

Research Article

Research on Knowledge of Food Safety into the Curriculum of Physical Education and Health

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Abstract: This study verifies the feasibility of integrating the knowledge of food safety into the curriculum of Physical Education course and health course through the practical and theoretical research. Moreover, it furthered the study on how to integrate the knowledge of food safety into the Physical Education course and health course, decided what kind of knowledge of food safety should be integrated with practical suggestions, so as to make the knowledge of food safety obtain the effective popularization and reduce the amount of food safety incidents and guarantee the health of students. Food is the most basic material for the survival and development of human beings, food safety is related to the health of people and beneficial to the people's livelihood. The existed problems with food safety not only harmed people's health, damaged the interests of consumers, but also affected the competitiveness and the exporting ability of the food market, it did deep harm to the country and people.

Keywords: Food safety curriculum, food safety incidents, physical education

INTRODUCTION

Food safety is related to the public health and the safety of life, which has always been got great concern from all parties in our society. In recent years, with Shuanghui clenbuterol event, poisonous ginger event, ink vermicelli event, poisonous bacon event and so on, these food safety events had done harm to people's health, which had continuously stimulated public nerves and made the social parties concern about the problem of food safety to an unprecedented height. As college students, because they are in the special development period for the body growth, they have demands on large amount of nutrition with all kinds, the self-controlling ability for food selection is poor, once they eat the dirty food or poisonous food, they are prone to have intestinal infectious disease or food poisoning, in order to solve this problem effectively, we should integrate the knowledge of food safety into the health education system scientifically and healthily.

MATERIALS AND METHODS

Food safety education in domestic colleges and universities: Regulations of School Health explicitly stipulates that "schools should put health education into the teaching plan", set health education course according to the school's actual situations (Merritt, 2008). However, for many years, affected by various kinds of factors and social environment, school's education has been concerned about the rate of enrollment, which has ignored students' physical and psychological growth, the physical conditions of

students' are not optimistic, the problems such as "the heart and pulmonary function exercising quality continued to decline," "overweight and obese students continue to rise", "students' myopia is common", which reflected the defects of school's education.

The event of food safety is occurred occasionally: For a long period of time, food safety problem in colleges and universities has been widely concerned by the society, both the country and the competent authorities of the state have also paid great attention to food safety problems of the colleges and universities, which have done a great deal of work and taken the related measures. So far, food safety work in colleges and universities has made remarkable achievements, but there are still some local education administrative departments and university leaders do not pay enough attention to food safety issues, canteen facilities and health conditions cannot be achieved to the requirements of the hygiene standards with many flawed management in colleges and universities, even some food safety incidents have been occurred, which has made students become one of the higher groups to suffer from the food poisoning events in the whole society (Table 1). Therefore, the situation that colleges and universities faced the problem of food safety is still very grim.

The safety cognition of food hygiene: The cognition on food safety and the accumulation of knowledge is a process for the college students. For a long period of time, the problem of food safety that the media and the

Table 1: Investigation on Chinese food safety incidents from 2005-2013

Year	Number of poisoning	Number of people who are poisoned	Number of deaths	Rate of incidence (1/10 million)
2005	633	14789	143	1.09
2006	689	19644	125	1.49
2007	687	18052	119	1.45
2008	785	19373	168	1.53
2009	722	19874	148	1.64
2010	575	19463	97	0.97
2011	1593	34562	384	2.47
2012	2698	56483	432	3.56
2013	2940	45632	492	2.76

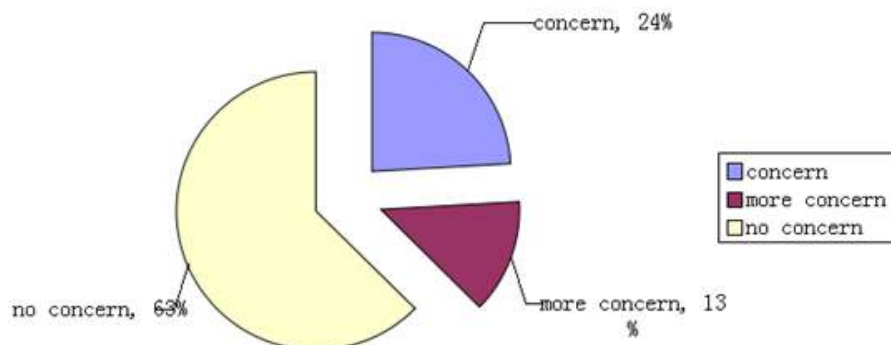


Fig. 1: The situation of one certain college students' attention to the knowledge of food education (N = 463)

public concerned is mainly concentrated on the fake and shoddy products, neglecting the food production and consumption during the process, which is due to the exposure to chemical, physical and biological pollution and caused the health and safety issues. The harm of the latter as well as its impact on food safety and health is far more than the fake and shoddy products. Although at present most of Chinese residents have great concern on food health problems, they won't pay higher fees for the higher quality food (Wang, 2010). So the hidden danger in production links of food is not easily eliminated in a short period of time. Under the environment of the market supervision mechanism is strengthened, it is necessary to carry out food safety and health education for the college students, so as to improve food safety and health awareness for college students. It is found out that college students pay less attention to the knowledge of food safety, according to the sampling survey of the food safety knowledge for college students (Fig. 1).

