

Level 2 Award in Food Safety in Catering Level 5 Award in Scotland

Session 1	Introduction and learning outcomes
Session 2	Introduction to food safety
Session 3	Food safety legislation
Session 4	Personal hygiene
Session 5	Premises
Session 6	Pest control
Session 7	Food spoilage
Session 8	Foodborne illnesses
Session 9	Cross-contamination
Session 10	Food contamination illness and injury
Session 11	Safe food procedures and practices
Session 12	Temperature control
Session 13	Stock control
Session 14	First Aid
	Course closure

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Session Plan

Session 1 **Introduction and learning outcomes**

Session content: Tutor introduction (brief history)
 Course outline
 Learner introductions
 Administration
 Food safety manual
 Learning outcomes

Session duration: 10 minutes

Session 2 **Introduction to food safety**

Session content: What is food?
 Food safety hazards
 What is food safety?
 Contamination
 How is food contaminated?
 Food poisoning

Session duration: 30 minutes

Session 3 **Food safety legislation**

Session content: The law
 Penalties and enforcement
 Food safety management procedures
 Reporting procedures
 The cost of poor food hygiene
 Good food hygiene is good for business

Session duration: 20 minutes

Session 4

Personal hygiene

Session content: Facts relating to personal hygiene
Hand washing
Protective clothing
Fitness for work

Session duration: 30 minutes

Session 5

Premises

Session content: General requirements
Cleaning
Kitchen workflow
Facilities
Preparation areas
Cleaning
Equipment
Water supply

Session duration: 50 minutes

Session 6

Pest control

Session content: What is a pest?
Pest proofing the premises
Insect screens
Good housekeeping
Pest control contractor

Session duration: 25 minutes

Session 7

Food spoilage

Session content: Spoilage
Micro-organisms

Session duration: 20 minutes

Session 8	Foodborne illnesses
Session content:	Foodborne diseases
<i>Session duration:</i>	<i>20 minutes</i>
Session 9	Cross-contamination
Session content:	Avoiding cross-contamination
<i>Session duration:</i>	<i>20 minutes</i>
Session 10	Food contamination illness and injury
Session content:	Chemical contamination Physical contamination Allergic contamination Food waste
<i>Session duration:</i>	<i>25 minutes</i>
Session 11	Safe food procedures and practices
Session content:	High risk foods Low risk foods
<i>Session duration:</i>	<i>20 minutes</i>
Session 12	Temperature control
Session content:	Temperature control – hot and cold HACCP Temperature monitoring using a thermometer Cold temperature monitoring Hot temperature monitoring Monitoring without a thermometer
<i>Session duration:</i>	<i>25 minutes</i>

Session 13

Stock control

Session content: Labelling food
 Suppliers
 Traceability
 Storage
 Stock rotation
 Transporting food

Session duration: 15 minutes

Session 14

First Aid

Session content: Food poisoning
 Anaphylaxis

Session duration: 20 minutes

Course closure

Session content: Assessment
 Administration

Session duration: 30 minutes