



Food Safety



The Basics

Peter J Jarrett



Learn what you need to know to start working with food in a professional team and to pass your Level 1 Food Safety

The Hospitality Learning Network

Take the tests and visit the site for more information and courses





CESA actively supports education and development in the Foodservice Equipment Industry.

We continue to develop training and educational programmes for the foodservice industry in order to combat the skills shortage currently faced by the industry.

The Hospitality Learning Networks' OER (free) courses provide a platform for individuals to define their career path and equip them with applicable knowledge in order to maintain standards.

This commitment to education is founded upon CESA's success with their industry recognised CFSP accreditation and Principles of Foodservice course.

The Hospitality Learning Network

How to use this course

This course is free to study for all employees and what's more the resources are always available so that they can be used as a quick reference. To access the interactive features you must be logged into the website.

Simply click on the Hospitality Learning link at the top of the page to set up an account. Just follow the on screen instructions and you will have your free membership. Remember your user name will be the name displayed on your certificate.

There are many links to the website for example you will see  symbol which will take to same web page where you can find definitions. This PDF is to provide with the ease to study while you're on the move.

Finally, you can take the quiz at the end of the course and if you wish you can receive a certificate for the charge of £5.

Good luck and enjoy the course your feedback is always welcome.

Food Safety

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This is a short course for everyone starting to work with food. It will teach you the basics of how to come to work and make you aware of the dangers of food poisoning.

There are a number of simple rules that are essential to follow, as well as thinking about the risks of handling food. These risks we call hazards will be explained and we will show you how to always prepare safe quality food.

The course is highly interactive the links will take you through to a website so that you can view videos, and learn through exercises such as drag and drop. Also you will take the learning quiz at the end of the course.

You must be registered on the free site to participate, you may simply click on the logo or register from your first link.

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Good luck

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Introduction to Food Safety - The Basics

This is a short course with movie clips to help you understand how to professionally manage the hazards associated with food preparation.

There are certain procedures to follow such as hand washing to prevent bacteria and viruses finding their way to your customers' food.

These procedures are vital to always be performed because we cannot see, smell nor detect the food poisoning organisms.

Indeed we always consider raw foods such as meat and chicken to be contaminated with bacteria that must be prevented from reaching the customer's plate. The most frequent process for preventing bacteria reaching our customers is cooking. This means that food which has been cooked must be served quickly or kept hot and kept away from any chance of being in contact with bacteria. You will watch the short videos explaining the dangers of contaminating food that is ready to eat foods.

Good luck and enjoy your work in the hospitality industry.



Following are a series of short videos that will explain important aspects of handling and preparing food. Remember you will have to register with the site and be logged in to view the videos and to study the course.

Simply click on the image.



The Personal Health video informs you why it is important to report any illnesses as sometimes the problem can be passed to your customers.



The importance of being clean and why we wear uniforms is explained.



Now we learn of the dangers of contamination by bacteria between cooked, ready to eat foods and raw meats. Importantly, you will realise how deadly food poisoning can be.

Review - Important Points to Remember

Hand washing is the easiest and most effective action to reduce the chance of food poisoning. You need to spend time thoroughly cleaning your hands and to make sure that you dry your hands with a disposable towel or air-dryer. Remember multi-use cloth towels can cause contamination.



Uniforms protect food from contamination

Therefore they need to be clean at all times, and never prepare food in your normal clothes, especially your shoes. Remember dangerous bacteria are designed to hitch a ride on anything to find a new home and food.



Do not eat in the kitchen

It can be tempting to taste, if you do always use a spoon. The reason for not eating is because our face, lips and nose can have bacteria and that bacteria can be transferred to the food we are preparing. You always need to think of food safety as the number one priority.



Always **tell your boss if you are ill**, that is being sick, feeling nauseous (weak and faint) or if you have diarrhoea. This is because you might pass your illness and its “bugs” to your customers and the food. That is not to mention your colleagues.



Always follow the “House Rules”

These are simple such coming to work clean and bathed, avoid strong perfume, clean hands and nails, no nail polish, avoid jewellery and keep all piercings covered. Neatly wear your hair under a hat. All these rules can be found in the PDF below which you can download and give to your new boss to show that you are taking your responsibilities of working in the food industry seriously.

Always think of food safety - its the number one priority!

You can download a copy of the House Rules PDF



This form can be completed digitally when using Adobe Acrobat

QTQ Quick Teaching Quiz

These short interactive learning quizzes will help you understand some important points in an easy to remember way.

Again just click on the image

Time and Temperature

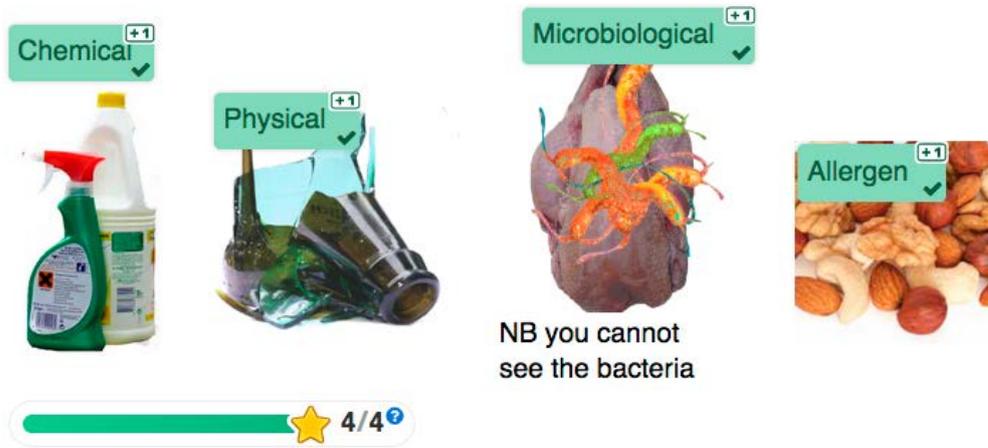
The quiz interface displays four scenarios with their correct answers highlighted in green boxes with a '+1' score and a checkmark:

- Fridge 5°C** (+1)
- 75°C safe cooking temp** (+1)
- Chill to 8°C 90 mins** (+1)
- Freezer -18°C to -24°C** (+1)

At the bottom, a progress bar shows a full green bar, a yellow star, and the text '4/4?'.

This Time and Temperature QTQ will explain how we control bacteria with the correct temperatures for storage and cooking. Cooking of course to the correct temperature will kill bacteria making food safe, which has to be served while it is still hot.

HACCP - a simple explanation



The HACCP QTQ you will explain the fundamentals of HACCP and its purpose in a typical kitchen.

Now you can click the next section which will direct you to a short quiz, just to help you remember the key points and once you have finished you will be eligible to download a certificate of your studies.

Finally you may wish to take the quiz

This quiz will give you the answers so that you may learn and take it several times.

Good luck

Quiz ?