

AIM

To understand how to prepare food safely for consumption

DURATION

3 hours (half day)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand the importance of food safety
- Be aware of the regulations and legislations that cover food safety
- Be aware of the roles and responsibilities of employers and employees
- Know what tasks need documenting
- Be aware of common food hazards
- Know how to safely handle food
- Recognise good food hygiene practices
- Understand the seriousness of food poisoning
- Know your responsibilities

LESSONS AND TOPICS

An Introduction To Food Safety

- What Is A Foodborne Illness?
- Symptoms
- Who Is At Risk?
- Causes
- High Risk Foods
- Facts And Statistics
- Legal Claims

Legislation

- Health And Safety At Work Act
- Food Hygiene Regulations
- The Food Safety Act
- The Food Standards Acts
- Inspections
- The Corporate Manslaughter Act
- Due Diligence

Hazards And Contamination

- Food Safety Hazards
- Physical Hazards
- Injuries
- Kitchen Hazards

Food Allergies And Sensitivities

- What Is Anaphylaxis?
- Food Allergens
- Where You Would Find High Risk Allergenic Foods
- Food Sensitivities/Intolerance
- New Arrivals
- Identifying Those With Allergies
- Communication
- Food Preparation
- Memory Loss

Pest Prevention And Control

- Types Of Pests
- What To Do If Things Go Wrong
- How To Stop This Happening Again

Food Hygiene

- Chopping Boards And Knives
- PPE
- Managing Food Waste

Hand Washing

- Good Hand Hygiene Habits
- When Should You Wash Your Hands?
- Hand Washing Technique

Food Management

- Temperature Probes
- Cooking Temperatures
- Danger Zone
- Serving Food
- Reheating Food
- Keeping Food At Room Temperature

Food Storage

- Foods That Need To Be Chilled
- Use-By And Best Before Dates
- Fridge Organisation
- Fridge Temperature
- Freezing and Defrosting Food
- Chilling Down Food

Roles And Responsibilities

- Employers Responsibilities
- Your Role And Responsibilities
- Kitchen Staff Responsibilities