety compliance beyond school settings.

REFERENCES

- [1]. Al-Rifai, H., et al. (2017). Hygiene awareness and food safety compliance among students. *Journal of Public Health Education*, 12(3), 45–59.*
- [2]. Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Englewood Cliffs, NJ: Prentice Hall.
- [3]. Daryani, A., et al. (2018). Food safety compliance and student awareness. *Journal of Nutrition Education*, 50(2), 112–120.*
- [4]. Food and Agriculture Organization. (2019). *Food safety and quality*. Rome: FAO.
- [5]. Galanis, P., et al. (2019). Curriculum design and hygiene education. *International Journal of Vocational Studies*, 15(1), 33–47.*
- [6]. Mensah, J., et al. (2019). Determinants of food safety practices among youth. *British Food Journal*, 120(4), 891–900.*
- [7]. Stratev, D., et al. (2017). Food safety knowledge and hygiene practices among students. *Journal of Infection and Public Health*, 10(6), 778–782.*
- [8]. UNICEF. (2015). *Sanitation and hygiene education in schools*. New York: UNICEF.
- [9]. World Health Organization. (2020, 2021, 2022). *Food safety fact sheets*. Geneva: WHO.