

COURSE CONTENT OVERVIEW

Level 2 Food Hygiene And Safety For Retail



0333 006 7000

www.highspeedtraining.co.uk

This Level 2 Food Hygiene and Safety for Retail course will provide you with an understanding of your responsibilities under food safety law, in order to produce and sell food that is safe for consumption. When foods become contaminated, they become harmful to consumers, putting them at risk of dangers such as foodborne illnesses, allergic reactions and injuries.

By taking this course, you will develop a strong knowledge of how to recognise food safety hazards and control the risk of contamination through proper food storage, preparation methods and effective cleaning.

Module 1 - Food Hygiene and Safety

This module outlines your responsibilities and the actions required to comply with food safety law. It covers what to expect from your employer, the purpose of HACCP and food safety management systems and the role of enforcement officers.

- Why is food safety important?
- Your responsibilities
- What to expect from your employer
- HACCP
- Food safety management systems
- Enforcement Officers
- The Food Hygiene Rating Scheme
- The Food Hygiene Information Scheme
- What happens if you break food safety law?
- Ask the expert

Module 2 - Microbial Hazards

This module discusses the various microbial hazards you may encounter while working with food, including different types of bacteria and cross-contamination. It outlines the causes of food poisoning and what you can do to minimise the risk, along with the differences between low and high-risk foods.

- Food poisoning
- Pathogenic bacteria
- Viral contamination
- Food spoilage
- Low and high-risk foods
- Raw foods
- Controlling microbial hazards
- Cross-contamination
- Food handling equipment
- Preventing cross-contamination

Module 3 - Physical, Chemical and Allergenic Hazards

This module outlines physical, chemical and allergenic hazards, the risks they pose to food safety and how to control them.

- Physical hazards
- Controlling physical hazards
- Chemical hazards
- Controlling chemical hazards
- Allergenic hazards
- Anaphylactic shock
- Emergency situations
- The 14 food allergens
- Controlling allergenic contamination
- Food allergen policies
- Allergen labelling laws
- Foods prepacked for direct sale (PPDS)
- Natasha's Law

Module 4 - Food Storage

This module discusses the importance of holding and storing foods at the correct temperatures. It includes information about deliveries, best before and use-by dates, the importance of proper stock rotation methods and food labelling requirements.

- Temperature control
- Suppliers and deliveries
- Food storage
- Food preservation
- Dry food stores
- Fruit and vegetable storage
- Temperature and bacteria
- Refrigerator temperatures
- Chilled food storage
- Egg storage
- Frozen food storage
- Freezing and thawing
- Use-by and best before dates
- Food labelling
- Traceability

Module 5 - Food Preparation

This module details how to prepare food safely, outlining the correct procedures for thawing, cooking and reheating food, the safe practices for hot and cold holding food and how to manage hazards during food service and display.

- Thawing frozen food.
- Thawing poultry safely.
- Cooking and reheating.
- How to calibrate a probe thermometer.
- Taking food temperatures.
- Cooling food.
- Hot and cold holding.
- Food service and display.

Module 6 - Personal Hygiene

This module highlights the importance of maintaining high personal hygiene standards. It includes the importance of effective hand washing, protective clothing, reporting illness and managing wounds and sores.

- Hand washing
- Further hygiene considerations
- Protective clothing
- Protective gloves
- Reporting illness
- Wounds and sores

(Continued on next page)

Module 7 - Cleaning and Disinfection

This module highlights the importance of effective cleaning and disinfection, premises design, managing waste and controlling pests.

- Why do we clean?
- Cleaning and disinfection
- Effective cleaning
- Clean as you go
- Cleaning schedules
- Safe cleaning
- Dishwashers
- Premise design, layout, size and suitability
- Pest control
- Waste management

Aims of the training

By the end of this course, you will:

- Recognise the consequences of poor food hygiene and safety and the principles of food safety management systems.
- Explain your own and others' responsibilities for food hygiene and safety in line with food safety law.
- Identify food safety hazards and recognise how to prevent contamination of food.
- Explain safe food preparation and storage practices.
- Outline the importance of personal hygiene, effective cleaning practices and pest control.