

# An Introduction to Food Hygiene and Safety: e-learning training course



This e-learning course comprises an introduction and five easy-to-follow study units. Key topics include food contamination, principles of food storage and relevant legislation.

## Unit Titles

- Unit 1 - How to Use the Course
- Unit 2 - Introduction to Food Hygiene and Safety
- Unit 3 - Food-borne Illnesses
- Unit 4 - Understanding Food Law
- Unit 5 - Contamination
- Unit 6 - Storing and Cooking

**Learning Objectives:** at the end of the course, students will be able to:

1. Describe the key elements of excellence in food hygiene
2. Outline the three principal ways of controlling and destroying micro-organisms
3. Outline the principal methods used to cook, store and preserve food safely
4. List the potential hazards arising from poor practice in preparation, storage and cooling
5. Thaw, cook, cool and reheat food in accordance with good practice
6. List the main causes and give examples of food-borne illnesses
7. Identify those most vulnerable to food poisoning
8. Explain the terms 'incubation period' and 'carrier'
9. Identify common causes of cross-contamination and the implications of this
10. Explain the meaning of the terms 'food hygiene' and 'food safety'
11. Give examples of how food can be spoiled or contaminated and the consequent risks
12. Give examples of sources of microorganisms and vehicles of contamination
13. Identify the causes of cross-contamination and effective methods of prevention
14. Identify the principles underpinning the Food Safety Act 1990
15. Describe the role and powers of an Environmental Health Practitioner.