

<b>Title:</b>	Health and Safety and Food Hygiene in Catering
<b>Level:</b>	Entry Level 3
<b>Credit value:</b>	2
<b>GLH</b>	20
<b>Unique Reference Number:</b>	K/650/0910
<b>Aim:</b>	The aim of this unit is to provide learners with the knowledge and understanding of health and safety, and food hygiene in a catering environment.
<b>Assessment</b>	Assessment of this unit will be through completion of a learner workbook.
<b>Learning outcomes</b> <i>The learner will:</i>	
1. Know the importance of health and safety in a catering environment.	
<b>Delivery content:</b> The aim of this learning outcome is to provide learners with the knowledge of the importance of health and safety in a catering environment.  The learner must know: <ul style="list-style-type: none"> <li>• Examples of <b>health and safety hazards</b> in the workplace</li> <li>• Why health and safety hazards must be reported</li> <li>• The importance of following instructions, safety rules and safe procedures at work.</li> </ul>	
2. Know the importance of food safety in a catering environment.	
<b>Delivery content:</b> The aim of this learning outcome is to provide learners with the knowledge of the importance of food safety in a catering environment.  The learner must know: <ul style="list-style-type: none"> <li>• The individual's <b>responsibilities</b> towards food safety</li> <li>• The meaning of contamination</li> <li>• How food should be handled to <b>prevent contamination</b></li> <li>• The importance of time and temperature controls.</li> </ul>	
3. Know how to keep themselves safe, clean and hygienic.	

**Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge of how to keep themselves safe, clean and hygienic.

The learner must know:

- Reasons for maintaining **personal hygiene**
- Ways in which you can maintain **personal hygiene**.

4. Know how to keep the work area clean and hygienic.

**Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge of how to keep the work area clean and hygienic.

The learner must know:

- Ways of **keeping work areas clean and hygienic**
- The purpose of a cleaning schedule
- Examples of **how waste should be stored and disposed of**.

**Scope of Training**

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.

**Scope of Assessment**

**Requirements**

**Health and safety hazards (include, but not limited to)**

- Slips, trips and falls
- Cleaning chemicals
- Kitchen ventilation
- Lifting, manual handling and upper limb disorders
- Contact with hot surfaces and harmful substances
- Dermatitis
- Cuts from knives

**Responsibilities**

- Food handlers – personal hygiene, illness
- Safe handling of food
- Understanding of food poisoning

<p><b>Prevent contamination</b></p>	<ul style="list-style-type: none"> <li>• Understanding of food hygiene</li> </ul> <p><u>Preparing food hygienically</u></p> <ul style="list-style-type: none"> <li>• Use different utensils, plates and chopping boards for raw and cooked food, vegetables etc</li> <li>• Wash utensils, plates and chopping boards for raw and cooked food thoroughly between tasks</li> <li>• Do not wash raw meat</li> <li>• Wash hands after touching raw food and before handling ready-to-eat food</li> </ul> <p><u>Storing food effectively</u></p> <ul style="list-style-type: none"> <li>• Cover raw food, including meat, and keeping it separate from ready-to-eat food</li> <li>• Use containers that have a lip to prevent spillages</li> <li>• Store covered raw meat, poultry, fish and shellfish on the bottom shelf of the fridge</li> </ul>
<p><b>Personal hygiene</b></p>	<p><u>Reasons for personal hygiene</u></p> <ul style="list-style-type: none"> <li>• Maintain standards of food hygiene</li> <li>• Prevent contamination</li> </ul> <p><u>Ways to maintain personal hygiene</u></p> <ul style="list-style-type: none"> <li>• Wear clothing that is: suitable, clean, protective</li> <li>• Keep hair tied back and wear a suitable head covering Not wear watches or jewellery (except a wedding band)</li> <li>• Not touch face, hair, smoke, spit, sneeze, eat or chew gum</li> <li>• Wash hands             <ul style="list-style-type: none"> <li>○ when in the kitchen or preparation area</li> <li>○ before preparing food</li> <li>○ after touching raw food</li> <li>○ after handling food waste or emptying a bin</li> <li>○ after cleaning</li> <li>○ after blowing their nose</li> <li>○ after touching phones, light switches, door handles etc</li> </ul> </li> <li>• Do not attend work if:             <ul style="list-style-type: none"> <li>○ Suffering from or carrying a disease likely to be transmitted through food</li> <li>○ Have infected wounds, skin infections or sores</li> <li>○ Have diarrhoea.</li> </ul> </li> </ul>
<p><b>Keeping work areas clean and hygienic</b></p>	<ul style="list-style-type: none"> <li>• Hand washing</li> <li>• Wash or change dish cloths, tea towels, sponges and oven gloves regularly</li> <li>• Keep all utensils and dishes clean before preparing food</li> <li>• Use different utensils, plates and chopping boards for preparing, cooked and raw food.</li> <li>• Clean and store food correctly</li> <li>• Clean and store equipment correctly</li> <li>• Use cleaning products</li> </ul>
<p><b>How waste should be stored and disposed of</b></p>	<ul style="list-style-type: none"> <li>• Food waste must be put into sealable containers/bags.</li> <li>• These containers must be:             <ul style="list-style-type: none"> <li>○ solid and strong</li> <li>○ kept in sound condition</li> <li>○ easy to clean and to disinfect</li> </ul> </li> </ul>

	<ul style="list-style-type: none"><li>• Dispose of food waste in a hygienic and environmentally friendly manner</li><li>• Waste must not be a direct or indirect source of contamination.</li></ul>
--	---

© NOCN December 21