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THE IMPORTANCE OF COMPLIANCE WITH SANITARY AND HYGIENIC REQUIREMENTS IN THE PREPARATION OF FAST FOOD IN FOOD SERVICE ESTABLISHMENTS

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Abstract

Currently, the consumption of fast food in public catering establishments, particularly in small food outlets, has been steadily increasing. This trend makes compliance with food safety standards and sanitary-hygienic requirements a priority task. Under the conditions of Uzbekistan, adherence to sanitary and hygienic regulations in public catering enterprises, the scientific basis of hygienic rules in the storage and preparation of food products, and the implementation of these requirements play an important role in protecting consumer health and ensuring food safety.

At present, the growing demand for fast food products prepared in street environments requires a thorough assessment of factors that may negatively affect public health. Issues related to foodborne diseases and compliance with sanitary and hygienic standards have been widely analyzed. It has been noted that the likelihood of disease occurrence significantly increases when hygienic regulations are not properly observed. According to monitoring data from the Ministry of Health of the Republic of Uzbekistan, strengthening control over food



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products and improving the sanitary-epidemiological situation in the country has become a pressing issue, necessitating the enhancement of preventive measures against foodborne illnesses.

Fast food products such as lavash, burgers, and hot dogs contain ingredients including meat, dairy products, and vegetables, which belong to a microbiologically high-risk category. Insufficient thermal processing or improper storage of these products may increase the risk of salmonellosis, botulism, and other acute intestinal infections. As stipulated in the Law of the Republic of Uzbekistan “On the Quality and Safety of Food Products,” the protection of consumer health is a matter of national importance. Nevertheless, in practice, insufficient compliance with personal hygiene requirements among food service workers—such as the use of gloves and regular medical examinations—is frequently observed. This situation highlights the need to strengthen the prevention of alimentary diseases among the population.

Improper storage of food products, inadequate thermal treatment, and the storage of ready-to-eat products in open environments during the preparation of fast food in catering outlets create favorable conditions for the proliferation of pathogenic microorganisms. This problem is particularly relevant in mobile food outlets where refrigeration equipment is often insufficient and access to water supply may be limited, resulting in deterioration of sanitary conditions. Globally, millions of people become ill every year as a result of consuming contaminated or poor-quality food products, which clearly demonstrates the critical importance of strict adherence to hygienic standards in food preparation and service.



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