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## Elementary Food Hygiene Course

### 1. An Introduction to Food Hygiene

Candidates should be able to state and discuss:

- 1.1 The benefits of high standards of hygiene within the food industry, explaining what is meant by 'Food Safety'
- 1.2 The disadvantages and costs of poor standards of hygiene within the food industry
- 1.3 The role of the employer and employee in maintaining these standards
- 1.4 The terms 'food poisoning', 'food contamination' and food safety hazards
- 1.5 The incidences of food poisoning and food borne illness within Scotland

### 2. Bacteria and their Characteristics

Candidates should be able to explain:

- 2.1 Where bacteria may be found
- 2.2 The general structure, shape and size of bacteria
- 2.3 How bacteria multiply, how quickly this may occur and the ideal conditions for multiplication to take place
- 2.4 What is meant by a 'high risk food'
- 2.5 What is meant by the term 'danger zone', making reference to the practical application of temperature control in food storage and service
- 2.6 The formation of bacterial spores and toxins, their function and methods by which they may be destroyed
- 2.7 The terms 'pathogen' and 'food spoilage'
- 2.8 The difference between pathogenic and food spoilage bacteria
- 2.9 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
- 2.10 How bacteria can be destroyed.

### 3. The Incidence of Food Poisoning and its Prevention

Candidates should be able to explain:

- 3.1 The difference between food poisoning and food-borne infection
- 3.2 The usual sources, types of food normally involved, incubation periods, typical symptoms, duration of symptoms and control 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
- 3.3 The terms 'carrier' and 'case', and the potential dangers associated with the handling of food by carriers or cases
- 3.4 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
- 3.5 Common physical contaminants of food, how such contamination may occur and, consequently, how it can be prevented
- 3.6 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
- 3.7 Food intolerances, the common foods involved and what steps a food business should take to prevent them affecting the consumer
- 3.8 How bacterial contamination may occur, direct and indirect, and how it can be prevented
- 3.9 The importance of stock rotation
- 3.10 The terms 'use by' and 'best before' and their significance
- 3.11 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 be able to describe:

- 4.1 The advantages and disadvantages of the food handler having/not having high standards of personal hygiene
- 4.2 The necessity for having suitable protective clothing, including footwear and headwear and suitable first aid equipment including detectable waterproof dressings
- 4.3 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
- 4.4 Those occasions when a food handler should wash their hands and acceptable methods of doing so
- 4.5 The main requirements for good personal hygiene
- 4.6 The food handler's legal responsibility as regards personal hygiene and the reporting of illness

### 5. The Working Environment

Candidates should be able to state:

- 5.1 The importance of a well designed food preparation area.
- 5.2 The design properties, which should be considered for walls, floors, ceilings and work surfaces giving a suitable example of a surface finish for each.
- 5.3 The appropriate design properties required of equipment and utensils.
- 5.4 The importance of proper maintenance of premises, equipment and utensils
- 5.5 The need for high standards of lighting and ventilation within the food working environment
- 5.6 Acceptable methods for disposing of waste material, both internally and external to the food premises
- 5.7 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 be able to explain.

- 6.1 The term 'food pest' and the problems associated with a pest infestation in food premises.
- 6.2 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
- 6.3 Why domestic pets should not be allowed into food premises and kitchen areas

### 7. Cleaning Practices

Candidates should be able to explain

- 7.1 The requirement for an employer to provide sufficient and adequate washing facilities for food, equipment and utensils
- 7.2 The advantages of having high standards of cleanliness and disinfection within the food working environment
- 7.3 The meaning of the following terms:
  - (a) Cleaning
  - (b) Disinfection
  - (c) Detergent
  - (d) Disinfectant
  - (e) Bactericide
  - (f) Bactericide detergent/sanitiser
- 7.4 How food premises, equipment and utensils can be effectively cleaned and disinfected
- 7.5 2 stage cleaning and disinfection and why it is important

### 8. HACCP

Candidates should be able to state briefly

- 8.1 The role of food safety management systems based on HACCP principles
- 8.2 The use of a documented food safety management system
- 8.3 The relationship between hazards and risk
- 8.4 The importance of keeping accurate records
- 8.5 The importance of reporting possible food safety hazards to supervisors.



9. Food Legislation

- Candidates should be able to explain briefly:  
The main requirements of:
- 9.1 *The Food Safety Act 1990* with particular reference to:
- (a) Food injurious to health
  - (b) Nature, substance and quality
  - (c) The prevention of the sale of unfit food
- 9.2 *Regulation (EC) 852/2004*
- (a) The construction and maintenance of rooms and equipment to ensure a business operates hygienically.
  - (b) The identification of food safety procedures and the implementation of a HACCP Based Food Safety Management System
  - (c) The training of food handlers, including relevant HACCP training
  - (d) The obligations placed on food handlers and food business operators
- 9.3 *The Food Hygiene (Scotland) Regulations 2006*
- (a) Temperature controls
  - (b) The role of authorised enforcement officers and food authorities
- 9.4 *The General Food Regulations 2004* with particular reference to:
- (a) Food safety requirements
  - (b) Misleading presentation of food
  - (c) Traceability requirements
  - (d) Requirement to withdraw unfit food
- 9.5 *EU Food Information for Consumer Regulation 1169/2011*
- (a) Food Information Regulations 2014
  - (b) Pre-packed for Direct Sale (PPDS) 2021

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.

SYLLABUS

Elementary Food Hygiene Course

Minimum teaching time 6 hours