ANALYSIS OF FOOD SAFETY KNOWLEDGE, ATTITUDE AND PRACTICES IN HLEDAN AND KYIMYINDINE NIGHT BIZAAR

Mu Mu Swe[1]

Abstract

Food Safety is a practice that preserves the quality of food to prevent contamination & food borne illnesses. It is essential to ensure the nourishment we eat is not defiled with likely hurtful microscopic organism, poisons, and synthetic substances. Food can get contaminated at any period of time during production, preparation and distribution. Everyone plays a role to ensure that the food we eat does not cause any diseases. This study examined the food safety knowledge of street vendors and food safety practices followed by street vendors from selected two markets in Yangon. A total of 100 street vendors from two markets responded the questionnaires. The questionnaire includes a total of 54 questions in six subgroup such as cooking utensils, food safety knowledge, food preparation, food storage, personal hygiene, food handling and serving, demographic characteristic of vendors. Descriptive analysis based on primary data is conducted on the street food vendors' awareness, attitude and practices of food safety and independent sample t test is also used for comparing the two markets food safety practices and knowledge. It was found that street food vendors from Hledan Market have the better knowledge while vendor's form Kyimyindine ṅight ṇazaar have lower level of understanding food safety. Personal hygiene and food handling practices of street food vendors' form both markets are very low even though they have better understanding on food safety. And majority of respondent food sellers were found weak to comply the particularly personal hygiene and food handling practices due to lack of food safety training provided by the authority concerned and lack of knowledge. Due to lack of providing educational food safety training and periodic monitoring by the almost no necessary actions have been authority concerned, apparently street food vendors' awareness is likely to be weak an taken regarding unsafe food.

Key words: Food Safety, Food Safety Knowledge, Food Preparation, Storage, Personal hygiene, food awareness, descriptive analysis, independent sample t test

1. INTRODUCTION

Road nourishment is prepared to eat nourishment or drink sold by a seller, or merchant, in a road or other open spot. It is regularly sold from a convenient nourishment stall, nourishment truck, and implied for quick utilization.

Road nourishment distributing offers financial advantages to sellers and nutritious nourishment for urban shoppers, particularly in creating nations. Yangon is the biggest city of Myanmar like the other cities in the world, street food is in vital role for the people who have rare time to cook have to opt street food. There are varieties of street food which offer including mohinga, fries, glutinous rice, stick pork, grilled fish, pickled tea leaf salad, traditional Myanmar snacks, fried chicken, cold drinks, ice cream, varieties of salad and many other appetizers.

In Myanmar, the Yangon City Development Council (YCDC) is principally liable for controlling nourishment slow down. However, food control system is significantly weak and can rarely be seen. Right now, circumstance forestalled the chance to teach sellers. Absence of accessibility of clean water sources and self-revealed sanitation information shortcoming

[1]Tutor, Department of Statistics, Co-operative University, Thanlyin

are two primary requirements in rehearsing appropriate dealing with rehearse among other arrangement.

As most of the street foods are home-made and cheaper, low investment compares to restaurants or supermarkets but it makes financial benefits to the vendors and on the other hand many people are able to effort. People consume daily basis due to low cost and easiness of access. Unless the street food vendors have the basic knowledge of what the safe food are, how to prepare the safe food, consumers will suffer the health problem even for long term. Consequently, eating unsafe food may head to the hazard to the health of consumers such as food poisoning, diarrheas, hepatitis. There is no lack of clients getting a charge out of the determination, yet customer advocates state upwards of 80 percent of road nourishment slows down in Yangon don't fulfill fundamental cleanliness guidelines.

Nourishment cleanliness in Yangon is low, despite the fact that new government is endeavoring to improve existing models. One of the high-chance nourishments in Yangon is road nourishment. Techniques for cleaning, stockpiling, arrangement and serving, are altogether a long way behind universally wellbeing measures contrast with the neighbor ASEAN nations.

Therefore, this study includes finding the awareness of safe food of street food vendors. And it also seeks the compliance of safe food preparing and personal hygiene, utilization of sanitary facilities, selling by the vendors.

1.1 Objectives of the study
The objectives of this study are as follows;

(i)   ṭ o examine the vendors' knowledge and attitude to food that effects food safety and health problem

(ii)   ṭ o search how the street food vendors' practices on the food preparation, food handling and serving in two studies market.

