

# Syllabus

## Safe Food Handling



**5 Units:** 18 lessons

**Estimated time:** 18-27 hours

**OALCF Levels:** A1.2, A2.2, C3.1, C3.2

**Suggested Milestones:** 3, or 4, 10, or 11, 45, or 46

### Course Overview

This course introduces the principles of food safety and describes cross-contamination and food allergies. You will learn procedures for storing, prepping, cooking, cooling and reheating foods. You will learn the correct use of gloves and other hygiene practices. You will learn the difference between cleaning and sanitizing. This course also focuses on how to implement time and temperature control to prevent food contamination at various stages in the flow of food handling.

Check out the Canadian Institute for Food Safety Website: <https://www.foodsafety.ca/>

### Unit 1: Fundamentals of Food Safety (5 lessons)

This unit focuses on introducing you to the factors involved in food safety. You'll learn what foodborne illnesses and foodborne-illness outbreaks are and what causes them, including biological, chemical, and physical hazards or contaminants. Next, you'll identify the Big Six pathogens that contaminate food and how to prevent their growth in food. After that, you'll define cross-contamination and identify ways to prevent it at various stages in the flow of food. Finally, you'll identify the causes of food allergies and the ways to prevent food allergy reactions.

#### Foodborne Illness

(31 slide tutorial, and mastery test)

In this lesson, you'll identify various causes of foodborne illness.

#### Pathogens

(34 slide tutorial, and mastery test)

In this lesson, you'll learn how different types of pathogens contaminate food.

### **Food Contamination**

(25 slide tutorial, and mastery test)

In this lesson, you'll identify the five behaviours that lead to food contamination.

### **Cross-Contamination**

(36 slide tutorial, and mastery test)

In this lesson, you'll identify practices that help prevent cross-contamination while purchasing, receiving, storing, and prepping food.

### **Food Allergies**

(36 slide tutorial, and mastery test)

In this lesson, you'll learn about ways to prevent allergic reactions to certain foods.

## **Unit 2: Personal Hygiene (3 lessons)**

This unit focuses on personal hygiene practices such as handwashing, glove use, and grooming. First, you'll learn about the correct handwashing technique, designated handwashing stations, and when handwashing is necessary. Next, you'll explain the correct procedures for wearing and purchasing single-use gloves. Finally, you'll learn why it's important for food handlers to maintain correct personal hygiene, including correct practices for hand care, grooming, eating, and reporting health issues.

### **Handwashing**

(37 slide tutorial, and mastery test)

In this lesson, you'll learn how good hand hygiene helps prevent foodborne illnesses.

### **Wearing Gloves**

(26 slide tutorial, and mastery test)

In this lesson, you will learn how wearing gloves can prevent contamination of food.

### **Other Hygiene Practices**

(32 slide tutorial, and mastery test)

In this lesson, you'll identify how effective grooming, wound treatment, and other hygiene practices help prevent foodborne illnesses.

### **Unit 3: Time and Temperature Control (4 lessons)**

This unit focuses on how to implement time and temperature control to prevent food contamination at various stages in the flow of food, including purchasing, receiving, prepping, holding, cooling, reheating, and serving food. You'll learn about the temperature danger zone and identify procedures to prevent keeping food in this zone at each stage in the flow of food. You'll also identify the different food thermometers and identify when to use them to prevent time and temperature abuse of food.

#### **Time and Temperature Control for Food Safety**

(35 slide tutorial, and mastery test)

In this lesson, you'll learn how to use time and temperature control to keep food safe.

#### **Purchasing, Receiving, and Storing Food**

(31 slide tutorial, and mastery test)

In this lesson, you'll identify ways to ensure food safety when purchasing, receiving, and storing food.

#### **Prepping, Cooking, and Holding Food**

(24 slide tutorial, and mastery test)

In this lesson, you'll learn ways to ensure food safety when prepping, cooking, and holding food.

#### **Cooling, Reheating, and Serving Food**

(28 slide tutorial, and mastery test)

In this lesson, you'll identify safe methods for cooling, reheating, and serving food.

### Unit 4: Cleaning and Sanitizing (4 lessons)

This unit focuses on cleaning and sanitizing practices that help keep control contaminants in a foodservice operation. You'll learn the difference between cleaning and sanitizing and the scenarios that require either or both processes. Additionally, you'll identify the correct procedures to clean and sanitize dishes, surfaces, and equipment. You'll also explain how to maintain various food service equipment, such as dishwashing machines. Further, you'll identify how to create an effective cleaning program. Finally, you'll learn how to identify signs of pest infestations and how to control and prevent infestations using an integrated pest management system.

#### **Cleaning and Sanitizing: Surfaces and Equipment**

(33 slide tutorial, and mastery test)

In this lesson, you'll examine how cleaning and sanitizing surfaces and equipment helps protect food from contamination.

#### **Cleaning and Sanitizing: Dishes**

(35 slide tutorial, and mastery test)

In this lesson, you'll learn how effective dishwashing is important for ensuring food safety.

#### **Cleaning and Sanitizing: Facility**

(31 slide tutorial, and mastery test)

In this lesson, you'll learn procedures to ensure a clean facility.

#### **Cleaning and Sanitizing: Pest Management**

(29 slide tutorial, and mastery test)

In this lesson, you'll learn procedures for integrated pest management.

### Unit 5: Food Safety Management (2 lessons)

This unit focuses on a manager's responsibility for food safety. You'll describe how exercising Active Managerial Control and creating a HACCP (Hazard Analysis Critical Control Point) plan help reduce the risk of foodborne illnesses. Finally, you'll describe the principles of proper facility design and the proper management of facilities, equipment, and utilities to ensure food safety.

#### **A Manager's Role in Food Safety**

(38 slide tutorial, and mastery test)

In this lesson, you'll learn how managers ensure food safety.

#### **Facility Design and Management**

(32 slide tutorial, and mastery test)

In this lesson, you'll examine the importance of proper facility design and the choice of equipment in ensuring food safety.