



Need & Importance Of Food Science & Nutrition In Hospitality Industry

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ABSTRACT

Background & Purpose: Food science & nutrition is a branch of science that studies the relationship between the art of scientifically preparing food and its impact on the health of an individual. Nutrition & food science covers important aspects such as malnutrition, obesity and nutritional deficiencies which are now part of our daily eating habits there is the enormous potential of blending the concept of food science & nutrition with the hospitality catering unit in the current scenario post-covid-19 this is a huge scope of food science & nutrition as immunity as play an important role.

Experimental Approach : The data of the research was gathered from 100 responded who had visited restaurant recently, response was gathered using likert 5 Point scale ranging from strongly disagree to strongly agree.

KeyResult: Food science and nutrition is an emerging concept in the field of hospitality business which is having high potential, efforts should be made by the organization to promote these food products.

Conclusion and Implication: Study highlighted the role of food science and nutrition in the field of hospitality management and suggested various means by which nutritive food can be made popular

KEYWORDS: Hospitality, COVID-19, Nutrition

INTRODUCTION

Food is a combined mixture of various ingredients that are consumed for nutrition. Food plays an important role in our day to day living. As healthy food gives us various nutrients like protein, carbohydrates, vitamins, minerals, fat and water which help us to increase our immunity. To learn more about food nutrients, one should understand food science. Food

science is a branch of science that deals with the interrelationship of nutrients and their utilization in the human body ^[1]. It is a combination of various domains like biology, biochemistry, engineering, microbiology, nutrients etc. The main aim is to provide a better understanding of food ingredients & materials. When it comes to the hospitality industry food science & nutrients plays an important role as this industry deals with food directly. Nuances of food are easy to understand by food science. In this current situation of Covid-19, everybody is more conscious about their health and immunity as Covid-19 is an attack on those people who have weak immunity. Most people avoid outside food, so the hospitality business going down day today. To increase the business & sale the employee or staff gives nutritive food to the guest. For nutritive food staff should know all the importance of nutrients required to build the body metabolism^[2]. The hospitality sector is urgently required to understand the virus from an operational point of view. Restructure of operations point of view. Restructure of operation to produce appropriate food products safely, financially and environmentally friendly manner.^[3] People are not aware of nutrition in the food which they are consuming as they have lack nutrition education or information. Hence, there is a need to give education about food science & nutrition to consumers or guests from the hospitality industry.

REVIEW OF LITERATURE

- **Higgins, J. A. (2012)**-Author finding of the study shows that the consumers are not focused on nutrition while purchasing any food. The study finds that there is no significant difference between the guest who viewed menu for calorie information and who not viewed. The study also reviewed that guests preferred more nutrition information. The study also shows that the calories value is higher for those who do not check calories value while purchasing any food item.^[4]
- **Bruce, A. R., & Nies, J. I. (1994)**-Author studies shown that the knowledge which is given to students related to nutrition in college is not enough over the long-term. The study also says that the knowledge of nutrition in hospitality management should be thoroughly adapted to the curriculum throughout the course. The authors also add that the training & development program helps everybody to meet their guest desire for food nutrition.^[5]
- **Allen, J. L., Cumming, F. J., & Woodward, D. R. (1997)**-In this research author finds that health & nutrition issues are important for hospitality students. There are issues of unhealthy food is related to fat but the choice of the food which they were eating is not associated with fat content. A student wants more nutritional instruction in their programs. The author focused on the teaching of nutrition in a Hospitality

management program to ensure that the students who graduate will offer healthy food to their guests.^[6]