1.2 Method of study
This study is based on the primary data conducted by survey from two selected markets which are Hledan Market in Kamayut Township and Kyimyindine Night Bazaar in Kyimyindine Township. As a sampling method, simple random sampling method was used to select the sampled respondents. A total of 100 food vendors were interviewed. And 50 street vendors from each market responded the questionnaires. This study focused on knowledge, awareness and practices of street food safety from supply side. Customer's point of view was not approached in this study. The study utilized the following statistical tools:

1. Descriptive Analysis
2. Kolmogorov-Smirnov test to check if the data is distributed normal
3. ḷ even's test to use homogeneity (the variances in the two groups must be similar)
4. Independent Samples t Test procedure to test if there is a difference in a measured characteristic between two population (assumption of homogeneity is met)
5. Welch's test procedure to test if there is a difference in a measured characteristic between two population (assumption of homogeneity is not met, and skewness values are both same sign)

The vendor respondents were requested to participate in surveys with the structured questionnaires. The secondary data were collected from Food and Drug Administration and World Health Organization (WHO).

2. LITERATURE REVIEW

2.1 Food Safety and Foodborne Diseases

Sanitation is a logical control depicting taking care of, arrangement, and capacity of nourishment in manners that nourishment borne sickness. This incorporates various schedules that ought to be followed to keep away from conceivably cut off wellbeing risks. Right now wellbeing frequently covers with nourishment safeguard to forestall damage to buyers. The tracks inside this line of thought are security among industry and the market and afterward between the market and the shopper. In thinking about industry to advertise rehearses, sanitation contemplations incorporate the birthplaces of nourishment including the works on identifying with nourishment naming, nourishment cleanliness, nourishment added substances and pesticide buildups, just as arrangements on biotechnology and nourishment and rules for the administration of legislative import and fare assessment and accreditation frameworks for food sources. In considering business sector to shopper rehearses, the typical however is that nourishment should be protected in the market and the worry sheltered conveyance and planning of the nourishment for the purchaser.

Good food hygiene is all about controlling harmful bacteria, which can cause serious illness. ṭ he four main things to consider for food hygiene's are cross contamination, cleaning, chilling and cooking. (Food Standard Agency 2014).

2.2 The Burden of Foodborne Disease

The encumbrance of food-borne malady to general wellbeing and welfare and to economy has regularly been belittled due to under revealing and trouble to build up causal connections between nourishment sullying and coming about disease or demise.

The general wellbeing and welfare and to economy has frequently been little on the gauge of the worldwide weight of food borne infection introduced the first-historically speaking evaluations of sickness trouble brought about by 31 food borne operators (microbes, infections, parasites, toxins and synthetic compounds) at worldwide and territorial level.

Foodborne diseases (FBD) are highly visible such as outbreaks, contamination, events but true burden invisible. FBD causes extensive bleakness and mortality. FBD are perplexing: various risks, various wellbeing results, impacts on various time scales. Food is not the only transmission pathway of many food-related hazards Norvirus, butCampylobacter spp causes most frequent globally foodborne illnesses.

A Global finding, annually, 1 out of 10 people in the world suffer from food borne disease. Diarrheal diseases are the most common cause of illness (550 million cases) and death (230000 deaths). WHO has launched the most comprehensive estimates of the global burden of food borne disease to date. These address the lack of data to support food safety policy making. Priority hazards differ between regions Control methods do exist for many hazards, and are linked to economic development and effective food safety system (WHO,

2017). The following Table is global burden of food borne disease in 2015 estimated by WHO.

Table (2.1) Global Burden of Foodborne Disease 2015

Hazard Group	Foodborne illnesses (millions)	Foodborne deaths (thousands)	Foodborne DALYs (millions)
All	600	420	33
Diarrheal	549	230	18
Invasive	36	117	8
Helminths	13	45	6
Chemicals	0.2	19	0.9

Source: WHO 2015

2.3 Consequences of Unsafe Foods

The right to food is not a new concept and was first recognized in the UN Declaration of Human Rights in 1948. In 1996, the conventional appropriation of the privilege to Adequate Food denoted an achievement accomplishment by World Food Summit Delegates. It pointed the route towards the probability of a privilege based way to deal with nourishment security. In 2004, more than 40 countries practice different nourishment revered in their constitution of FAO gauge that the privilege to nourishment could be legal in somewhere in the range of 54 nations. Nowadays, different countries practice various food safety measures in line with WHO and FAO scheme and corresponding to the condition of respective countries.

