



FOODSAFE LEVEL 1 COURSE OUTLINE

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for the Ministry of Advanced Education Province of British Columbia
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Contact:



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Register for a course today!
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GOALS AND OBJECTIVES

The goals of the FOODSAFE Level 1 course are to:

- Train individuals to become responsible food handlers in the food industry by using safe food handling methods and food preparation techniques
- Promote worker health and safety

The objectives are to:

- Emphasize food safety in a fast-paced, growth industry
- Encourage prevention of foodborne illness
- Protect the public and workers from harm
- Apply safe procedures for receiving, storing, preparing and presenting food
- Reduce common errors in handling potentially hazardous foods
- Create an awareness of the Top Six job hazards and techniques for reducing risk of injury and illness

UNITS OF STUDY

The units of study address the following topics:

1. Introduction to FOODSAFE
2. Food Service Illness and Injury
3. Receiving and Storing Food
4. Preparing Food
5. Serving Food
6. Cleaning
7. Review and Examination

Unit 1 – INTRODUCTION TO FOODSAFE

Time: 0.75 hr

Major Topics

Introduction

Key Learning Points

- Top Ten Improper Food Handling Practices
- Top Six Job Hazards
- Risks and Consequences
- Responsibilities
- Food Safety Plan
- Video: Introduction to FOODSAFE

Recap

Learning Outcomes

By the end of this unit, students will be able to:

- Describe the benefits of the FOODSAFE program; the benefits to workers, employers and customers
- Identify the Top Ten improper food handling practices causing foodborne illness
- Identify the Top Six job hazards and risks to workers
- Explain why it is important for food handlers to learn and follow safe food handling procedures
- Describe the responsibilities of all staff in ensuring food safety and worker safety
- Recognize the importance of a Food Safety Plan

Unit 2 – FOOD SERVICE ILLNESS AND INJURY

Time: 1.25 hrs

Major Topics

Introduction

Key Learning Points

- Video: Microbiology
- Microbiology
- Cycle of Transmission
- Methods of Transmission
- Causes of Foodborne Illness
- Breaking the Links

Recap

Quiz

Learning Outcomes

By the end of this unit, students will be able to:

- Explain the difference between beneficial and disease-causing micro-organisms
- Describe how harmful pathogens can cause illness to both customers and workers
- Describe the conditions that promote bacterial growth
- Describe the methods for controlling the transmission of pathogens
- List the causes and sources of biological, chemical and physical foodborne illness

Unit 3 – RECEIVING AND STORING FOOD

Time: 1 hr

Major Topics

Introduction

Key Learning Points

- Video: Receiving and Storing Food
- Receiving and Storing Procedures
- Food and Chemical Storage
- Activities
- Manual Handling and Safe Storage

Recap

Quiz

Learning Outcomes

By the end of this unit, students will be able to:

- Identify the reasons for rejecting foods upon receiving
- Practice safe procedures in the receiving and storing of foods
- Describe the storage of different classes of foods and chemicals
- Describe safe manual handling and safe storing techniques

Unit 4 – PREPARING FOOD

Time: 2 hrs

Major Topics

Introduction

Key Learning Points

- Classification of Foods
- Effects of Temperature
- Effects of Time
- Control Sources of Food Contamination
- Activity
- Tools and Equipment
- Hot Materials and Surfaces
- Video: Preparing Food

Recap

Quiz

Learning Outcomes

By the end of this unit, students will be able to:

- List precautions when preparing potentially hazardous and less hazardous foods
- Identify the effects of temperature and time for cooking, hot holding, freezing, thawing, reheating and cooling food
- Identify the potential sources of contamination through contact with water, microbes, utensils and equipment during preparation
- Apply methods for protecting food from contamination
- Identify safety guidelines when using knives and operating equipment
- Demonstrate appropriate techniques when working with hot materials and surfaces

Unit 5 – SERVING FOOD

Time: 1 hr

Major Topics

Introduction

Key Learning Points

- Personal Habits and Hygiene
- Activities
- Video Segment (A)
- Setting Tables
- Serving Food
- Food Protection and Transportation
- Food Allergies and Foodborne Illness Complaints
- When Not to Work

- Video Segment (B)

Recap

Quiz

Learning Outcomes

By the end of this unit, students will be able to:

- Describe personal hygiene in a food service establishment
- Demonstrate sanitary practices in the serving and dispensing of food
- Use effective sanitary practices when setting and clearing tables
- Describe techniques for safe carrying and serving
- Identify techniques to prevent slips and trips
- Explain why illness, infection and injury are situations when not to work
- Describe the procedures for handling food allergies
- Identify the process for handling a foodborne illness complaint

Unit 6 – CLEANING

Time: 1 hr

Major Topics

Introduction

Key Learning Points

- Clearing and Cleaning
- Types of Dishwashing
- Procedures for Proper Ware Washing
- Video: Cleaning
- Other Cleaning

Recap

Quiz

Learning Outcomes

By the end of this unit, students will be able to:

- Apply effective sanitary procedures when clearing and cleaning tables
- List correct temperatures and describe safe procedures for manual and mechanical ware washing
- Describe correct test methods and concentrations for chemical sanitizers and disinfectants
- Describe correct storage procedures for sanitized ware
- Recognize chemical hazards and follow proper safe handling procedures
- Safely sanitize “clean-in-place” equipment Identify safety practices to reduce risk of injury from biohazardous materials
- Describe the precautions to be taken when discarding waste materials

Unit 7 – REVIEW AND EXAMINATION

Time: 1 hr

Major Topics

Introduction

Key Learning Points

- Review

Examination

Recap

Unit Goals

- Review the safe food handling methods and food preparation techniques
- Review the Top Six job hazards and techniques for reducing risk of injury and illness
- Prepare students for the examination