

Food Safety & Hygiene Training – Level 1

Comprehensive health and safety training is a **legal requirement** for those working with consumables: Food Safety and Hygiene Level 1 provides a good understanding of food **hazards** and **food poisoning**; covering **contamination**, **personal hygiene** and **cleanliness** in the food preparation area. It also looks at **safe storage** and **waste disposal**. This programme explains the hazards associated with poor food hygiene, and what to do to keep food safe. Ensure best practice and **work towards legal compliance**

Key Features & Benefits of this Course

- Complete course online in just 45 minutes
- Show commitment to The Food Hygiene Regulations 2006
- End of course test and printable certificates

Contents

1. Food Hazards and Food Poisoning

This section is all about **food poisoning**. It's really important, even if you don't handle food, that you understand how food becomes contaminated, what the main symptoms are and how to avoid the dangers.

2. Personal Hygiene

People are one of the most serious hazards in the food industry because **people carry bacteria**. This section is all about **good personal hygiene**, looking at washing hands, what you wear and what you should do if you're ill and your illness could be passed onto others through food. A step-by-step guide shows you exactly how you should wash your hands!

3. Cleanliness and Cross-contamination

Cleanliness in food preparation areas covers things like tidying as you go, keeping work surfaces clean and how to wash-up properly.

Cross-contamination - this is where harmful bacteria are spread from one thing - such as food, surfaces, hands or equipment - onto something else, simply by touching. And cross-contamination can happen at any point during the food process, so here we include correct storage of food and disposal of waste.

Test & Certificate

This Food Safety and Hygiene Training - Level 1 course concludes with a 20 question multiple choice test with printable certificate. In addition, brief in-course questionnaires guide the user through the sections of the training, and are designed to reinforce learning and ensure maximum user engagement throughout. As well as printable user certificates, training progress and results are all stored centrally in your LMS ([Learning Management System](#)) and can be accessed any time to re-print certificates, check and set pass marks and act as proof of a commitment to ongoing legal compliance.