

LEVEL 2 FOOD HYGIENE AND SAFETY FOR CATERING

COURSE CONTENT OVERVIEW



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HIGH SPEED™
TRAINING

The EU Regulation (EC) No 853/2004 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 you with a thorough introduction to the correct food handling practices and procedures.

The course helps you to understand your legal 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, food storage, food preparation, temperature control, personal hygiene and premises cleaning.

Module One - Introduction to Food Hygiene and Safety

This module introduces the key food safety terminology you should be aware of, explains why food safety training is so important and explains the UK's food hygiene rating schemes.

- Key definitions
- Food handler training
- The Food Hygiene Rating Scheme (FHRS) in England, Wales and Northern Ireland
- The Food Hygiene Information Scheme (FHIS) in Scotland

Module Two - Food Safety Legislation

This module explains the most common pieces of food safety and food standards legislation, including how to comply with them and what will happen if you fail to do so.

- Food hygiene and the law
- Food safety management systems
- Employer responsibilities
- Enforcement of food safety law
- Legal notices
- Prosecution
- Due diligence

Module Three - Microbiological Hazards

This module explains the microbiological food safety hazards that are present in your workplace and how you can effectively manage them.

- Microbiological hazards
- Food poisoning
- Bacteria
- Pathogenic bacteria
- Food spoilage
- Acrylamide
- High and low risk foods
- Raw foods
- Controlling bacteria with temperature and time
- Cross contamination
- Food preservation
- Toxins
- Viral contamination
- Preventing microbiological contamination

Module Four - Physical, Chemical and Allergenic Hazards

This module outlines the three other main types of hazard that have the potential to contaminate food and cause harm, and how to ensure that your food is kept safe from them.

- Physical hazards
- Types of physical contamination
- Controlling physical contamination
- Chemical hazards
- Controlling chemical contamination
- Allergenic hazards
- The 14 named food allergens
- Anaphylactic shock
- Controlling allergenic contamination
- Allergen labelling laws
- Natasha's Law

Module Five - Food Storage

This module teaches how food should be stored to ensure it remains safe for consumers. This includes chilled and dry food storage, rotating stock, and refrigerator temperatures.

- Suppliers and deliveries
- Food labelling
- Use by and best before dates
- Safe food storage
- Dry food stores
- Fruit and vegetable storage
- Chilled food storage
- Refrigerator temperatures
- Frozen food storage
- Freezing and thawing
- Stock rotation

Module Six - Food Preparation

This module will provide you with the knowledge you need to prepare food safely, including the correct temperatures for cooking and reheating food and what you should do when thawing, heating, or cooling food.

- Thawing frozen food
- Cooking and reheating
- Taking food temperatures
- Cooling food
- Hot holding
- Cold holding
- Food service

Module Seven - Personal Hygiene

This module explains the importance of personal hygiene and outlines the hygiene guidelines that all food handlers should follow.

- Food handler responsibilities
- Hand hygiene
- Hand washing procedures
- Protective gloves
- Further hygiene considerations
- Protective clothing
- First aid kits
- Wounds and sores

Module Eight - Food Premises Design, Layout, Size and Suitability

This module explains the importance of correct design and use of your kitchen premises and equipment in order to prevent contamination.

- Food handler responsibilities
- Food premises and the law
- Principles of design
- Food handling equipment
- Waste management

Module Nine - Food Premises Cleaning and Disinfection

This module outlines the correct cleaning methods you should follow to ensure that you are upholding good food hygiene practices.

- Why do we clean?
- Cleaning and disinfection
- Cleaning schedules
- Safe cleaning
- Clean as you go
- Six stages of cleaning
- Cleaning food storage areas and chillers
- Dishwashers
- Pests
- Preventing pests

Aims of the Training

By the end of this course, you will:

- Understand your responsibilities, and those of your employer, under UK and EU food hygiene regulations, and be able to explain the principles of food safety management systems.
- Identify microbiological, physical, chemical, and allergenic hazards and understand why it's important to control contamination and how you can control it.
- Understand how premises should be designed to reduce hazards, and be aware of your responsibilities around cleaning and pest control.
- Understand safe practices around food storage for different types of food, be able to explain the difference between 'use by' and 'best before' dates, and know how to carry out effective stock rotation.
- Be aware of the importance of personal hygiene, how to carry out proper handwashing procedures, and recognise when it's important to wash your hands.
- Understand how to prepare food safely, including how to thaw, cook, cool, reheat, and hold hot food, as well as how to properly take food temperatures.