



Summary of Learning Outcomes

Level 1 Award in Food Safety in Catering

Learning Outcomes for Level 1 Award in Food Safety in Catering

1. An Introduction to Food Safety and Hazards
 - 1.1 Candidates must understand the importance of food safety by being able to:
 - 1.1.1 Define the terms food safety, contamination, food poisoning, HACCP, hazard and safe food
 - 1.1.2 Identify the four common types of food hazard
 - 1.1.3 State the causes of food poisoning and those bad practices that most commonly result in food poisoning
 - 1.1.4 Describe food poisoning characteristics and symptoms
 - 1.1.5 State those people most at risk from food poisoning
 - 1.1.6 State the benefits of good food safety and the costs of poor food safety
 - 1.1.7 Outline the responsibilities of food handlers regarding food safety including their legal responsibilities
 - 1.1.8 Explain the need to follow instructions and to report incidents that expose food safety to risk.
2. Microbiological Hazards (multiplication and survival) and Controls
 - 2.1 Candidates must understand how micro-organisms pose a hazard to food safety and spoilage of food by being able to:
 - 2.1.1 State the types of bacteria and the requirements for the multiplication of food poisoning bacteria
 - 2.1.2 Identify the four different types of food i.e. high-risk, raw food to be cooked, ready-to-eat raw and low-risk foods
 - 2.1.3 Outline the ways in which the multiplication of food poisoning bacteria in food can be prevented during the preparation, storage and service of food
 - 2.1.4 State the ways in which food poisoning bacteria in food can be destroyed
 - 2.1.5 Explain the importance of stock rotation.

3. Contamination Hazards and Controls

3.1 Candidates must understand the risks to food safety from food hazards and contamination and be able to:

3.1.1 Outline the common sources of food poisoning bacteria and the common vehicles and routes of contamination and cross-contamination

3.1.2 Outline how cross-contamination can be controlled and food poisoning prevented

3.1.3 State the common sources and control measures for physical, chemical and allergenic hazards.

4. Personal Hygiene

4.1 Candidates must understand the importance of good personal hygiene and be able to:

4.1.1 Outline the risks from poor personal hygiene and how these may be controlled

4.1.2 State when and how the hands should be washed

4.1.3 State the washing facilities required for handwashing

4.1.4 State the importance of protective clothing, and the rules for wearing protective clothing

4.1.5 Outline the requirements for food handlers to report illnesses and conditions such as skin infections

4.1.6 Describe how to deal with cuts and injuries.

5. Cleaning and Disinfection

5.1 Candidates must understand the importance of effective cleaning and disinfection and be able to:

5.1.1 Define the terms, detergent, disinfectant, cleaning, sanitiser and sterilising

5.1.2 Outline the importance of cleaning in keeping food safe

5.1.3 Explain how to use and store cleaning chemicals and materials effectively and safely, and the importance of following instructions

- 5.1.4 Outline the importance of planned cleaning and outline effective cleaning procedures for premises, equipment and utensils
- 5.1.5 State which surfaces should be cleaned and disinfected / sanitised
- 5.1.6 Outline how waste and unfit food should be stored and disposed of, both internally and externally
- 5.1.7 State the importance of controlling food pests
- 5.1.8 State the signs of food pests and the importance of reporting signs of infestation to the supervisor
- 5.1.9 Explain the food handler's role in preventing pest infestations.