

# Food Safety Weeks 2021: Food Safety First!

In conjunction with the World Food Safety Day celebrated on the 7th of June 2021, Persatuan Teknologi Makanan (PERTEMA) of UiTM Shah Alam had organised "Food Safety Weeks 2021: Food Safety First!" event to show their support and raise the awareness on food safety among Malaysians. The aim of the event was to encourage actions in preventing, detecting and managing foodborne risks. Awareness in food safety will contribute to food security, human health and economic prosperity. It is also a key aspect in the improvement of agriculture practice, market access and sustainable development.

This programme was held from 17 May 2021 to 19 June 2021, involving 15 committee members of PERTEMA and 44 students of Service Learning Malaysia (SULAM) Human Nutrition (FST511). There were eleven activities carried out throughout the programme. One of the activities was the "Food Handlers Training Program", which was held in collaboration with the FFS Services and Consultancy PLT (FFSTC), targeting the home-based food handlers as well as students who wish to obtain a Food Handlers Training Certificate for food business or other purposes.



A webinar, "Mindful Eating: Think Before Eat" from SULAM Module 3 was an event featuring a nutritionist expert from Shaklee Malaysia, which aimed to raise awareness among the youths on healthy eating practices. The closing ceremony was conducted on 19 June 2021 via YouTube Live as a token of appreciation to everyone who had participated in any of the activities held during the five-week event. In line with promoting healthy and safe eating, the closing ceremony was organized in collaboration with Yakult (Malaysia) Sdn. Bhd. in which Ms Ho Evelyn, a nutritionist, gave a talk entitled "Knowing Your Digestive System" with the aim to educate viewers about intestinal health, intestinal flora and probiotics. Participants involved in this programme were from various institutions including UiTM, other IPTA and IPTS, Form 6 foundation center and secondary school students.