The effects of unsafe food are numerous such as food poisonings, fever, headache, nausea, vomiting, abdominal pain and diarrhea, Listeria infection, Vibrio cholera, Antimicrobial, Parasites. Beside, five deadliest types of foodborne bacteria are Listeria, E. Coli, Salmonella, Staph Bacteria and Hepatitis A. (Archana Mishra, March 2017).

2.4 Important Factor of Food Safety

There are numerous components which nourishment preparing organizations need to consider while guaranteeing sanitation for sellers. Holding fast to the fundamental sanitation gauges and guidelines can help forestall episodes of nourishment borne sickness. (Rentokil 2016). The following are 10 important factors to focus to food safety. There are facilities, location and design, machinery and production line design, Pest Control, waste management, cleaning, maintenance, personal hygiene, environmental hygiene, correct handling, storage and transport, and staff training.

2.5 Review of Previous Studies

Chit Ko (2015) studied the current condition of food safety awareness and measure taken by selected in Yangon city in 2015. The main aim of the study is to identify the current condition of food safety practices, knowledge and awareness in two selected high school from urban area and two high school in suburban area were compared their efforts on food safety awareness. Descriptive analysis based on primary data is made on awareness of sellers and students. This study showed that schools from urban area have better awareness and efforts towards food safety in school canteens while school from suburban areas have low level of practices even though they have better understanding on food safety.

Tran Ngoc Cam (2015) conducted survey to investigate the food safety situation in certain districts in Ho Chi Minh city, Vietnam in 2014. The study has the major objective of analyzing the safety street foods vended in Ho Chi Minh city and factor contribution to the safety. The study conducted surveys to investigate the food safety knowledge and attitudes of vendors and consumers of street foods in Ho Chi Minh City of Vietnam. The food handling and hygiene practices of the vendors were also evaluated in this study. In addition, an assessment of the microbiological quality of certain street food was also performance.

The study showed the surveyed consumers had adequate knowledge and attitudes on food safety, the street food vendors had a poor understanding of food safety which was reflected in their unhygienic practices during preparation and vending of the food. The results also showed the most of street vendors had a low educational level and did not have any formal food safety training which contributed to the unsafe condition under which the foods are vended. In addition, the study highlighted the present some pathogenic bacteria in the samples collected in those areas. Regarding the nutritional aspects, the average energy value of the selected streets foods was evaluated and it was determined that those street foods considered as major's dishes contribute a significant amount of the average energy requirement of Vietnamese men and women.

Nurudeen, Lawal, and Ajayidid (2014) a survey examining general hygiene and sanitary practices of street food venders in Nigeria. 110 random sample of street food vendors were selected to represent 18% of street food vendors in the study area 2014. Data was collected using pre-test structured questionnaire and observation checklists. The relationships in the factors studied were determined. Food vendors lacked basic training on hygiene. The study indicated absence of evidence of relationship between vendor's education and vending location as well as between gender and personal hygiene. The non-regulation of street food vending business in Africa especially Nigeria portends danger of outbreak of food poisoning.

3.   DEMOGRAPHIC CHARACTERISTICS OF VENDOR

This section covers the demographic and background characterized of vendors from two selected markets. In this section, data on demographic characteristic and background characteristics such as gender, Age, Education, Shop type and food type are presented based on survey data 2017.

3.1 Hledan Market

Hledan market is a most famous and most ancient among any other markets in Yangon. Due to its easily accessible location, this area is the one of the busiest places in Yangon and so shops particularly several cuisine food businesses is booming with road side food shops around Hledan market. Hundreds of food stalls set up each day in the surrounding streets (6–11am & 3–11pm). And closed at 6:30 pm. However, street food shops continue selling till 10pm. The demographic and background characteristic of Haldane market are shown in Table (3.1).

According to the Table (3.1), out of 50 street vendors, female vendors share 42% while male vendors share 58%. Therefore, most of the street vendors in Hledan Market are male vendors. Majority of the age group of vendors are in the age group 31-40 with 38% of the total sampled of Hledan Market while lowest number of vendors under age between 18-20 with only 2% in Hledan Market.

Regarding the education, the majority of vendors in Hledan Market have high school or middle school education with 84% of the total sampled vendor in Hledan market. Additionally, it is found the only two graduated and there is no illiterate person also street vendor in Hledan market. It is learnt that graduates rarely become street vendors and they might opt the salary earner based on their profession as well as their higher education instead.

Most of the vendors also use the wooden shop with roof for selling street food and a few numbers of vendors use the aluminium due to save the cost of shop in this market while only one vendor has other type of shop for selling fried chickpea in Hledan market. Among the variety of food type, food prepared on the street is majority of vendors and foods prepared on the streets are also high numbers due to the market demand.

