

COURSE CONTENT OVERVIEW

# Level 2 Food Hygiene And Safety For Retail



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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 Retail 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 customer, including guidance on relevant legislation, how to control food safety hazards, food storage and display, food preparation, personal hygiene, food premises design and 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
- Damaged packaging
- 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
- Acrylamide
- Scombrototoxic food poisoning
- Controlling chemical contamination
- Allergenic hazards
- The 14 named food allergens
- Anaphylactic shock
- Controlling allergenic contamination
- Allergen policy
- Allergen labelling laws
- Natasha's Law

### **Module Five - Food Storage**

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

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

### **Module Six - Food Preparation, Service and Display**

This module will provide you with the knowledge you need to prepare food safely, including the correct temperatures for cooking and reheating food, and how to display food for sale at the correct temperature, whether hot or cold.

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

## **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 retail premises and equipment in order to prevent contamination, including pest control and waste management.

- Food handler responsibilities
- Food premises and the law
- Principles of design
- Pests
- Preventing pests
- 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
- Cleaning public areas
- Food handling equipment
- Dishwashers

## 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 safe practices around food storage for different types of food, be able to explain the difference between 'use by' and 'best before' dates, know how to maintain the cold chain, and understand how to carry out effective stock rotation.
- Understand how to prepare and display food safely, including how to thaw, cook and cool hot food, how to display hot and cold food, and how to monitor food temperatures.
- Be aware of the importance of personal hygiene, how to carry out proper hand washing procedures, and recognise when it's important to wash your hands.
- Understand how premises should be designed to reduce hazards, and be aware of your responsibilities around cleaning and pest control.