

# LEVEL 2 FOOD HYGIENE AND SAFETY FOR CATERING

COURSE CONTENT OVERVIEW

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The European Union Regulation (EC) No 852/2004 on the hygiene of foodstuffs requires all food handlers to be appropriately trained in how to carry out their roles safely.

This Level 2 Food Hygiene and Safety for Catering course ensures that you comply with this obligation by providing learners with a thorough introduction to the correct food handling practices.

This course will assist food handlers in catering premises to understand their responsibilities in regards to handling and producing food that's safe for the consumer, including guidance on relevant legislation, how to control food safety hazards, temperature control, food storage, food preparation, personal hygiene and premises cleaning.

#### **Module One – Food Safety Legislation**

This module explains the key food safety legislation that caterers must comply with, including definitions of key terms and information on how the law is enforced by Environmental Health Officers. The module also highlights the importance of due diligence and outlines the significance of the Food Hygiene Rating System.

- Food handlers and the law
- Key terms
- European and UK regulations
- Food handler training
- Prosecution
- HACCP
- Enforcement of food safety law
- Legal notices
- Due diligence
- Food hygiene ratings

#### **Module Two – Microbiological Hazards**

This module looks at the prominence of food poisoning in the UK and outlines the main symptoms of the illness to look out for. The module explains how to control microbiological hazards using temperature, time and preservation and details why it's essential for cross contamination and food spoilage to be prevented.

- Top 10 causes of food poisoning
- Food poisoning in the UK
- Symptoms of food poisoning
- Preventing food poisoning outbreaks
- Microbiological hazards
- Controlling temperature and time
- Low and high risk foods
- Cross contamination
- Common food poisoning bacteria
- Food spoilage
- Food preservation
- Preventing microbiological contamination

#### **Module Three – Physical, Chemical and Allergenic Hazards**

This module looks at the other three categories of hazards - physical, chemical and allergenic - and explains some of their common sources plus ways of preventing them from contaminating food. The module also looks at the allergen labelling law and how to care for someone suffering an anaphylactic shock.

- Physical hazards
- Types of physical contamination
- Controlling physical contamination
- Chemical hazards
- Controlling chemical contamination
- Allergenic contamination
- Food intolerances
- Controlling allergenic contamination
- Anaphylactic shock
- Allergen laws

#### **Module Four – Food Storage**

This module outlines the importance of maintaining control over suppliers and delivery, including ensuring the food temperature is correct and the products are labelled adequately and stored safely. The module explains the key differences between use by and best before dates, highlights the importance of stock rotation and states the temperature controls needed for fridges and freezers.

- Choosing a supplier
- Food distribution and deliveries
- Food labelling and storage
- Use by dates and best before dates
- Refrigeration
- Refrigerator temperatures
- Freezing and defrosting
- Stock rotation

### **Module Five – Food Preparation**

This module outlines the correct temperature and time controls needed during food preparation, including cooking, reheating, hot holding, cold holding and cooling. The module also uses a video to explain how to take the core temperature of a food using a probe thermometer.

- Food preparation
- Cooking and reheating
- Taking food temperatures
- Hot holding
- Cooling food
- Food service

### **Module Six – Personal Hygiene**

This module looks at the key responsibilities of food handlers in regards to personal hygiene and uses a video to demonstrate the correct hand washing procedure. The module also explains the importance of protective clothing and states why it's necessary to control bad habits.

- Food handler responsibilities
- Hand hygiene
- Hand washing procedures
- Protective gloves
- Bad habits
- Illness
- Hair, jewellery and smoking
- Protective clothing

### **Module Seven – Food Premises Design and Cleaning Schedules**

This module outlines the best design for catering premises, looking at the materials that should be used for surfaces and equipment and highlighting the importance of waste and pest management. The module also details the need for cleaning schedules and explains how employees can ensure they are cleaning the premises and food handling equipment safely and effectively.

- Food premises and the law
- Principles of design
- Waste management
- Cleaning and disinfection
- Cleaning schedules
- Safe cleaning
- Six stages of cleaning
- Cleaning food storage areas and chillers
- Dishwashers
- Pests
- Preventing pests

### **Module Eight – Further Information**

This module provides some further useful information, documents and links that you may need when starting up or running a food catering business.

- How to register your food business
- Contact your local authority
- Safer Food, Better Business
- Legal documents
- FSA publications

## Aims of the Training

By the end of the course learners will be able to demonstrate that they can:

- Identify food hygiene hazards.
- Describe safe food practice.
- Apply controls to achieve high standards of food hygiene.
- Explain the principles of food safety management systems.
- Work in a way that is ethical for the consumer and fulfills your legal obligations as a food handler.