

# COURSE DESCRIPTION 2016-2017



Course: Food Safety	Awarding body: CIEH Level 2
Tutor: Trevor Cutmore	Course length: One day

Course summary/aims:	This essential course covers the causes of food poisoning, contamination, high risk foods and much more to help you adopt safe working practices in the handling of food in work or community settings.
Course objectives:	<ol style="list-style-type: none"> <li>1. State 3 consequences of poor standards of food hygiene and 3 benefits of good standards.</li> <li>2. List 4 common food contaminators.</li> <li>3. Demonstrate how probe thermometers should be calibrated, used, cleaned and disinfected.</li> <li>4. State temperatures required to destroy human bacteria or to minimise their multiplication.</li> <li>5. State 3 things that are legal requirements for food handlers</li> </ol>
Course content:	<p><u>Food safety terminology</u> Food poisoning, contamination, hazard, risk, HACCP, food safety management system</p> <p><u>Food safety law</u> Current regulations, role of enforcement officers, local authority powers, record keeping</p> <p><u>Food safety hazards</u> Containing food poisoning, micro-organisms, difference between pathogenic and spoilage criteria, bacteria reproduction, some common bacteria causing food poisoning, concept of the 'danger zone', high and low temperatures required to minimise bacterial multiplication (and how to take temperatures), high risk foods, cross-contamination, separating raw and ready-to-eat foods</p> <p><u>Refrigeration and chilling</u> Temperatures for chilled food, rapid chilling, freezing and defrosting</p> <p><u>Cooking and re-heating</u> Risks associated with under-cooking, re-heating and holding hot food; storage of hot food</p>

	<p><u>Food handling</u> Understand the importance of personal hygiene, methods of hand washing, protective clothing</p> <p><u>Safe food storage</u> How food is preserved, importance of 'use by' and 'best by' dates, stock rotation, dealing with foods that cause allergic reactions</p> <p><u>Cleaning</u> Acceptable ways of storing and disposing of waste, cleaning to prevent contamination, washing facilities that should be provided, understand terms such as 'cleaning', 'disinfection' and 'sterilisation', safe use of cleaning materials, cleaning schedules.</p>
Teaching and learning methods:	Tutor presentation with opportunities for questions and some discussion.
Course level/entry requirements:	Level 2. The learner needs to complete a multiple choice test at the end of the day. If requested, a reader can be provided but the learner cannot receive help with the answers.
How progress is checked during course:	Informal checking during the training session. Multiple choice test at the end of the day.
Extra study or practice required at home?	N/A
Formal course accreditation? If yes, how is the course assessed?	Yes – Chartered Institute of Environmental Health Level 2 (CIEH Level 2). Assessed via a multiple choice test at the end of the day.
Materials you will need to bring to the course:	Pen and paper.
What can I do next?	Volunteer or work in food settings; gain First Aid and Health and Safety courses; food and nutrition courses.

Information, Advice and Guidance sessions are available on request (it is best to make an appointment).

If you feel you may need some support eg. with English, Maths or ICT, please ask.

To get in touch, please call your local CLIP Learning Centre (see below) or email [info@cliplearning.com](mailto:info@cliplearning.com)

### **CLIP Learning Centres**

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