

CIEH Foundation Certificate in Food Hygiene

(Formerly Basic Food Hygiene Certificate)

INTRODUCTION

Rigorous enforcement of food hygiene legislation is important but it is not, in itself, sufficient to prevent food poisoning. Food poisoning is normally caused by negligence or ignorance and consequently most experts in food hygiene believe that a reduction in the high level of food poisoning cases will only be achieved by the education of food handlers. The Chartered Institute of Environmental Health has designed its Foundation courses to give first tier workers an appreciation of the fundamentals of good food hygiene practice.

◆ NB. This syllabus also reflects the content of the Food Hygiene Options programme modules A-E.

SYLLABUS

A. FOOD POISONING

The expected outcome is that the student knows the symptoms and main causes of food poisoning and is able to:

- (i) explain what is meant by the terms "food hygiene", "food poisoning", "food-borne disease" and "contamination";
- (ii) describe the symptoms of food poisoning;
- (iii) state the causes of food poisoning;
- (iv) list sources of bacteria which cause food poisoning and the ways in which bacteria are transferred to foods. ("Bacteria" should at least include *Salmonella*, *Clostridium perfringens*, *Staphylococcus aureus* and *E.coli*);
- (v) define and give examples of high-risk foods.

B. BACTERIOLOGY

The expected outcome is that the student understands the characteristics of bacteria and their potential to cause disease and spoil food, and is able to:

- (i) explain what bacteria and other micro-organisms are and where they are to be found;
- (ii) explain the process by which bacteria reproduce and the timescale of that process;
- (iii) describe factors which influence the growth of micro-organisms;
- (iv) state the difference between pathogenic and spoilage bacteria;
- (v) explain what toxins are and why they are dangerous;
- (vi) explain what spores are and their effect on the survival of bacteria.

C. PREVENTION OF CONTAMINATION AND FOOD POISONING

The expected outcome is that the student understands methods of preventing food poisoning and is able to:

- (i) explain the role of temperature in the control of bacteria;
- (ii) explain the importance of correct handling, preparation, cooling and processing of food;
- (iii) explain the importance of stock rotation in preventing food poisoning and spoilage;
- (iv) state the main ways in which food is preserved;
- (v) give examples of common food contaminants.

D. PERSONAL HYGIENE

The expected outcome is that the student understands the need for high standards of personal hygiene for food handlers and is able to:

- (i) explain the importance of personal hygiene in food handling;
- (ii) describe the sources of contamination from injuries, personal clothing or habits and how risks can be eliminated;
- (iii) explain the risks associated with food being handled by carriers of, or sufferers from, food poisoning or food-borne diseases;
- (iv) explain the importance and properties of protective clothing;
- (v) describe the essential first aid equipment required for food premises.

E. PREMISES, EQUIPMENT AND PEST CONTROL

The expected outcome is that the student recognises the need for high standards of hygiene in food premises and the ways of achieving them, and is able to:

- (i) explain the importance of food premises being suitably constructed, fitted out and equipped;
- (ii) describe the washing facilities which should be provided for food, equipment and food handlers;
- (iii) describe acceptable methods of disposing of waste from food premises;
- (iv) define the term "food pest";
- (v) describe the conditions in which the following pests thrive:
 - a) rodents
 - b) birds
 - c) insects;
- (vi) list the signs of infestation by food pests;
- (vii) describe acceptable methods of controlling pests in food premises.

F. CLEANING AND DISINFECTION

The expected outcome is that the student understands the need for and methods of achieving high standards of cleanliness in food premises, and is able to:

- (i) explain the difference between cleaning and disinfection;
- (ii) explain the importance of regular, systematic cleaning and disinfection procedures;
- (iii) give examples of acceptable methods of cleaning and disinfection.

G. LEGISLATION

The expected outcome is that the student has an understanding of the basic requirements of the Food Safety Act 1990, the Food Safety (General Food Hygiene) Regulations 1995 and all subsequent amending regulations, and is able to:

- (i) describe the powers which local authorities have to control the sale of unfit, sub-standard or injurious food;
- (ii) state in general terms the requirements of the current Regulations, in relation to:
 - a) construction and cleanliness of premises and equipment
 - b) food handlers and their training
 - c) the handling of food
 - d) facilities to be provided in premises
 - e) the temperatures at which food must be stored;
- (iii) explain the circumstances in which insanitary food premises may be closed.

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