



## Syllabus for Chartered Institute of Environmental Health Level 2 Award in Food Safety in Catering Course

Subject	Outcome	Competence
Introduction to food safety	Understand the terminology used in food safety	Define the terms food safety, food poisoning, food-borne illness, contamination, hazard & HACCP State the consequences of poor standards of food hygiene and the benefits of good standards The use of a documented food safety management system Describe the symptoms of food poisoning Give examples of those most at risk
By law	Understand laws that apply to food handlers and businesses	State the possible consequences of non-compliance with food safety law Describe legal requirements in relation to food handler training Describe the importance of accurate record keeping to a food business Explain the concept of 'due diligence'
Food safety hazards	Understand the concept of food hazards	State common causes of physical and chemical contamination and their effect on health State the biological and non-biological causes of food poisoning State what micro-organisms are and where they are to be found State the difference between pathogenic and spoilage bacteria State the factors that influence the multiplication of food poisoning bacteria Explain the process by which bacteria reproduce and the timescale of that process Identify the importance of spore formation Name some common food poisoning bacteria and their likely source Give examples of food-borne diseases and common viruses In general terms, state the risk associated with being a food handler by carriers or victims of food poisoning or food-borne disease Identify the concept of the 'danger zone'
Taking temperatures	Understand how to take temperatures	Explain how probe thermometers should be calibrated, used, cleaned and disinfected Describe methods of checking and recording refrigerator temperatures
Refrigeration chilling and cold holding of foods	Understand how a reduction in storage temperature will minimise bacterial growth	Describe the temperatures at which chilled food must be stored Describe safe methods of rapid chilling of cooked food Understand freezing and the safe storage of frozen foods Describe safe methods of de-frosting frozen foods



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Cooking, hot holding and reheating of foods	Understand the importance of high temperature in the supply of food	State the temperatures required to destroy harmful bacteria or to minimise their multiplication Describe methods of monitoring cooking and holding temperatures Describe the temperatures which hot food must be stored
Food handlers	Understand that food handlers can impose a risk to food safety	Understand the importance of personal hygiene in food handling Detail the need for and suitable methods of hand washing Describe the importance and properties of protective clothing
Principles of safe food storage	Understand the importance of utilising appropriate storage conditions	State the main ways in which food is preserved and how preserved foods should be stored Understanding the significance and importance of 'use-by' and best before dates on food Understand the principles of stock rotation Understand procedures required for dealing with foods that may cause allergic reactions
Cleaning	Understand the importance of cleaning in a food premises	Understand the role of cleaning in preventing food contamination Explain the terms 'cleaning', 'disinfection' and 'sterilisation' Describe how cleaning chemicals, disinfectants and sanitises are used safely Understand the significance of cleaning schedules
Food premises and equipment	Recognise the need for high standards for structure and equipment	Identify the essential first aid equipment required for food premises Define the term 'food pest' and describe the conditions in which pests thrive Name the different types of common food pests Lists the signs of pest infection, how they can be prevented and what actions should be taken in the event of an infestation being discovered Explain the importance of food premises being suitably constructed, fitted out and equipped and the hazards associated with faulty surfaces and equipment