

The Royal Environmental Health Institute of Scotland



Introduction to Food Hygiene Course

Syllabus

Minimum teaching time – 2 hours

The Royal Environmental Health Institute of Scotland is a registered Scottish Charity, No SC009406

All objectives to be prefixed by the words; The expected outcome is that the course participant is able to:

1.0. GENERAL INTRODUCTION

- 1.1 Understand the benefits of high standards of hygiene within food premises
- 1.2 Understand the main requirements of food safety legislation.
- 1.3 Explain the terms: food hygiene, food poisoning, food hazards, food spoilage and food contamination.

2.0 BACTERIA

- 2.1 Explain what bacteria are, their shape and size and where they may be found.
- 2.2 Understand that not all bacteria are harmful.
- 2.3 Explain how bacteria multiply and how time and temperature affect multiplication.

3.0 CAUSES OF FOOD POISONING

- 3.1 Explain how food poisoning may be caused.
- 3.2 Describe the main sources of food poisoning and physical contaminants, including allergens.
- 3.3 Describe the symptoms of food poisoning.
- 3.4 Describe the common kinds of physical, chemical and allergenic contamination.

4.0 PREVENTING FOOD POISONING

- 4.1 Describe simple measures to control hazards and prevent food poisoning by:
 - a. Protecting food from the risk of contamination
 - b. Preventing bacteria from multiplying
 - c. Destroying bacteria in food

5.0 PERSONAL HYGIENE

- 5.1 Explain how high standards of personal hygiene for food handlers can be achieved.
- 5.2 Explain when food handlers should wash their hands and describe acceptable methods of hand washing.
- 5.3 Explain the need for detectable waterproof dressings to cover cuts and sores.
- 5.4 Explain the need for clean protective clothing.
- 5.5 Explain that you should not smoke, eat or drink in a food room and never cough or sneeze over food.
- 5.6 Explain that problems can occur with the wearing of jewellery and nail varnish/gel.
- 5.7 Explain that a supervisor must be told, before an employee commences work, of any skin, nose, throat, stomach or bowel trouble or infected wound. Explain that this is a legal requirement.

6.0 CLEANING AND DISINFECTION

- 6.1 The legal and moral reasons for cleaning and disinfection.
- 6.2 The meaning of the following terms:
 - a. Contamination and cross-contamination
 - b. Cleaning
 - c. Disinfection
 - d. Detergent
 - e. Disinfectant
 - f. Bactericide

- g. Bactericidal detergent/sanitiser
- h. Sterilising
- i. Contact time
- j. Dilution rates
- k. Clean as you go

7.0 SAFE HANDLING AND STORAGE

7.1 Explain the need to avoid unnecessary handling of food.

7.2 Describe safe systems for the preparation, storage and handling of food by:

- a. Avoiding unnecessary handling of food
- b. Not preparing food too far in advance of serving
- c. Keeping perishable food either refrigerated or piping hot
- d. Keeping raw and cooked food strictly separate
- e. Properly reheating food
- f. Cleaning as you go
- g. Effective cleaning and disinfection
- h. Safe disposal of refuse and waste food
- i. Awareness of the signs of pests found in food premises