

Food Safety Course Level 1

Course Overview

Specifically to equip learners with knowledge and application skills to follow Food Safety Course (FSC) Level 1. You must also practise good personal hygiene, using safe ingredients, handle and store food safely and maintain cleanliness and upkeep of utensils, equipment and service or storage areas.

Course Outline

Part 1: Practise Good Personal Hygiene

- Importance of good personal hygiene
- Impact of good personal hygiene on the prevention of food-borne illnesses
- Hand washing procedures
- Importance of working only when in good health
- Environmental Public Health (Food Hygiene) Regulations

Part 2: Use Safe Ingredients

- Use safe and wholesome food ingredients
- Clean and wash food as required

Part 3: Handling Food Safely

- Impact of safe defrosting to prevent contamination
- Importance of preventing cross-contamination
- Considerations for handling high-risk food
- Considerations for handling ready-to-eat food
- Importance of maintaining food hygiene during food transportation
- Environmental Public Health (Food Hygiene) Regulations
- Separate and label meat grinders used for processing mutton, pork and beef

Part 4: Store Food Safely

- How temperature affects the growth of germs in food
- Importance of holding and storing food at proper temperatures
- Importance of maintaining proper storage conditions

- Importance of ensuring that food products and items used in food preparation and service are stored away from potential sites of contamination
- Importance of stock rotation, such as first expire, first out (FEFO) system
- Environmental Public Health (Food Hygiene) Regulations

Part 5: Maintain cleanliness of utensils, equipment and service/storage areas

- Importance of using correct procedures during cleaning
- Importance of using clean and safe utensils and equipment to prepare food
- Importance of keeping premises clean to prepare food safely
- Impact of good refuse management
- Importance of effective pest control at food establishments
- Environmental Public Health (Food Hygiene) Regulations

Methodology

Lectures, Role Plays

Who Should Attend

Food Handlers

Course Duration

Training / Lecture Hours: 6 Hours

Assessment Hours: 1.5 Hour

Pre-requisites

- Short, trimmed and clean fingernails
- No artificial or gel polished nails
- Refrain from wearing hand accessories such as rings, bangles, watches etc