Table (3.1) Demographic Characteristics of Vendors in Hledan Market

Sr.No	Characteristics of Respondents	No. of Respondents	Percentage (%)
1	**Gender**		
	Male	29	58
	Female	21	42
	Total	**50**	**100**
2	**Age**		
	18 – 20 years	1	2
	21 – 30 years	9	18
	31 – 40 years	19	38
	41 – 50 years	13	26
	51 – 60 years	8	16
	Total	**50**	**100**
3	**Education Level**		4
	Graduate	2	2
	Undergraduate	1	36
	High School	18	48
	Middle School	24	10
	Primary School	5	0
	Illiterate	0	
	Total	**50**	**100**
4	**Food Type**		
	Packaged food/ cooked food	6	12
	Cooked food	11	22
	Food prepared on the street	16	32
	Beverage	5	10
	Grilled	12	24
	Total	**50**	**100**
5	**Shop Type**		
	Aluminum	1	2
	Wheel cart (roof)	15	30
	Wheel cart (no roof)	1	2
	Wooden (roof)	22	44
	Wooden (no roof)	7	14
	Other	4	8
	Total	**50**	**100**

Source: Survey Data 2019

3.2 Kyimyindine Night Bazaar

It is located in Kyimyindine Township between Lower Kyimyindine road and strand road. īt is famous among Yangon's local as night market (ṅ ya Zay). ṃany locals come to this market for kitchen needs, other electronic products, fabric material, cosmetics products and medicine needs. And there are also food shops with several tastes are available outside of the market the whole day. Even though it is called night market, it starts at 10 am till 10 pm. The demographic and background characteristic of Kyimyindine Night bazaar are shown in Table (3.2).

According to the Table (3.2), out of 50 street vendors, female vendors share 52% while male vendors share 48%. Therefore, most of the street vendors in Kyimyindine Night Bazaar are female vendors. Majority of the age group of vendors are in the age group 41-50 with 38% of the total sampled of Kyimyindine Night Bazaar while lowest number of vendors underage between 21-30 with only 2% in Kyimyindine Night Bazaar. Additionally, it was found that there is no one in the age group of 18-20 in Kyimyindine Night Bazaar. Regarding the education, equal number of vendors has high school or middle school education and it is found the only one graduate and an illiterate person also street vendor. It is learnt that graduates rarely become street vendors and they might opt the salary earner based on their profession as well as their higher education instead.

Most of the vendors also use the wooden shop with roof for selling street food and a few numbers of vendors use the aluminium due to save the cost of shop in this market while only one vendor has other type of shop for selling fried chickpea. Among the variety of food type, food prepared on the street is majority of vendors and grilled shops are also high numbers due to the market demand.

Table (3.2) Demographic Characteristics of Vendors in Kyimyindine Night Bazaar

Sr.	Characteristics of Respondents	No. of Respondents	Percentage (%)
1	**Gender**		
	Male	24	48
	Female	26	52
	Total	**50**	**100**
2	**Age**		
	18 – 20 years	0	0
	21 – 30 years	1	2
	31 – 40 years	17	34
	41 – 50 years	19	38
	51 – 60 years	13	26
	Total	**50**	**100**
3	**Education**		
	Graduate	1	2
	Under Graduate	1	2
	High School	19	38
	Middle School	19	38
	Primary School	9	18
	Illiterate	1	2
	Total	**50**	**100**

4	**Food Type**		
	Packaged food/ cooked food	15	30
	Readymade food/ cooked food	22	44
	Food prepared on the street	7	14
	Packaged food	4	8
	Grilled	2	4
	Total	**50**	**100**
5	**Shop Type**		
	Aluminum	1	2
	Wheel cart (roof)	1	2
	Wheel cart (no roof)	19	38
	Wooden (roof)	19	38
	Wooden (no roof)	9	18
	Other	1	2
	Total	**50**	**100**

Source: Survey Data 2019

4. DATA RELIABILITY

In this study, most variables are measured by Likert scale. Therefore, qualitative variables is used, it should be checked their reliability of each dimension. Cronbach's alpha is a measure used to assess the reliability, or internal consistency, of a set of scale or test items. In other words, the reliability of any given measurement refers to the extent to which it is a consistent measure of a concept, and Cronbach's alpha is one way of measuring the strength of that consistency. Cronbach's alpha is computed by correlating the score for each scale item with the total score for each observation (usually individual survey respondents or test takers), and then comparing that to the variance for all individual item scores:

$$\alpha = \frac{k}{k-1}\left(1 - \frac{\sum_{i=1}^{k}\sigma_{yi}^2}{\sigma_x^2}\right)$$

