

COURSE CONTENT OVERVIEW

# Level 2 Food Hygiene and Safety for Catering



This Level 2 Food Hygiene and Safety for Catering course provides you with the knowledge to understand food safety law, recognise your responsibilities and ensure the food you produce and sell is safe for consumption.

By taking this course, you will gain an in-depth understanding of food safety principles and practices, including the consequences of contamination and how to prevent it from occurring.

### **Module 1 - Food Hygiene and Safety**

This module outlines your responsibilities and the actions required to comply with food safety law. It covers what to expect from your employer, the purpose of HACCP and food safety management systems and the role of enforcement officers.

- Why is food safety important?
- Your responsibilities
- What to expect from your employer
- HACCP
- Food safety management systems
- Enforcement Officers
- The Food Hygiene Rating Scheme
- The Food Hygiene Information Scheme
- What happens if you break food safety law?
- Ask the expert

### **Module 2 - Microbial Hazards**

This module covers the various microbial hazards you may encounter in food handling and how to prevent them. It explains how to prevent cross-contamination, the differences between low and high-risk food, the causes of food poisoning and what you can do to minimise the risk.

- Food poisoning
- Pathogenic bacteria
- Viral contamination
- Food spoilage
- Low and high-risk foods
- Raw foods
- Controlling microbial hazards
- Cross-contamination
- Food handling equipment
- Preventing cross-contamination

### **Module 3 - Physical, Chemical and Allergenic Hazards**

This module details physical, chemical and allergenic hazards, the risks they pose to food safety and how to control them.

- Physical hazards
- Controlling physical hazards
- Chemical hazards
- Controlling chemical hazards
- Allergenic hazards
- Anaphylactic shock
- Emergency situations
- The 14 food allergens
- Controlling allergenic contamination
- Food allergen policies
- Allergen labelling laws
- Foods prepacked for direct sale (PPDS)
- Natasha's Law

### **Module 4 - Food Storage**

This module explains the importance of storing foods at the correct temperatures. It covers deliveries, methods of storing different types of food, best before and use-by dates, stock rotation systems and food labelling requirements.

- Temperature control
- Suppliers and deliveries
- Food storage
- Food preservation
- Dry food stores
- Fruit and vegetable storage
- Temperature and bacteria
- Refrigerator temperatures
- Chilled food storage
- Egg storage
- Frozen food storage
- Freezing and thawing
- Use-by and best before dates
- Food labelling
- Traceability

### **Module 5 - Food Preparation**

This module explains how to safely prepare food, including proper thawing, cooking and reheating. It also covers safe practices for hot and cold holding and managing hazards during food service and display.

- Thawing frozen food
- Thawing poultry safely
- Cooking and reheating
- How to calibrate a probe thermometer
- Taking food temperatures
- Cooling food
- Hot and cold holding
- Food service

### **Module 6 - Personal Hygiene**

This module highlights the importance of maintaining high personal hygiene standards. It includes the importance of effective hand washing, protective clothing, reporting illness and managing wounds and sores.

- Hand washing
- Further hygiene considerations
- Protective clothing
- Protective gloves
- Reporting illness
- Wounds and sores

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## **Module 7 - Cleaning and Disinfection**

This module highlights the importance of effective cleaning and disinfection, premises design, managing waste and controlling pests.

- Why do we clean?
- Cleaning and disinfection
- Effective cleaning
- Clean as you go
- Cleaning schedules
- Safe cleaning
- Dishwashers
- Premise design, layout, size and suitability
- Pest control
- Waste management

## Aims of the training

By the end of this course, you will:

- Recognise the consequences of poor food hygiene and safety and the principles of food safety management systems.
- Explain your own and others' responsibilities for food hygiene and safety in line with food safety law.
- Identify food safety hazards and recognise how to prevent contamination of food.
- Explain safe food preparation and storage practices.
- Outline the importance of personal hygiene, effective cleaning practices and pest control.