



## TRAINING COURSES

# Level 1 Food Safety

The Food Safety Level 1 Course gives learners the understanding of food safety throughout the food handling chain. With this and other courses from Centaur, our courses are carried out by qualified trainers to give you a complete understanding of the course.

## Programme Outline

Food safety is the responsibility of everyone throughout the chain of food handling. This includes storage, preparation, cooking service and the handling of food in general. The subjects covered are regarded by the Foods Standards Agency as being important to ensure good practice throughout the production of safe food.

## Aims

The aim of the Level 1 Food Safety course is to increase the knowledge and understanding of food safety within the individual's workplace role.

## Objectives

Upon successful completion of the course, the trainee will be able to identify and describe:

- The terms food safety, contamination, food poisoning, HACCP, hazard and safe food
- Four common types of food hazard & state the cause of food poisoning
- Food poisoning characteristics and symptoms & those people most at risk from food poisoning
- The benefits of good food safety and the costs of poor food safety
- The responsibilities of food handlers regarding food safety, including their legal responsibilities
- The need to follow instructions and to report incidents which expose food safety risk
- The four different types of food, I.E. high risk, raw food to be cooked, ready to eat, raw and low risk foods
- The ways in which the multiplication of food poisoning bacteria in food can be prevented during the preparation, storage and service of food
- The risks to food safety from food hazards and contamination
- How cross contamination can be controlled and foods poisoning prevented
- The common sources and control measures for physical, chemical and allergenic hazards
- The importance of good personal hygiene & the risks from poor personal hygiene and how these may be controlled
- When and how the hands should be washed & the washing facilities required for hand washing
- The importance of protective clothing, and the rules for wearing protective clothing



- The requirements for food handlers to report illnesses and conditions such as skin infections
- How to deal with cuts and injuries
- How waste and unfit food should be stored and disposed of, both internally and externally
- The importance of controlling food pests & the food handler's role in preventing pests

## Who is the programme for?

The Level 1 Food safety course is designed for those who prepare or serve food. Food safety is the responsibility of everyone involved throughout the chain. For the storage, preparation, cooking and handling of food, food safety is needed.

This programme is accredited by Highfield Awarding Body for Compliance (HABC). HABC level 1 or 2 Award in Food Safety in Catering has been accredited by the regulators\* of England, Wales and Northern Ireland and is part of the Qualifications and Credit Framework (QCF). \*The regulators are Ofqual in England, DCELLS in Wales and CCEA in Northern Ireland. It is supported by people 1st, the Sector Skills Council for hospitality and catering.

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