Where : k refers to the number of scale items

σ_{yi}^2 refers to the variance associated with item i

σ_x^2 refers to the variance associated with the observed total scores

The resulting α coefficient of reliability ranges from 0 to 1 in providing this overall assessment of a measure's reliability. īf all of the scale items are entirely independent from one another, then $\alpha = 0$; and, if all of the items have high covariance, then α will approach 1 as the number of items in the scale approaches infinity. In other words, the higher the α coefficient, the more the items have shared covariance and probably measure the same underlying concept. ālthough the standards for what makes a "good" α coefficient are entirely arbitrary and depend on your theoretical knowledge of the scale in question, many methodologists recommend a minimum α coefficient between 0.65 and 0.8 (or higher in many cases); α coefficients that are less than 0.5 are usually unacceptable, especially for scales purporting to be unidimensional. (Chelsea Goforth, 2015)

Table (4.1) Results of Cronbach's Alpha Value

Scale	Type of Scale	No. of Items	Cronbach's Alpha
Cooking Utensils	5-point Likert	7	.756
Food Safety Knowledge	5-point Likert	20	.887
Food Preparation Knowledge	5-point Likert	5	.774
Food Storage Knowledge	5-point Likert	4	.791
Personal Hygiene Knowledge	5-point Likert	5	.807
Food Handling and Serving	5-point Likert	13	.995

Source: Survey Results, 2019

ṭ he results of the Cronbach's alpha value above 0.6, suggesting very good internal consistency and reliability for the scale with this sample. īn the above ṭ able, Cronbach's alpha for all scale dimension are range between 0.756 to 0.995, which indicates a high level of internal consistency for studies scale with this specific sample.

## 4.1 Descriptive Statistics for Each Dimension

Measurement is referring to the assignment of numbers to objects or event systematically. The four levels of measurement scales are nominal, ordinal, interval and ratio. In this section, interval scale measurement is employed to measure each dimension to determine the vendor's food safety knowledge. ā ll the variables are measured via five-point Likert scale ranging from strongly disagree (1) to strongly agree (5). The students were asked to rate on the statements that describe their saving behavior. A higher scale demonstrates that the vendor practices are effective on their food safety knowledge and vice versa.

Table (4.2) Results of Overall Mean and Standard Deviation for Each Dimension

Variable	Hledan Market		Kyimyindine Night Bazaar	
	Mean	Std. Dev	Mean	Std. Dev
Cooking Utensils	3.64	.835	**4.12**	.434
Food safety knowledge	3.52	.701	3.78	.567
Food preparation knowledge	**3.78**	.783	3.88	.856
Food storage knowledge	3.03	.831	3.78	.968
Personal hygiene	3.75	.976	3.94	.843
Food handling and serving	3.47	1.08	3.41	1.14

Source: Survey Result, 2019

The average score of *Food Preparation Knowledge* is 3.78 which the highest scores as compare to other factors in Hledan Market. The average score of *Cooking Utensils* is 4.12 which the highest scores as compare to other factors in Kyimyindine Night Bazaar. The comparative analysis for each dimension knowledge of food safety in Hledan market and Kyimyindine Night Bazaar are shown in following Diagram.

Figure (4.1) Comparison of Each Type of Food Safety Knowledge
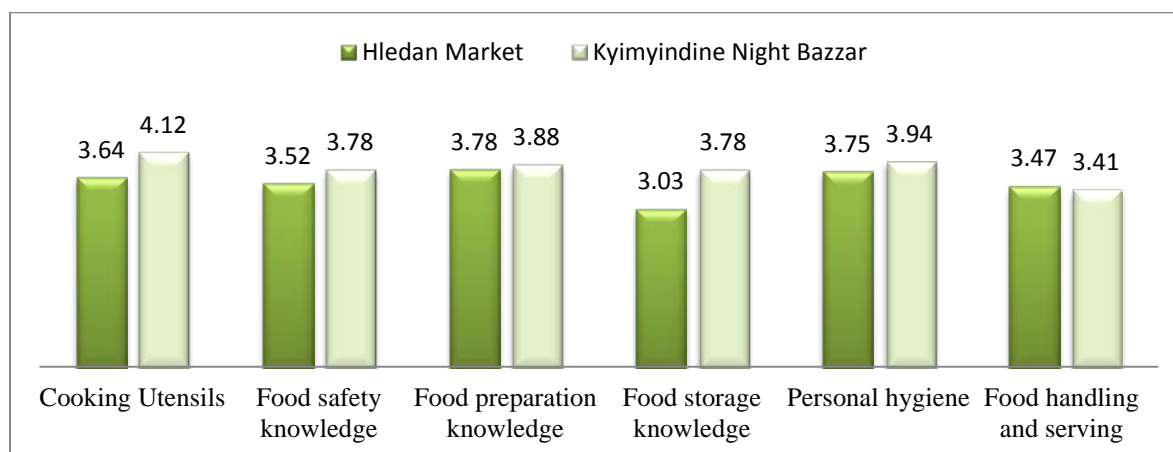
Source: Survey Result, 2019

