

ABSTRACT

Most of the people in current era disregard their health and ignore health seeking behavior; they used to consume non nutritious food, and un-hygienic foods. Most of the families have their meal outside according to modern life style. Assuring the food safety, getting fresh and hygienic foods become extremely important public health issue especially in restaurants. This cross-sectional study was conducted from September to December 2018 to assess the knowledge and attitude on food safety of the most responsible persons and kitchen's hygiene of all registered restaurants in urban area of Taunggyi, Shan state. Data were collected from most responsible persons for kitchen's hygiene by face to face interview using pretested semi-structured questionnaires and kitchen's hygiene was assessed using FDA checklists. For the bacteriological investigation, swabs from wooden cutting board surface were sent to the laboratory of Food and Drug Administration in Nay-Pyi-Taw to detect the presence of *E coli*. About forty percent of restaurants were Chinese restaurants, 41.5% of participants were owners, and 65% were above 35 years old and more than 80% attended high school and above education. Most of the participants had more than one year working duration in current restaurant. About one third of participants had got pre-employment medical checkup. Twelve percent of participants had food safety training and only 29.2% of the participants had good knowledge but almost all participants (95.4%) had good attitude on food safety. About three fourth of restaurants had poor kitchen hygiene status checked by FDA checklist but only 5% of restaurants' culture results showed unacceptable level of *E coli*. There were statistically significant associations between knowledge and gender of participants and also between knowledge and presence of training for food safety. On the other hand, there were statistically significant association between kitchen hygiene status by checklist and presence of training for food safety and also between kitchen hygiene status by checklist and number of training for food safety. In conclusion, the overall kitchen hygiene status of the restaurants in Taunggyi was considerably poor. Since the training was main determinant factor for knowledge as well as kitchen hygiene status, hygiene oriented continuous training programs should be provided to the restaurants' staff which in turn increase their knowledge on food safety and may improve the kitchen's hygiene status.