



Basic Food Hygiene

Our Basic Food Hygiene course is aimed towards providing delegates with a working knowledge of maintaining good levels of hygiene.

Key components include:

- Main areas to consider in food hygiene
- The 4 C's of food hygiene
- Causes of food poisoning
- Preventing food poisoning
- Preparation, cooking and storing food correctly
- Key personal hygiene practices
- Hand washing procedure

As the session progresses delegates are encouraged to share their existing knowledge of food hygiene.

Following completion of the course delegates will have an understanding in the following:

How to maintain basic food hygiene to keep individuals safe.

A thorough knowledge of causes, preventative measures and correct procedures will provide the underlying knowledge to ensure all participants can apply in practice.