4.2 Independent Sample t -Test

Firstly, independent sample t-test required the data to be distributed normal. Two test procedures are available to test if the data is distributed normal: Shapiro-Wilk test and Kolmogorov-Smirnov test. Usually, the Shapiro-Wilk test is used when the sample size is small, generally less than 50. Table (4.2) shows the test for normality by using Kolmogorov-Smirnov test.

Table (4.3) Normality Test of Food Safety Knowledge

Types of Food Safety Knowledge	Kolmogorov-Smirnov Test		
	Statistic	df	Sig.
Cooking Utensils	.156	650	.200*
Food Safety	.143	620	.200*
Food Preparation	.077	650	.200*
Food Storage	.069	620	.200*
Personal Hygiene	.107	650	.200*
Food Handling and Serving	.101	620	.200*

Source: Survey Result, 2019   (* Significant at 5% level)

In Table (4.2), p values of the all tests are 0.200 which are greater than 0.05. Therefore, it can be concluded that normality can be assumed for those data set and provided t test assumption are satisfied; a parametric t test can be used.

Table (4.3) presented the "t" value for comparison of each dimension of knowledge between Hledan and Kyimyindine ṅight ṇazaar. ṭhe p value of the ḷeven's ṭest for equality of variance more than 0.05 for all studied. Hence, the assumption of equality of variances is met. Therefore, for the test of equality of means, the statistics in the equal variance assumed will be used. The two tailed p value of the test for cooking utensils, food safety knowledge, food storage knowledge is less than 0.05 that is 5% level of significance. Thus, it was found that there was significant difference between Hledan and Kyimyindine Night Bazaar at the

5% level of significance. According to the Table (4.3), knowledge for food preparation, personal hygine, and food handling and serving are not significant difference between Hledan and Kyimyindine Night Bazaar since the p value of the test is greater than 0.05 level of significant.

Table (4.4) Independent Sample t Test for Comparison of Each Food Safely Knowledge

Variable	Levene's test for Equality of Variance		Independent Samples Test	
	F	Sig.	t	Sig(2-tailed)
Cooking Utensils	20.7	.452	-3.58	.001**
Food safety knowledge	5.55	.221	-2.07	.041*
Food preparation knowledge	.530	.469	-.585	.561
Food storage knowledge	2.65	.107	-4.12	.000**
Personal hygiene	5.22	.124	-1.07	.285
Food handling and serving	.707	.403	.324	.746

Source: Survey Result, 2019   **Significant at 1% level

*Significant at 5% level

5. CONCLUSION

This study achieved the main objectives of assessment of food safety knowledge and attitudes as well as food handling practices of food vendors in the selected tow markets in Yangon city. The survey results show that the knowledge and attitude on food safety the street food vendors had a poor understanding of food safety which was reflected in their unhygienic practices during the preparation and vending of the foods and weak in compliance of disciplines issued by YCDC. The results show that most of street vendors have a low education level and do not have any formal food safety training. It is learnt that lack of food safety knowledge by street food vendors from both selected markets particularly regarding health knowledge resulting less compliance of food safety practices. It is also inadequate knowledge of proper food storages in both selected markets. Access to portable water is not easy enough for vendors in both market places.

Although it is important the personal hygiene of food sellers and food handlers, according to the respondents, it shows that the knowledge of personal hygiene extremely low. Additionally, government should pay more attention on build standardized infrastructures for street food sectors such as portable water, toilets and waste disposal facilities at the vending sites so that the risks of cross contamination can be minimized. As a result, most of the vendors surveyed possessed a good knowledge of health and personal hygiene, although there is a need to put their knowledge into practice. To support this, authority-supported awareness raising training programs and periodic monitoring should be introduced to street food vendors in Yangon.

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