

Food Safety and Hygiene Essentials

Introduction

Whether you work in food preparation, handling or serving; it is essential that you understand the principles of basic food safety and hygiene. This Food Safety and Hygiene Essentials course breaks down the key components to food hazards, food poisoning, food contamination, personal hygiene and food preparation and storage, via a short and accessible course.



After completing this course, learners will have a basic understanding of the essential principles to food safety and hygiene. For those wishing for a more detailed and comprehensive understanding, we recommend you take our Food Safety and Hygiene Level 2 course.

Audience

It is essential that anyone coming into contact with food has a basic level of food safety and hygiene understanding, in order to protect themselves, and others they work with or care for.

Industries include:

- Employed or self employed
- Restaurants and hotels
- Fast food outlets and takeaways
- Cafes and bars
- Kitchens
- Catering in hospitals, schools and colleges.
- Education
- Retail
- Offices
- Health and Social Care staff

Objectives

In this course you will learn about:

- Storing food
- Preparing food
- Serving food
- Ensuring good personal hygiene

Modules

This course contains the following modules:

Module name

Food safety and hygiene essentials

Content

This course is uses interactive screens, and thought-provoking questions designed to keep the learner engaged all the way through the course. This short course features a series of ten quiz questions to test the learner's understanding.

