



## Health and Safety - Food Hygiene Level 2

# FOOD HYGIENE

## Level 2

### Legislation, Bacteriology, Contamination & Storage

Our Food Hygiene course covers all the basics on food preparation, regulations, precautions and care when preparing food for others. It is designed to meet the requirements of various regulations in food preparation and health and safety. The course covers regulations, preparation, storage, infections, cross contamination, reporting, PPE, date marks, reporting illness and basic first aid in the kitchen.

The certificate is valid for 3 years and can be taken fully online or nationally in the classroom with one of our approved instructors. The classroom course is a full day course which is 7 guided learning hours.

This is a level 2 course for general food hygiene training for people working directly with food. We also offer a [level 1](#) course that covers the basics of food safety.

### COURSE CURRICULUM

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- Food Hygiene Legislation

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- Relevant Legislation

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- Food Allergens Regulations 2014

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- The Environmental Health Officer

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- HACCP

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- Training for people in food handling

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- Food Hygiene ratings

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## Bacteriology and Food Poisoning

- What are bacteria and how do they grow and affect us
- How we control their growth
- Food poisoning and its effect
- Symptoms of food poisoning
- Types of infections
- Chemicals and foreign objects
- Natural plant foods and allergies
- Hazards of chemicals near food
- Listeria and keeping food safe
- Campylobacter

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## Food Contamination

- Cross contamination



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- The danger zone

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- Ways of preventing cross contamination

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- Chopping board colours

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- High risk foods

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- Pest control

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- Fly control

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- Hot food display units

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- Working at a bar

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- Serving in a restaurant

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- Bars and restaurants

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- restaurant workers

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- Personal Hygiene

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- Hand washing and hand gels

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Protective clothing

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Reporting Illness

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First Aid Kits for food preparation

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How you need to act at work

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Personal Illness and exclusion from work

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Personal illness, employee's, responsibilities

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Food storage and Preservation

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Food area requirements

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Rules on keeping your water supply safe

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Heating and re Fridgeration

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Refrigeration and freezing

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Dietary Requirements

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Gluten free Foods and Coeliac disease

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Egg precautions



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Use by and Best before dates for effective stock control

### **Understand how individuals can take personal responsibility for food safety**

1.1 Outline the importance of food safety procedures, risk assessment, safe food handling and behavior

1.2 Describe how to report food safety hazards.

1.3 Outline the legal responsibilities of food handlers and food business operators

### **Understand the importance of keeping him/herself clean and hygienic**

2.1 Explain the importance of personal hygiene in food safety including its role in reducing the risk of contamination

2.2 Describe effective personal hygiene practices, for example, protective clothing, hand washing, personal illnesses, cuts and wounds

### **Understand the importance of keeping the work areas clean and hygienic**

3.1 Explain how to keep the work area and equipment clean and tidy to include cleaning and disinfection methods, safe use and storage of cleaning chemicals and materials, and waste disposal

3.2 State how work flow, work surfaces and equipment can reduce contamination risks and aid cleaning

3.3 Outline the importance of pest control

### **Understand the importance of keeping food safe**

4.1 State the sources and risks to food safety from contamination and cross contamination to include microbial, chemical, physical and allergenic hazards

4.2 Explain how to deal with food spoilage including recognition, reporting and disposal

4.3 Describe safe food handling practices and procedures for storing, preparing, cooking, chilling, reheating, holding, serving and transporting food

4.4 Explain the importance of temperature controls when storing, preparing, cooking, chilling, reheating, holding, serving and transporting food

4.5 Describe stock control procedures including deliveries, storage, date marking and stock rotation