- **Yoon, B., Chung, Y., & Jun, K. (2020)**-This paper author reviewed that nowadays restaurants owner & public health policymakers are more concerned about healthy food. The insight of this study is to integrate into a sustainable & healthy eating policy design & fulfilment.^[7]
- **Josiam, B., & Foster, C. (2009)**-Study shows that maximum restaurateurs are focus on the nutrition need of menu which is serve the guest. Besides this study reviewed that the people who are interested to eat out mostly belong to the higher income segment. So the restaurateurs are preparing the menu according to the nutrition value. There are many reasons to create nutritional menus: demand from major market segments and competition with other competitors for designs nutritive menus.^[8]
- **Hrelia, S. (2015)**-In this research paper, an author evaluates that tourism directly or indirectly promotes healthy food. Successful product development & marketing health food and tourism industry may also offset employment reduction in other sectors.^[9]
- **Gracey, D., Stanley, N., Burke, V., Corti, B., & Beilin, L. J. (1996)**-In this paper author has shown trends related to nutrition behaviour and also reviewed the nutritive value required for adolescents and also suggest modifying the health promotion program for teenagers which include media campaigns.^[10]
- **Seibt, R., Süße, T., Spitzer, S., Hunger, B., & Rudolf, M. (2015)**-The study was conducted to analyze the nutritional behaviour & health of employees in different shift hours. The study shows that there were no significant negative attributes for different shifts employees. Everyone has the same level of knowledge related to nutrition & health.^[11]
- **Onyango, F. E. V., & Wasike, K. C. (2018)**-Study mainly focuses on the knowledge of healthy food selection which is liked by the guest. It also involved there are many factors which attract guests to come in nay restaurants like meeting friends and convenient location. The study further involved the knowledge on the impact of healthy eating on guest outcomes in the restaurant.^[12]
- **Sidiq, T., Bhat, B. A., & Ara, (2016)**-Study concluded that students' knowledge related to nutrition is not enough to meet the responsibilities of nutrition counselling in health & sickness. They accept the sedentary lifestyle of students and consumption

of smoking & drinking habits. The information related to nutrition will be given to students by media, family or friends. The study analyzed that students eating habits has a serious concern as there is an inadequate intake of nutrients in the food. So, a change in the food habits of students is required. We should add nutrients to their food.^[13]

- **Alexander, M., O'Gorman, K., & Wood, K. (2010)**-Maximum consumers are trying to eat in those restaurants where nutritional labelling is there on a restaurant menu. But in a fine-dining restaurant, these schemes will not be favourably enough. In New York, maximum restaurant chains are targeted for this as a customer may need it most.^[14]
- **Grabia, M., Markiewicz-Żukowska, R., Puścion-Jakubik, A., Bielecka, J., Nowakowski, P., Gromkowska-Kępa, K., & Socha, K. (2020)**-Patient who is suffering from diabetics mellitus are more affected in COVID-19. The selection of appropriate food product which is full of nutritional value is required of diabetics' Mellitus patients. Study analysis that the nutritional assessment is required by every healthcare provider. The study report should use to promote public health during COVID-19.^[15]
- **Rodriguez-Leyva, D., & Pierce, G. N. (2021)**-Author in his study stated that due to altering eating behaviours of some populations has a significant effect on COVID-19. It is predicted that the current covid-19 pandemic will persuade nutritional deficiency all over the world that will cause long-lasting negative effects on human health.^[16]
- **Sutaria, (2020)**-Author conducted a study on the effect on nutrition of covid-19 stated that lots of changes were noticed in the eating habits of people who are concerned to be unhealthy life and weak immune system. It is suggested that everybody should eat a balanced diet to improve the immune system to become healthy. To become healthy food like fruits, vegetables, milk etc. A healthy life will help us to fight with COVID-19 pandemic.^[17]
- **Mentella, M. C., Scaldaferrri, F., Gasbarrini, A., & Miggiano, G. A. D. (2021)**-Author stated that nutrition plays an important role to improve the immune system against different viruses. For nutrition intake one has to follow RDA requirements conducting of national nutrition program will help in enhanced health and also reducing health system burden. Treatment of COVID-19 emphasisation to improve the immune system.^[18]

