



A Study on the Nutrition Setting for the Quality Certification of adult's Favorite Food

Jaemin LEE¹

¹.First Author & Corresponding Author PhD Student, College of Business, SungKyunKwan University, Korea.
Email: gregfoster@hanmail.net

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Abstract

The purpose of this study is to prepare a systematic implementation of safety management for adult's foods through recommendations and guidelines for nutrition and hygiene standards for food quality certification system preferred by adults. To achieve this goal, the study studied the current status of adult preferred foods sold near the university, elicited the risks and problems of such foods, and selected nutritional and hygiene risk factors from those foods. To provide quality certification standards and guidelines for adult food preferences, this study looked at practical examples of relevant domestic and international policies and standards. The nutritional standards for food quality certification for sugars, fats, sodium, additive microorganisms and pathogenic bacteria, which are nutrients that can impair health when consumed in large quantities, and dietary standards limited to less than 100 kcal per serving were studied. One excessive amount of caffeine is reported to cause loss of calcium and potassium in the body, suggesting that if an adult is continuously exposed to high concentrations of caffeine, it could lead to imbalance in the resolution in the body and be flavored by growth and foot moon. Therefore, it is necessary to prepare an individual banner based on feasible food types, which is coordinated with the nutritional aspects that fit the purpose of presenting right amount, safe food through the quality certification system for adult's favorite foods and practical aspects that can induce companies' response and voluntary impacting efforts.

Keywords: Adult's Preferable Food, Quality Certification, Nutrition Standards, Hygiene Standards

Major Classifications: Food Science

1. Introduction

The recent social and environmental changes caused by the increase in double-income couples due to industrialization, the improvement of household income levels, the increase in the ratio of eating out, and the development of various processed foods that suit adult's tastes, cause many changes in students' dietary behavior. In particular, increased private education activities by adult and increased exposure to food stores through media such as TV, magazines, and the Internet promoted direct consumption behavior that satisfied their needs as adult, increasing independent food choice and purchasing behavior. When students return home after school, they are often

tempted to eat various food from stationery stores, small supermarkets, unauthorized restaurants, and small food stores which negatively affect the formation of proper eating habits of adult. According to research reports by Belton et al. (2014), adult's snacks are eaten in the form of snacks by their purchasing decisions, and are chosen by being flavored with stickers or toys that can be obtained as a taste, price, quantity, and prize, with part of the purchased food being processed food and some being used as a meal (Barreiro-Hurle et al., 2010). Snacks are critical to replenishing nutrients that are not fully provided through a three-day meal. However, excessive intake of processed foods can lead to a positive balance due to excessive intake of calories as well as the convenient intake of certain nutrients such as sugar, fat and sodium, and can have a negative effect on the formation of correct eating habits, obesity, tooth decay and the ideal problem of excessive intake of food additives (Cha & Park, 2004). Therefore, with the suggestion of 'right amount, food that is not used' for children who lack awareness and food choice ability, the participation environment of companies that produce such food is being developed (Cairns & Macdonald (2016). The quality certification system for adult's favorite foods is meaningful in that it protects adult from ingestion of marine ingredients that can harm their health (Damman et al., 2008), induces the production of excellent products through the sensitization of marine ingredients by processed food companies, as well as provides food environment conditions where consumers can choose food with confidence and that quality certification system is implemented (Escobar-Alegria et al., 2019). It is essential to prepare a living season. In this study, the amount and vitality of adult's favorite foods are set to ensure the safety of adult's favorite foods.

2. Research methods

Selection of harmful ingredients through a literature survey on the amount of adult's favorite food and the establishment of drafts for living: Through a survey on the actual conditions of adult's favorite foods around schools and a review of the ingredients that have raised the possibility of harmful substances such as nutrients, additives, and microorganisms that may harm their health if consumed in large quantities, (Elliott, 2018) the ingredients that are deemed to require safety through setting of flags. A review of domestic adult's food-related data was conducted by setting the banner of the selected ingredients and examining the flags. Against data such as dietary characteristics of Korea, Korean nutrition intake system food indicators food balls and food and drug safety research results the Korea Food and Drug Administration's recommendation for each item is collected and set up after discussion (Grier & Kumanyika, 2008). The product items are based on the results of a study on the actual purchase of snacks by students and the type of adult's favorite food presented by the Food and Drug Administration (Gillespie et al., 2019).

3. Research Results

A number of studies on the status of adult's favorite foods around schools, such as quantity and birth draft setting, have shown the results of a number of studies on adult's favorite foods, such as sugar, fat, sodium, etc., which are nutrients that are likely to harm their health if ingested in large quantities that refers to 'competitive food purchased at schools in Korea which covers junk food hawks in schools in Korea. Since common positive energy is used, so that comparison between different food types can be made. Caffeine is bought and decomposed in 4 to 7 hours in adults and released into urine within 24 hours, and stimulates the parietal and parietal nerves, so taking sugar can boost nerve activity and reduce fatigue. However, over-absorbing causes nervousness, excitement and insomnia, and it also smells to the intestines, intestines, colon and endocrine system. In particular, there are reports that adults are highly sensitive to caffeine, which can cause neurological disorders and heart attacks, and can also cause single-phase symptoms such as anxiety, headaches and depression. One excessive amount of caffeine is reported to cause loss of calcium and potassium in the body, suggesting that if an adult is continuously exposed to high concentrations of caffeine, it could lead to imbalance in the resolution in the body and be flavored by growth.

Table 1: Cluster means

Cluster	Factor1	Factor2	Factor3	Factor4	Factor5
1	0.23	-.012	0.90	-.51	0.88
2	-.23	0.13	-.67	0.00	0.16
3	0.26	-.23	0.57	0.39	-.96

Table 2: Cluster standard deviations

Cluster	Factor1	Factor2	Factor3	Factor4	Factor5
1	0.97	1.11	0.73	1.12	0.88
2	1.00	0.82	0.66	0.91	0.71
3	0.92	1.17	0.80	0.88	0.75

4. Conclusion

Therefore, as shown by the simulation results, the quality certification of adult's favorite foods is derived from the specific food types of milk products and beverages, so the production of dried fruits which account for a large portion of adult's favorite foods, can raise objections to the effectiveness of producers' participation in response. However, emphasizing the practical aspects of expanding the quality of the symptoms and increasing the participation of manufacturers, it is not desirable to raise the nutrient limit to 30 percent of the daily limit so that products such as biscuits, snacks and snacks that are outside the certification range can be included in a certain number of the standard, which will temporarily correct the intake of nutrients from processed foods for a meal. Therefore, it is necessary to prepare an individual banner based on feasible food types, which is coordinated with the nutritional aspects that fit the purpose of presenting right amount, safe food through the quality certification system for adult's favorite foods and practical aspects that can induce companies' response and voluntary impacting efforts. In order to establish individual settings according to food types, it is believed that systematic supplementary research should be carried out in the future.

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