

COURSE CONTENT OVERVIEW

# Level 2 Food Hygiene and Safety for Catering



This Level 2 Food Hygiene and Safety for Catering course provides a practical guide for maintaining high standards in a busy kitchen environment. Safe food handling is an essential part of every catering role, yet fast-paced shifts and daily kitchen pressures can make it challenging to maintain consistent food safety routines. This training focuses on workplace realities and what you can actively control to keep food safe.

It covers how to identify and control the four main food hazards, manage delivery intake, maintain strict temperature controls and handle allergens safely. The course tackles real-world challenges, such as busy environments, driver delays and short staffing, giving you the tools and confidence to follow your Documented Food Safety Management System (DFSMS), uphold daily 'clean as you go' routines and protect your business' due diligence defence.

### **Module 1: Before Handling Food**

This module focuses on preparing yourself and your workspace before food preparation begins. It introduces the four food safety hazards and teaches you how to maintain hygiene standards and 'clean as you go' practices, perform opening checks, and follow your Documented Food Safety Management System.

- Cross-contamination
- The impact of food safety hazards
- Viral contamination
- The cost of working ill
- Reporting illness
- Wounds and sores
- Personal hygiene considerations
- Handwashing technique
- When to wash your hands
- Protective clothing
- Glove use
- Protective gloves
- HACCP
- Food safety management systems
- Opening checks
- 'Clean as you go'

### **Module 2: Receiving and Storing Stock**

This module covers essential procedures for inspecting food deliveries, maintaining strict temperature controls, and correctly storing chilled, frozen, and dry goods to prevent contamination. You will also learn how to manage stock rotation using systems such as FIFO and day-dotting, identify signs of food spoilage, and comply with food safety regulations and date-labelling laws.

- Physical hazards
- Microbial contamination
- Pathogenic bacteria
- Temperature control
- Delivery requirements
- Food spoilage
- Chilled and frozen storage
- Egg storage
- Dry food stores
- Fruit and vegetable storage
- Preserving food
- Food labelling
- Traceability
- Use By and Best Before dates
- Stock rotation
- Frozen food storage and rotation
- Day dotting

### **Module 3: Preparing, Cooking and Serving Food**

This module covers the core controls required during preparation, cooking and service to maintain food safety. You will learn how to safely thaw ingredients, avoid cross-contamination using colour-coded equipment, control food allergens, and ensure food reaches safe cooking and holding temperatures.

- Food poisoning
- Raw foods
- Thawing frozen food
- Food handling equipment
- Allergenic hazards
- Anaphylactic shock
- The 14 food allergens
- Allergen labelling
- Controlling allergenic contamination
- What to do in an emergency
- Cooking and reheating food
- Using thermometers
- Cooling food
- Hot and cold holding
- Display counters
- Reporting hazards

### **Module 4: Cleaning and Inspections**

This module equips you with the knowledge to maintain a hygienic and compliant kitchen, covering effective cleaning routines, waste and pest management, premises design and inspection readiness.

- Why do you clean?
- Cleaning equipment
- Cleaning and disinfection
- Effective cleaning
- Chemical contact times
- Cleaning schedules
- Food storage areas
- Dishwashers
- Chemical hazards
- Food premises and design
- Preventing pests
- Waste management
- Waste removal
- Enforcement officers
- The Food Hygiene Rating Scheme
- What happens if you break food safety law?
- Ask the expert

## Aims of the training

By the end of this course, you will:

- Apply food safety principles to prevent risks and maintain safety management systems.
- Carry out your legal responsibilities for food hygiene and safety consistently.
- Spot food safety hazards and understand what actions are needed to stop cross-contamination.
- Follow safe food preparation and storage practices.
- Maintain personal hygiene, follow proper cleaning routines, and report pest risks immediately.