- **Jain, S. (2021)**-Author conducted a study on diet & nutrition recommendation with all suffering from COVID-19. The author suggested taking a balanced diet full of micro & macronutrient which give a remarkable amount of vitamins, minerals & other antioxidants.^[19]
- **Huber, B. C., Steffen, J., Schlichtiger, J., & Brunner, S. (2020)**-Author concludes that the COVID-19 pandemic lockdown changed the eating habits of adults. Covid-19 and the subsequent lockdowns have had a drastic impact on the food habits of young adults. Rigorous studies are required to analyze its long-term impact on weight gain and health.^[20]
- **Aman, F., & Masood, S. (2020)**-A balanced diet help to boost the immune system to protect the body from numerous viruses. Nutrient saturates into body cells and reduces nutritional deficiency. The author concludes in this study that proper dietary habits help to maintain physical and mental health.^[21]

RESEARCH METHODOLOGY

➤ **OBJECTIVE OF THE STUDY**

- To determine the importance of food science & nutrition in the Hospitality Industry.
- To identify the role of food science, nutrition post-COVID-19 pandemic.

➤ **RESEARCH DESIGN**

A research design is purely and simply the framework for a study's strategy, which include data collecting and analysis from primary and secondary sources. The study's goal is to describe the need and importance of food science and nutrition.

➤ **SOURCE OF INFORMATION**

This research was conducted through primary, secondary and other quantitative inputs that identified need and importance of food science & Nutrition. To collect primary data, survey technique is used and for secondary data, journals, unpublished reports, internet blogs are used.

➤ **DATA ANALYSIS TOOLS**

Relevant data for this study was collected from 100 respondents which were analyzed using a Likert 5 points scale arranging strongly disagreed-1, strongly Agreed-5.

➤ **DATA ANALYSIS AND INTERPRETATION**

As per the result obtained from the response, various means scores were calculated and respondents majorly stated that food science & nutrition has a major role in the hospitality industry as various food science as quality nutrition has a direct relation with the immunity of an individual during the tough time of COVID-19 pandemic [22]. Nutrition's food has played a vital role in fighting the pandemic. Nutrition food has played a vital role in fighting the pandemic. Data from questionnaire was received is interpreted in chart no.1

Chart 1 Data Analysis and Interpretation

Particular	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total	Mean	Deviation	CV
Food science nutrition plays an important role in hospitality business	5	5	10	20	60	100	4.25	3.88587	0.91432
I Often Restaurant which plays emphasis on food science nutrition	35	25	10	10	10	100	2.05	2.07364	1.01153
Quality food is always related to food science & Nutrition	5	3	10	20	62	100	4.31	3.93192	0.91228
Immunity of individual is related to food science & nutrition	5	10	5	25	55	100	4.15	3.80789	0.91756
Nutritive food is expensive than normal food served in restaurant	3	5	15	20	57	100	4.23	3.84708	0.90947
During Covid-19 pandemic nutrition played an important role	0	5	5	15	75	100	4.6	4.14729	0.90158
Better nutrition result in better recovery from covid-19	0	5	7	10	78	100	4.61	4.16173	0.90276
I would always prefer to have healthy food with better nutritional aspects	2	3	10	20	65	100	4.43	4.00749	0.90463
I Consume fast food which has got good nutritive value	30	20	10	30	10	100	2.7	2.56905	0.9515
There are limited option of restaurant serving nutritive food	4	4	13	76	23	100	4.7	3.81838	0.81242

Mean interpretation 0.8-1.8 = Strongly disagree, 1.8-2.6 = Disagree, 2.6-3.4 = Neutral, 3.4-4.2 = Agree, 4.2-5 = Strongly agree

CONCLUSION & SUGGESTIONS

Effort should be made by Hospitality employees and stakeholders who could enhance the popularity of restaurants offer nutritive food.

1. Larger catering establishments should appoint a professional diet & nutrition who could give right value of nutrition.
2. The effect should be made by hospitality enter to highlight the nutritive value of each food mention in the menu.
3. A good amount of emphasis should be paid to hygiene & sanitation of the food to serve in a restaurant.
4. Restaurant offering nutritive food should cutoff their profit margin to reach a budgeted customer.

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