

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Food Safety & Hygiene Level 3

Health and Safety Training
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Food safety and the law

The Food Safety and Hygiene (England) Regulations 2013 lay down strict standards relating to:

► Click NEXT to move on.

- The control and management of steps critical to food safety
- The cleanliness of premises and equipment
- Temperature control in food preparation, storage and serving
- Hygienic food handling practices
- Personal hygiene of food handlers
- Waste disposal

Navigation icons: Home, Progress, Play, Refresh, Previous, Next.

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Food poisoning

Here are some foods that can cause food poisoning.

► Click on the FOOD ITEMS to learn about the possible hazards. Click NEXT to move on.

The kernels of some fruits - peaches, plums, apricots – and a variety of almonds called bitter almonds contain a toxin called amygdalin. The kernel is inside the stone at the centre of the fruit.

The toxin is destroyed by cooking.

The flesh of these fruits is not affected and is safe to eat.

Navigation icons: Home, Progress, Play, Refresh, Previous, Next.

- ✓ Certified by CPD
- ✓ Meets UK & EU legal requirements
- ✓ Audio voiceover
- ✓ Approximate duration 6 hours
- ✓ Downloadable certificate on completion

Our online food hygiene and safety course Level 3 includes both level 1 and level 2 content. The comprehensive course is suitable for senior-level roles, such as business owners, managers or supervisors, who need a thorough understanding of food hygiene in the workplace, in compliance with the Food Safety Act 1990.

The course explains how to implement and monitor an effective HACCP food safety management system, ways to avoid cross-contamination, appropriate cleaning methods and the importance of excellent personal hygiene for all staff.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

The course assessment is generated from question banks so will change each time it is taken. A certificate, with the CPD logo, is available for download on successful completion of the assessment.

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Food Safety & Hygiene Level 3

The Food Safety & Hygiene Level 3 training course contains the following 12 topics:

1. WHY FOOD SAFETY IS IMPORTANT

- Why food safety is important for customers, businesses, employees and families.
- The 4 Cs of food safety
- Foods that are high risk.
- Which groups of people are most vulnerable to food poisoning.
- The role of a supervisor in a food environment.

2. FOOD SAFETY AND THE LAW

- Laws that relate to food safety.
- Specific legal requirements for food preparation.
- The defence of due diligence.

3. MICROBIOLOGY

- Bacteria
- Viruses
- Enzymes
- Yeast
- Mould
- Protozoa

4. FOOD POISONING

- How bacteria, viruses, fungi, and protozoa are involved in food poisoning.
- The common symptoms of food poisoning.
- What foods are common sources of bacterial food poisoning.
- The incubation period for different kinds of food poisoning.

5. CONTAMINATION

- Biological, physical, chemical and allergenic contamination.
- Ways that you can reduce the risk of these four types of contamination.

6. HACCP

- The basic principles of HACCP.
- How to apply HACCP to food storage, preparation and serving.

7. PURCHASING AND RECEIVING DELIVERIES

- The importance of traceability of food and ingredients.
- Use by, Best before, Display until and Sell by dates on food.
- How to use carrier bags safely.
- How to check deliveries properly and when deliveries should be rejected.

8. FOOD STORAGE

- Guidelines on storing food.
- How to refrigerate, freeze and defrost food safely.
- The best areas of the fridge for different types of food.

9. PREPARING AND COOKING FOOD

- How to prepare food in a way that reduces the risk of contamination.
- Which types of meat and fish can be eaten rare and which need to be cooked all the way through.
- Tips about how to barbecue safely.
- How to cook eggs, rice and pulses safely.

10. FOOD PESTS

- The kinds of animals that can contaminate food.
- Signs of food pests.
- Methods for dealing with food pests.

11. PERSONAL HYGIENE

- How to wash your hands effectively.
- When you need to wash your hands.
- Rules of personal hygiene for food handlers.

12. CLEANING METHODS

- The standard cleaning process for food preparation areas.
- How and when to clean surfaces and equipment.



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