

COURSE CONTENT OVERVIEW

Level 1 Food Hygiene and Safety

This Level 1 Food Hygiene and Safety course will give you the confidence you need to understand food safety law and recognise your responsibilities when it comes to ensuring food hygiene and safety is maintained at all times.

By taking this training, you will develop a strong foundational knowledge of food hygiene practices so that you can demonstrate to your employer and customers that you understand the potential risks from contamination and know how to prevent them.

Module 1: Your Responsibilities for Food Hygiene and Safety

This module outlines your responsibilities and the actions you must take to ensure you comply with food safety law. It explains the purpose of food safety management systems, including HACCP, and the role of Environmental Health Officers.

- Roles and responsibilities.
- HACCP.
- Food safety management systems.
- Environmental Health Officers (EHOs).
- Legal notices.
- Ask the expert.

Module 2: Food Safety Hazards

This module defines the four categories of food safety hazards (microbial, allergenic, physical and chemical) and outlines how to avoid and prevent the contamination of food.

- Food poisoning.
- Microbial hazards.
- Controlling microbial hazards.
- Allergenic hazards.
- The 14 named food allergens.
- Controlling allergenic hazards.
- Emergency situations.
- Physical hazards.
- Controlling physical contamination.
- Chemical hazards.
- Cross-contamination.
- Preventing cross-contamination.

Module 3: Food Storage

This module discusses the importance of holding and storing foods at the correct temperatures. It includes the difference between high and low-risk foods, best before and use-by dates and proper stock rotation methods.

- Low and high-risk foods.
- Temperature control.
- Temperature and bacteria.
- Refrigeration.
- Food deliveries.
- Use-by and best before dates.
- Stock rotation.

Module 4: Cleaning and Personal Hygiene

This module outlines effective cleaning and personal hygiene practices and their importance in food safety and the prevention of cross-contamination. This includes pest control and waste management.

- Why do we clean?
- Clean as you go.
- Cleaning and disinfection.
- Effective cleaning.
- Dishwashers.
- Hand washing.
- Personal hygiene.
- Protective clothing.
- Reporting illness.
- First aid.
- Waste management.
- Pest control.

Aims of the training

By the end of this course, you will be able to:

- Recognise the consequences of poor food hygiene and safety.
- Explain your own, and others', responsibilities for food hygiene and safety.
- Identify food safety hazards and recognise how to prevent contamination of food.
- Outline the importance of personal hygiene and effective cleaning practices.