

**HYGIENIC RECOMMENDATIONS FOR THE PREVENTION OF FOOD  
POISONING IN PRE-SCHOOL EDUCATIONAL ORGANIZATIONS**

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**Relevance.** The article analyzes the primary risk factors leading to food poisoning in pre-school educational organizations (PEOs) and highlights hygienic approaches aimed at their prevention. Research results indicate that due to the underdeveloped immune systems of children, 38–45% of food poisoning cases occur specifically among pre-school-aged children. This situation further emphasizes the urgency of ensuring food safety within these institutions.

**Keywords:** pre-school education, food poisoning, hygiene, risk factors, sanitary control.

**Introduction.** Today, ensuring healthy and safe nutrition for children in pre-school educational organizations is one of the priority tasks of the healthcare and education systems. Due to the incomplete formation of defense mechanisms in pre-school children's organisms, they exhibit high sensitivity to foodborne infections and poisoning [4]. Violations of sanitary-hygienic requirements pose a serious threat to children's health.

Analysis conducted in recent years shows a growing trend in food poisoning cases among children during 2022–2024. The majority of these cases are recorded in pre-school institutions, caused by microbiological contamination of food products, non-compliance with food preparation technologies, and insufficient sanitary-hygienic literacy among staff [2]. Therefore, developing scientifically based hygienic measures to prevent food poisoning in PEOs holds significant scientific and practical importance.

**The Aim of the Study.** To prevent risk factors for food poisoning in pre-school educational organizations.

The material and technical condition of PEO kitchens plays a crucial role in ensuring food safety. Outdated equipment, work surfaces that do not meet hygienic requirements, and malfunctioning ventilation systems create favorable conditions for the proliferation of microorganisms [1,6]. Consequently, it is essential to adapt kitchen premises to modern sanitary standards, ensure correct zoning of production processes, and improve water supply and ventilation systems.

Non-compliance with technological discipline during food preparation and storage is one of the primary causes of poisoning. Specifically, violations of temperature regimes and insufficient thermal processing lead to the survival of pathogenic microorganisms. Therefore, it is vital to strengthen sanitary control during the storage, cooking, and distribution of food products[2,7,8].

Furthermore, the sanitary-hygienic culture of kitchen staff directly impacts the risk of food poisoning. Failure to follow personal hygiene rules, improper use of work clothing, and inadequate organization of medical examinations can lead to the spread of infections.

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From this perspective, it is important to enhance the hygienic knowledge of employees and establish constant monitoring of their health [3,5].

The quality of food products and their storage conditions are also fundamental factors determining children's nutritional safety. The use of expired or improperly stored products increases the risk of food poisoning. Ensuring the continuity of the cold chain during the transportation and storage of products, as well as constant monitoring of the sanitary condition of warehouses, is of paramount importance [4].

**Conclusion.** To prevent food poisoning in PEOs, it is necessary to implement hygienic measures in a comprehensive and systematic manner. Improving the material and technical base, and organizing effective sanitary control over technological processes and staff activities, will serve to protect children's health, ensure sanitary-epidemiological stability, and foster the development of a healthy generation.

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