

Food Hygiene and Safety

This course is specifically designed for food handlers. It covers the key factors that contribute to the production of safe food. It details how to prevent contamination and food-borne illnesses through the use of essential good hygiene practices, maintaining hygienic premises and equipment, the use of HACCP and storing food correctly.



Course details

- Four modules with four multiple-choice questionnaires
- Four CPD credits*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

*1 CPD credit equals up to 1 hour of learning

Module 1

Food-Borne Illness, Bacteria and Prevention

- What causes food-borne illness, the different types of food-borne illness and the symptoms of food poisoning.
- The role that bacteria play in causing illness and spoiling food.
- Looking at the guilty parties (pathogenic bacteria) and how they operate.
- How to recognise the various kinds of food that are high-risk and how they should be handled to minimise that risk.
- Food allergies and information about allergenic ingredients.



Module 2

Contamination, Spoilage and Prevention of Food Poisoning

- The different types and sources of contamination, and how food becomes contaminated.
- How harmful bacteria move about.
- Food spoilage and how to recognise spoilt food.
- The methods of controlling contamination including safe temperatures and observing date marks.

Module 3

Personal Hygiene and Effective Cleaning

- The importance of personal hygiene.
- The principles of good hand hygiene and wearing clean personal protective equipment (PPE).
- The different aspects of maintaining hygienic premises and equipment.
- Food pests and effective measures against the contamination they can cause.
- Cleaning and disinfecting including key tips and the six steps to cleaning.
- The correct way to dispose of rubbish.

Module 4

Storage, HACCP and the Law

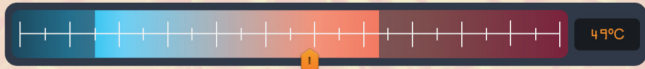
- The safe storage of food including useful tips for good storage practice.
- The importance of good storage facilities.
- The use Hazard Analysis Critical Control Point (HACCP) in keeping food safe demonstrated through a working example.
- The law, including the:
 - Food Safety Act 1990 (as amended)
 - Food Safety and Hygiene (England) Regulations 2013.

Contents

1 Killing bacteria

Move the orange slider along the thermometer to learn about killing bacteria.

Bacteria can multiply at temperatures between 5°C and 63°C. Anything between these two temperatures is called the **DANGER ZONE**.




49°C

Navigation icons: home, back, forward.

Contents


2 Temperature control

Refrigerators and chillers should be kept at a temperature of 5°C or less. This keeps food out of the danger zone but won't freeze it.



5°C or less

Freezers are kept at -18°C or a little lower. As well as keeping food frozen, these temperatures maintain the quality of the food by stopping spoilage.



-18°C

The tables on the next slides are a handy, quick reference guide to safe temperatures, along with the recommended period of time where appropriate.

Navigation icons: home, back, forward.



This course is suitable for

This course is relevant for anyone who prepares or serves food.

Contents

3 How to wash your hands

1 2 3 4 5

3 The water should be hot and you will need soap. Liquid soap is better than a bar of soap because there is less risk of bacteria being left behind from the last person to use it.



?

Home

< >

Contents


4 A working example of HACCP

Identify the steps

Food is always prepared in a series of steps, whether on a production line in a factory, in a café or takeaway, or simply when preparing the Sunday roast at home.

For example, a beef burger may be prepared from raw beef by the following steps:

1 receipt of raw beef	3 moulding the minced beef to form a burger	5 display
2 mincing	4 cooking	6 serving



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Home

< >


1 Question 7

As a food handler you need to:
Pick the two correct options.

a) Treat all food you handle the same

b) Recognise the kinds of foods that are high-risk

c) Understand how those foods should be handled to minimise that risk



1 2 3 4 5 6 7 8 9 10

< Q7 >

Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional downloadable resources to expand learning
 - Quick reference guide to safe temperature
 - A working example of HACCP

Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



Why choose us?



“ Food Hygiene & Safety is mandatory for childcare staff in order for them to prepare foods for snacks and tea for children. We ask all staff to complete the programme after their three month trial period. The training is convenient for the staff as they can complete the training online and in their own time. ”

Romina Whitlock
Nursery Manager, Smartys Day Nursery

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