

# ***The Royal Environmental Health Institute of Scotland***



## ***Introduction to Food Hygiene Course Syllabus***

***Minimum teaching time – 2 hours***

*The Royal Environmental Health Institute of Scotland is a registered Scottish Charity, No SC009406*

All objectives to be prefixed by the words; The expected outcome is that the course participant is able to:

## **1.0. GENERAL INTRODUCTION**

- 1.1 Understand the benefits of high standards of hygiene within food premises
- 1.2 Understand the main requirements of food safety legislation.
- 1.3 Explain the terms: food hygiene, food poisoning, food hazards, food spoilage and food contamination.

## **2.0 BACTERIA**

- 2.1 Explain what bacteria are, their shape and size and where they may be found.
- 2.2 Understand that not all bacteria are harmful.
- 2.3 Explain how bacteria multiply and how time and temperature affect multiplication.

## **3.0 CAUSES OF FOOD POISONING**

- 3.1 Explain how food poisoning may be caused.
- 3.2 Describe the main sources of food poisoning and physical contaminants, including allergens.
- 3.3 Describe the symptoms of food poisoning.
- 3.4 Describe the common kinds of physical, chemical and allergenic contamination.

## **4.0 PREVENTING FOOD POISONING**

- 4.1 Describe simple measures to control hazards and prevent food poisoning by:
  - a. Protecting food from the risk of contamination
  - b. Preventing bacteria from multiplying
  - c. Destroying bacteria in food

## **5.0 PERSONAL HYGIENE**

- 5.1 Explain how high standards of personal hygiene for food handlers can be achieved.
- 5.2 Explain when food handlers should wash their hands and describe acceptable methods of hand washing.
- 5.3 Explain the need for detectable waterproof dressings to cover cuts and sores.
- 5.4 Explain the need for clean protective clothing.
- 5.5 Explain that you should not smoke, eat or drink in a food room and never cough or sneeze over food.
- 5.6 Explain that problems can occur with the wearing of jewellery and nail varnish/gel.
- 5.7 Explain that a supervisor must be told, before an employee commences work, of any skin, nose, throat, stomach or bowel trouble or infected wound. Explain that this is a legal requirement.

## **6.0 CLEANING AND DISINFECTION**

6.1 The legal and moral reasons for cleaning and disinfection.

6.2 The meaning of the following terms:

- a. Contamination and cross-contamination
- b. Cleaning
- c. Disinfection
- d. Detergent
- e. Disinfectant
- f. Bactericide
- g. Bactericidal detergent/sanitiser
- h. Sterilising
- i. Contact time
- j. Dilution rates
- k. Clean as you go

## **7.0 SAFE HANDLING AND STORAGE**

7.1 Explain the need to avoid unnecessary handling of food.

7.2 Describe safe systems for the preparation, storage and handling of food by:

- a. Avoiding unnecessary handling of food
- b. Not preparing food too far in advance of serving
- c. Keeping perishable food either refrigerated or piping hot
- d. Keeping raw and cooked food strictly separate
- e. Properly reheating food
- f. Cleaning as you go
- g. Effective cleaning and disinfection
- h. Safe disposal of refuse and waste food
- i. Awareness of the signs of pests found in food premises