RESULTS AND DISCUSSION

The management problems of food safety: Because there are still some administrators in the colleges do not have enough awareness, the consciousness of legal system of food safety is indifference, the food safety of the school cannot be ranked on the schedule, schools seldom have arranged before the term, with seldom inspection in the final term, which resulted in many food safety and health management system cannot be effectively executed. Many colleges and universities made the canteens be contracted out, they are interfered

less with the canteen management after the contract, while the canteen managers are not familiar with the corresponding rules on food safety, who are lack of basic knowledge of food hygiene, moreover, the management level is not high enough, which is difficult to achieve the requirements of the state.

The status of physical education and health course in college teaching system: Physical education and health course is an important part of school education has the characteristics of subjects and activities, with a large amount of physical activities as support, in addition to the fitness function itself, it also can improve the body's various self-help ability effectively, which can avoid mechanical external force damage and personal injury (Li, 2005). It can make the children master the skills of self-help and mutual rescuing knowledge, as well as sensitive reaction ability and the strain capacity, so as to have good physical strength to overcome the accident and give person with good psychological state to face panic. Combining the life safety education and school sports together, through the unique characteristics of the school sports, it can have life safety education in the process of teaching and cultivate students' awareness of life safety and skills of dealing with emergency, trying to finally construct a system with the integration of Physical Education and sports safety in schools in the teaching practice, according to the physical and psychological characteristics of different ages and stages, putting the life safety education content into the curriculum system of school sports, making Physical Education teaching materials and teaching plans into sporadic type,

changing the passive prevention education as a system of all-round education, taking life safety education as one of the sports curriculum as well as the assessment objectives, establishing systematic and standardized life safety education system. Therefore, how to combine the life safety education with physical education, perfect the sports teaching content, make up for the deficiency of sports teaching the students to protect their own safety, which has become a new task for sports workers in colleges and universities (Xu, 2006).

The object of Physical Education course and health course is human, which is dynamic life education for human, as well as a direct experience for life. Life safety education not only is the content of Physical Education course and health course, but also deepened Physical Education course and health course, enriched and perfected the theory of Physical Education course and health course. Examining Physical Education in the angle of life, completing the return to the origin of the life, what Physical Education should do is through the most specific sports practical activities and emotional experience activities to wake up life, stimulate life, guide students to show the charm of life, make life transparent itself through Physical Education, so as to reflect the beauty and perfect quality of their own life. The object of them is in the teenagers who are in the critical period of growth, the main purpose is to promote the normal development of the students' physical and healthy growth and enhance their physical abilities and the abilities to respond to the dangers, so as to adapt themselves to the social development.

The conception of integrating food safety knowledge into college physical education course and health course: According to the college teaching system, it should set up food safety education system of colleges and universities from the following aspects:

- According to Chinese education system of colleges and universities, it should strengthen the food safety knowledge education of college students' and establish a systematic system with norms and carry out the teaching system during the period of school students who are at school, namely, integrating the systematic knowledge into the Physical Education course and health course in colleges and universities, so as to achieve the corresponding requirements, which should strengthen the health education of schools at all levels. Moreover, on this basis, we should attach great importance to the food safety knowledge education of college students.
- According to the level of student's needs, the degree of knowledge, as well as the different abilities to accept knowledge, different teaching contents and different depth and levels should be arranged, besides, during the process of teaching, it should be based on the learning psychology of students to change flexibly. At the same time, according to the different needs of different students on the food safety knowledge, we should classify the knowledge of food safety, hierarchically integrate it into the teaching contents in different majors. Moreover, during the period of completing the teaching goal, we should put forward the corresponding requirements for students with their mastering degree, so as to ensure the students to master the knowledge.
- As for the teaching resources and teaching staff, the P.E. teachers should have appropriate training, strengthening teachers' comprehensive qualities in the relevant aspects, integrating the knowledge of food safety into Physical Education course and Health course, need to have the corresponding teaching staff as the foundation, currently, the teaching staff of Chinese health education in colleges and universities is in serious shortage, until now, most of teachers who took the responsibility of teaching health course do not meet the professional requirements of being health education teachers. China should learn experience from Japan, South Korea and other neighboring countries, offer health education major in medical universities or normal universities, so as to improve the quality and quantity of health education teachers in Chinese colleges and universities. In addition, on the basis of the existed education, the educational administrative department should also take effective measures to organize experts and scholars to hold seminars about health education, job training, so as to improve the levels of health educational teachers in colleges and universities.
- During the process of teaching, teachers should fully mobilize the enthusiasm of the students', change the teaching means and methods, so as to combine with the realities of students' lives and inspire students' learning interests and motivation (Tang, 2005). It is very necessary to carry out various forms of health education to the college students, it is the proper way to change the form of education and use these materials that students often contact with as a carrier for education is a good way for teaching, in the special period of dealing with Chinese food safety problem, carrying out the health education with plan actively, enabling students to develop good health habits can receive the effect of twice results with half effort. Food safety education not only should be changed from the form, but also should design the teaching according to the specific situation, guiding students to correct the bad behaviors of food safety. At the same time, teenagers are at a crucial period of growing body and knowledge, they have strong abilities to accept new things, who are more easy to change some health habits that are difficult to

change, as long as they are repeated to have education, inspection and supervision, there will be a significant effect on them.

- As for the method of teaching evaluation, teachers should take care of the actual situation of students, have a definite object in view, treat students with distinction, so as to ensure that the students can master the knowledge and behavior of food safety.

CONCLUSION

College students are closely related to the food safety problem in their jobs or daily lives, integrating the knowledge of food safety into college Physical Education course and health course is the further demand for developing and perfecting the supervision of food safety in China, which also need to adhere to the people-oriented and respect the status of people's subject.

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