

Basic Food Hygiene Awareness for Food Handlers

Duration: 1 Day

Overview: The "Basic Food Hygiene Awareness for Food Handlers" course is designed to equip individuals working in food handling environments with the foundational knowledge necessary to maintain high standards of food safety and hygiene. This course provides a comprehensive understanding of the key principles of food hygiene, emphasizing the importance of preventing foodborne illnesses and ensuring compliance with food safety regulations. Participants will learn about best practices in food handling, personal hygiene, cleaning procedures, and the prevention of cross-contamination, all of which are crucial in maintaining a safe and sanitary food environment.

Course Objectives (Expected Outcomes): By the end of this course, participants will be able to:

- Understand the principles of food hygiene and safety.
- Identify potential food safety hazards and take appropriate preventive measures.
- Apply best practices in personal hygiene to minimize the risk of contamination.
- Implement effective cleaning and sanitation procedures.
- Recognize the importance of temperature control in food safety.
- Comply with relevant food safety laws and regulations.
- Demonstrate knowledge of proper food storage, handling, and preparation techniques.

Course Content:

1. **Introduction to Food Hygiene:**
 - Importance of food hygiene
 - Overview of foodborne illnesses and their impact
2. **Legal Requirements:**
 - Key food safety legislation and regulations
 - Responsibilities of food handlers under the law
3. **Food Safety Hazards:**
 - Biological, chemical, and physical hazards
 - Preventative measures to control hazards
4. **Personal Hygiene:**
 - Handwashing techniques and personal cleanliness
 - Use of personal protective equipment (PPE)
5. **Cleaning and Sanitizing:**
 - Cleaning schedules and methods
 - Use of cleaning chemicals and equipment
6. **Temperature Control:**
 - Safe temperatures for storing, cooking, and serving food
 - Use of thermometers and monitoring procedures



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7. Cross-Contamination Prevention:

- Safe food handling practices
- Segregation of raw and cooked foods

8. Waste Management:

- Proper disposal of food waste
- Pest control measures

9. Food Storage and Handling:

- Safe storage techniques
- FIFO (First In, First Out) method

Who Should Attend? This course is ideal for:

- Food handlers working in restaurants, cafes, catering businesses, and food processing facilities.
- Kitchen staff, including chefs, cooks, and kitchen assistants.
- Retail food workers in supermarkets, delis, and food stalls.
- Any individuals involved in the preparation, handling, or serving of food.

Assessment: Participants will be assessed through a combination of quizzes, practical demonstrations, and a final multiple-choice test. Successful candidates will receive a certificate of completion.

Entry Requirements: There are no formal entry requirements for this course. However, participants should have basic literacy and numeracy skills to engage with the course material effectively.

Duration of the Course: 4 to 6 hours (1 day)

Progression: Upon successful completion of this course, participants may choose to progress to more advanced food safety training, such as:

- HACCP (Hazard Analysis Critical Control Point)
- Food Safety Supervisor
- ISO 22000:2018 Food Safety Management Systems

Training Options:

- **Online:** Interactive sessions via a digital platform, allowing participants to learn from the comfort of their location.
- **Onsite:** Training conducted at your facility, tailored to your specific operational needs.
- **Off-site:** Training at an external venue, providing a focused learning environment.
- **In-Person:** Face-to-face training with our expert instructors, ensuring personalized attention and support.



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