

COURSE CONTENT OVERVIEW

Level 1 Food Safety Awareness

This Level 1 Food Hygiene and Safety course will give you the confidence you need to understand food safety laws and recognise how you can contribute towards keeping food products safe for consumers.

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 risks and know how to prevent them. It will show that you strive to follow best practice and are proud to do so - something that will give your customers great confidence in your business.

Module One: Introduction to Food Hygiene

This module introduces the importance of food safety, explains who will benefit from taking this training course, and outlines the ill-health that can result from poor food hygiene practices.

- Who is this course for?
- What is food safety?
- Food hygiene law
- The importance of food safety

Module Two: Food Safety Hazards

This module outlines the four types of food safety hazards, how to identify them, how to prevent them from contaminating food, and what your responsibilities are in terms of handling food products safely.

- Microbiological hazards
- Allergenic hazards
- Physical hazards
- Chemical hazards
- The 4 Cs

Module Three: The 4Cs - Cleaning

This module explains why thorough and regular cleaning is so important for maintaining food safety standards and controlling the spread of COVID-19, and highlights the role you play in keeping things clean and disinfected.

- The importance of cleanliness
- The six stages of cleaning
- Cleaning and disinfection
- Clean as you go
- Dishwashers
- Cleaning schedules
- Waste management

Module Four: The 4 Cs - Cooking and Chilling

This module looks at how to prevent pathogenic bacteria from developing as a result of poor temperature control, the significance of adhering to proper stock rotation methods, the meaning of best before and use by dates, and the differences between low and high-risk foods.

- Temperature control
- Food deliveries
- Refrigeration
- Low and high-risk foods
- Use by dates and best before dates
- Stock rotation (FIFO)

Module Five: The 4 Cs - Cross-Contamination

This module explains what your responsibilities are in terms of preventing cross-contamination, including the importance of pest control so that you understand the hazards pests present and how you can mitigate the risks.

- Ill-health caused by food contaminants
- What is cross-contamination?
- Preventing cross-contamination
- Pest control
- HACCP
- Workplace procedures

Module Six: Personal Hygiene

This module looks at the significance of personal hygiene so that you recognise the measures you should be taking each day to comply with the law. This includes the correct handwashing procedure to prevent both cross-contamination and the spread of COVID-19.

- Hand hygiene
- Further hygiene considerations
- Protective clothing
- Reporting illness
- First aid

Aims of the training

By the end of this course, you will:

- Understand the importance of food hygiene and safety and recognise the ill-health issues that poor food hygiene can cause.
- Understand what the law says about food safety and what you need to do to comply.
- Be able to identify food safety hazards and know how to prevent them from causing contamination of food.
- Recognise the importance of maintaining good standards of personal hygiene, including handwashing.
- Understand why it's so important to thoroughly clean the work premises, work equipment and/or work vehicles.