

7. CLEANING PRACTICES

Candidates should know and understand.

- (i) The requirement for an employer to provide sufficient and adequate washing facilities for food, equipment and utensils
- (ii) The advantages of having high standards of cleanliness and disinfection within the food working environment
- (iii) The meaning of the following terms:
 - (a) Cleaning
 - (b) Disinfection
 - (c) Detergent
 - (d) Disinfectant
 - (e) Bactericide
 - (f) Bactericide detergent/sanitiser
- (iv) How food premises, equipment and utensils can be effectively cleaned and disinfected.

8. HACCP

- (i) The role of food safety management systems based on HACCP principles
- (ii) The use of a documented food safety management system
- (iii) The relationship between hazards and risk
- (iv) The importance of keeping accurate records
- (v) The importance of reporting possible food safety hazards to supervisors.

9. FOOD LEGISLATION

Candidates should know and understand.

The main requirements of:

- (a) *The Food Safety Act 1990* with particular reference to:
 - (i) Food injurious to health
 - (ii) Nature, substance and quality
 - (iii) The prevention of the sale of unfit food
- (b) *Regulation (EC) 852/2004*
 - (i) The construction and maintenance of rooms and equipment to ensure a business operates hygienically.
 - (ii) The identification of food safety procedures and the implementation of a HACCP Based Food Safety Management System
 - (iii) The training of food handlers, including relevant HACCP training
 - (iv) The obligations placed on food handlers and food business operators
- (c) *The Food Hygiene (Scotland) Regulations 2006*
 - (i) Temperature controls
 - (ii) The role of authorised enforcement officers and food authorities
- (d) *The General Food Regulations 2004* with particular reference to:
 - (i) Food safety requirements
 - (ii) Misleading presentation of food
 - (iii) Traceability requirements
 - (iv) Requirement to withdraw unfit food
- (e) *EU Food Information for Consumer Regulation 1169/2011*
 - (i) Food Information Regulations 2014

Notes

1. **The tutor is encouraged to integrate the legislative requirements of both employer and employee at appropriate points throughout the syllabus.**
2. **The identification of good food safety procedures and the implementation of food safety systems based on HACCP principles should be highlighted throughout the course content.**

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SYLLABUS[®]

Elementary Food
Hygiene Course

Minimum teaching time 6 hours

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ELEMENTARY FOOD HYGIENE COURSE

1. AN INTRODUCTION TO FOOD HYGIENE

Candidates should know and understand.

- (i) The benefits of high standards of hygiene within the food industry, explaining what is meant by 'Food Safety'
- (ii) The disadvantages and costs of poor standards of hygiene within the food industry
- (iii) The role of the employer and employee in maintaining these standards
- (iv) The terms 'food poisoning', 'food-borne infection', 'food contamination', and food safety hazards
- (v) The incidence of Food Related Illnesses within Scotland over the previous 10 years

2. BACTERIA AND THEIR CHARACTERISTICS

Candidates should know and understand.

- (i) Where bacteria may be found
- (ii) The general structure, shape and size of bacteria
- (iii) How bacteria multiply, how quickly this may occur and the ideal conditions for multiplication to take place
- (iv) What is meant by a 'high risk food'
- (v) What is meant by the term 'danger zone', making reference to the practical application of temperature control in food storage and service
- (vi) The formation of bacterial spores and toxins, their function and methods by which they may be destroyed
- (vii) The terms 'pathogen' and 'food spoilage'
- (viii) The difference between pathogenic and food spoilage bacteria
- (ix) Food Preservation; how the multiplication of pathogens and spoilage organisms can be inhibited by:
 - (a) Low temperatures (refrigeration, deep freezing)
 - (b) Thorough cooking, hot holding and reheating
 - (c) High temperatures (pasteurisation, sterilisation/canning, U.H.T)
 - (d) Dehydration (include use of salt and sugar)
 - (e) Use of Vinegar in pickling
 - (f) Vacuum packing and C.A.P
 - (g) The use of chemical preservatives
- (x) How bacteria can be destroyed

3. THE INCIDENCE OF FOOD POISONING AND ITS PREVENTION

Candidates should know and understand.

- (i) The difference between food poisoning and food-borne infection
- (ii) The usual sources, types of food normally involved, incubation periods, typical symptoms, duration of symptoms and controls for food poisoning organisms and food-borne infections, categories and examples of pathogenic micro-organisms, such as:
 - a) Salmonella
 - b) Clostridium perfringens
 - c) Staphylococcus aureus
 - d) Bacillus cereus
 - e) Clostridium botulinum
 - f) Campylobacter enteritis
 - g) E coli VTEC
 - h) Listeria monocytogenes
 - i) Norovirus
 - j) Other enteric illness such as Dysentery and Typhoid
- (iii) The terms 'carrier' and 'case', and the potential dangers associated with the handling of food by carriers or cases
- (iv) That food poisoning can also occur from the consumption of food contaminated by chemicals, metals or viruses, and from poisonous plants or fish and, consequently, how it can be prevented
- (v) Common physical contaminants of food, how such contamination may occur and, consequently, how it can be prevented
- (vi) Food allergies; the foods involved, what steps a food business should take to prevent food allergens affecting the consumer and what information must be provided

- (vii) Food intolerances, the common foods involved and what steps a food business should take to prevent them affecting the consumer
- (viii) How bacterial contamination may occur, direct and indirect, and how it can be prevented
- (ix) The importance of stock rotation
- (x) The terms 'use by' and 'best before' and their significance
- (xi) How the food poisoning chain may be broken by:
 - (a) Protecting food from the risk of contamination
 - (b) Preventing bacteria in the food from multiplying
 - (c) Destroying bacteria present in the food

4. PERSONAL HYGIENE AND WORKING HABITS OF THE FOOD HANDLER

Candidates should know and understand

- (i) The advantages and disadvantages of the food handler having/not having high standards of personal hygiene
- (ii) The necessity for having suitable protective clothing, including footwear and headwear and suitable first aid equipment including detectable waterproof dressings
- (iii) The general problems associated with, and solutions for, food handlers who:
 - (a) Have skin abrasions or infections
 - (b) Smoke
 - (c) Eat in a food area
 - (d) Wear jewellery, nail varnish, perfume and aftershave
- (iv) Those occasions when a food handler should wash their hands and acceptable methods of doing so
- (v) The main requirements for good personal hygiene
- (vi) The food handler's legal responsibility as regards personal hygiene and the reporting of illness

5. THE WORKING ENVIRONMENT

Candidates should know and understand.

- (i) The importance of a well designed food preparation area.
- (ii) The design properties, which should be considered for walls, floors, ceilings and work surfaces giving a suitable example of a surface finish for each.
- (iii) The appropriate design properties required of equipment and utensils.
- (iv) The importance of proper maintenance of premises, equipment and utensils
- (v) The need for high standards of lighting and ventilation within the food working environment
- (vi) Acceptable methods for disposing of waste material, both internally and external to the food premises
- (vii) The requirement of an employer to provide:
 - (a) Hand washing facilities;
 - (b) Toilet facilities;
 - (c) Facilities for the storage of outdoor clothes.

6. COMMON FOOD PESTS AND THEIR CONTROL

Candidates should know and understand.

- (i) The term 'food pest' and the problems associated with a pest infestation in food premises.
- (ii) The habitat, signs of an infestation and effective eradication and control methods for each of the following categories of food pest:
 - (a) Rodents
 - (b) Insects
 - (c) Birds
- (iii) Why domestic pets should not be allowed into food premises and kitchen areas