



*Empowering & Inspiring Excellence*

Company Registration No. 2014/063827/07

## **Basic Food Safety & Personal Hygiene**

**Course Code: FBFS07**

### **Course overview**

Majority of foodborne illnesses are attributed to food handlers and the top contributing factors are related to poor personal hygiene practises and improper handling and storage of food. This explains the importance of equipping all food handlers and their managers with skills and knowledge that prevents the prevalence of food borne illness. This course has been specifically designed for all food handlers involved in the receiving, processing, preparation, storage and serving of food to equip them with skills and knowledge in food handling and personal hygiene they need to handle food safely ensuring that it remains safe for consumption

The aim of this course is to provide a sound understanding and practical knowledge of acceptable behaviours during food handling. Delegates are equipped with food safety skills that minimize the chances of food contamination or food poisoning, protecting both the public and company's reputation. Participants will learn about basics of food safety, food borne illnesses, safe food handling skills and personal hygiene, health and grooming practices that are acceptable in a food handling environment. The course encourages individuals who prepare and serve food to the public to become responsible food handlers and it helps them to gain appreciation of their jobs and to realise the level of responsibility they have regarding the health and safety of consumers.

### **Course Objectives (Expected Outcomes)**

At the end of this course participants will be able to:

- Demonstrate basic understanding of food safety and be able to apply the knowledge in their food handling environment
- Familiarize with food borne illness and their causes
- Understand and appreciate acceptable food handling practices and the WHO 5 Keys to Safer Food
- Understand and appreciate the importance of food safety
- Understand and acquire practical skills in implementing personal hygiene practices
- Demonstrate the need of good personal: hygiene, health and grooming practices

## Course Content

- Basics of Food Safety
  - Introduction to food hygiene
  - The importance of food safety: Implications of failing to control food safety hazards.
  - Results of making unsafe food
  - Sources of contamination and types of food safety hazards.
  - Routes of contamination
  
- Food borne Illness
  - What you should know about microorganisms
  - Types of microorganisms that can grow in foods
  - What you should know about Foodborne pathogens
  - How do microorganisms grow
  - Sources of microorganisms in food
  - WHO 5 Keys to Safer Food
  - Proper raw material receiving practices
  - Proper raw material and final product storage procedures
  - Proper handling and display of food
  - Temperature control of food
  
- Personal hygiene
  - Introduction to personnel cleanliness, health & grooming
  - Hazards associated with food handlers
  - Good hygiene practices and their importance
  - Consequences of poor personal hygiene
  - Training requirements
  - Employee facilities
  - PPE
  - Correct handwashing technique, Personal Behaviours and bad personal habits

### Who should attend?

The course is ideally developed for all food handlers, non-food handlers and supervisors who work in the food handling environment (food service, manufacturing and retail) on full-time or part-time basis as well as seasonal or occasional employees.

### Assessment

- Formative assessment through quizzes, workshop discussions and case studies
- Examination may be given at the end of the course.
- Full attendance of the course is essential for a certificate to be issued

## Entry requirements

- A lower level food safety appreciation
- Working in food and drink and related industry

**Duration of the course:** 1/2 Day

## Progression

Effective Good Manufacturing or Catering Practices

Basic HACCP Awareness Level 2

## Cost

As per price list

Training can be arranged **in-house** for 5 or more participants at **discounted prices** and this has an added advantage of practical application at the learner's workplace

## Venues

### In South Africa:

**Durban:** Three Cities, Urban Park Hotel, 60 Meridian Drive, Umhlanga Ridge.

**Johannesburg:** City Lodge Hotel Cnr Hill Str & Rivonia, Morningside, Sandton

**Pretoria:** Protea Hotel Manor Hatfield, 1050 Burnett Street Entrance on Festival Street, Hatfield, 0083 (5 minutes-walk from Gautrain Hatfield Station)

**Cape Town:** City Lodge Hotel Victoria & Alfred Waterfront - Corner Dock and Alfred Roads, Waterfront

### Outside South Africa:

To be advised

**For Further Information on our training courses, or to register for a course, please contact us on:**

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