

LEVEL 1 FOOD SAFETY AWARENESS

COURSE CONTENT OVERVIEW

0333 006 7000
www.highspeedtraining.co.uk



This Level 1 Food Hygiene and Safety course has been designed for anyone who works in an environment that deals with food but who is not directly involved in food preparation or handling activities themselves. The course provides learners with a basic understanding of food hygiene practices so they can help prevent cross-contamination and ensure food is safe for the business to sell to consumers.

Module One: Introduction to Food Hygiene

This module introduces the learner to why good food hygiene practices are essential in food premises. It explains what exactly is meant by food safety and gives a basic description of the law surrounding food hygiene, as well as health issues that consumers may develop from contaminated food.

- Who is this course for?
- Why is food hygiene important?
- Food hygiene law
- Understanding food safety
- Health issues caused by contaminants

Module Two: Food Safety Hazards

This module focuses on the four most common food safety hazards that may be present in a workplace and how they pose a risk to consumers if they get into food.

- Microbiological hazards
- Allergenic hazards
- Physical hazards
- Chemical hazards

Module Three: Food Safety Controls

This module covers the ways everyone in the workplace can control food safety hazards with proper food hygiene practices, and so ensure that food is not cross-contaminated. It discusses how to prevent bacteria from multiplying and how to prevent pests from gaining access to the premises.

- The conditions for bacterial growth
- Temperature control
- Controlling time
- Low and high risk foods
- Controlling microbiological hazards
- Allergenic contamination
- Controlling physical hazards
- Controlling chemical hazards
- Food deliveries
- Refrigeration
- Pests

Module Four: Personal Hygiene

This module familiarises the learner with how to uphold high standards of personal hygiene so their body does not pose a contamination risk. It covers proper handwashing procedures and the importance of staff notifying their supervisor or manager if they are ill.

- Hand hygiene
- Hair hygiene
- Body hygiene and bad habits
- Protective clothing
- Reporting illness

Module Five: Cleaning Activities

This module details the importance of effective cleaning for maintaining a high standard of food hygiene. It also explains what aspects the 6 stages of cleaning required to thoroughly disinfect equipment and surfaces.

- Why is cleaning important?
- Waste management
- Cleaning and disinfection
- Clean as you go
- Dishwashers
- Scheduling cleaning

Aims of the Training

This course is designed to give a basic understanding of food hygiene to workers who are not directly involved with the preparation or handling of high-risk foods but work in an environment where food is present or handled elsewhere. This also includes those who work with wrapped or pre-packaged foods.

By the end of the course learners will:

- Understand the importance of food hygiene and recognise the types of health issues poor food hygiene may cause.
- Understand what the law says about food hygiene and how businesses can comply.
- Be able to identify the various types of food safety hazards and know what to do to prevent them from putting food at risk.
- Be able to maintain good standards of personal hygiene and prevent food from being contaminated.
- Understand the importance of thorough cleaning and proper waste management.
- Understand how to carry out effective cleaning activities.