

A photograph of two chefs in a professional kitchen. They are wearing black uniforms and caps. The chef on the left is a woman with blonde hair tied back, and the chef on the right is a man with a beard. They are both looking down at something in front of them, possibly a food preparation area. The background shows stainless steel shelves with various kitchen items like stacks of white containers and a blue light fixture above them.

COURSE OVERVIEW

# Food Safety Level 2

TIFS-106



Every day, thousands of people in the UK experience food poisoning. Many will become ill, and some may even die. Those most at risk include the young, elderly, expectant mothers and their unborn babies, or individuals who are already unwell.

The leading causes of food poisoning are negligence, ignorance, poor management, a lack of food safety culture, and failure to adopt effective practices.

### **Module 1: Law and Enforcement**

Food handlers must comply with UK laws, including the Food Safety Act 1990, HACCP principles, and the Food Hygiene (England) Regulations 2006.

- Food safety legislation
- Enforcement and penalties
- Due diligence

### **Module 2: Microbiological hazards**

Understanding microbiological hazards is crucial because they can cause serious foodborne illnesses, impact public health, and lead to legal consequences for food establishments.

- Bacteria
- Four factors for bacterial growth
- High and Low-risk food
- Raw foods
- Ready-to-eat food

### **Module 3: Spoilage and Preservation**

Spoilage starts in food as soon as it is harvested, taken from the sea or slaughtered. Unlike food contaminated with pathogens, the effect of food spoilage can be seen, smelled, and tasted.

- Understanding spoilage
- Signs of spoilage
- Prevention methods
- Packaging

### **Module 4: Food Poisoning**

Food poisoning occurs when contaminated food or water is ingested, resulting in illness caused by bacteria, viruses, parasites, or toxins.

- Sources of poisoning
- Food poisoning organisms
- Control and prevention of food poisoning

### **Module 5: Contamination Hazards and Control**

Food can be contaminated before or during delivery or due to poor hygiene practices.

- Microbiological hazards
- Sources of bacteria
- Bacterial vehicles
- Hazards and controls

### **Module 6: Personal Hygiene**

Food handlers have a moral and legal obligation to maintain high standards of personal hygiene to prevent foodborne illness and contamination.

- Common sources of bacteria
- Handwashing
- Legal responsibilities
- Personal Protective Clothing
- Reporting illnesses

### **Module 7: Premises and Equipment**

The design, maintenance, and cleanliness of food premises are crucial in preventing hazards, contamination, and the growth of bacteria.

- Kitchen workflows and design
- The storage and disposal of bins
- Equipment
- What the law says

### **Module 8: Pests and Controls**

Pests pose serious health risks by spreading diseases, contaminating food supplies, and damaging storage facilities.

- Types of pests
- The importance of keeping pests at bay
- Denial of access
- Signs of pests and their prevention

## **Module 9: Cleaning and Disinfection**

Cleaning is essential to remove waste food, grease and dirt, which can harbour bacteria and attract pests.

- Storage of sanitising a work surface
- Cleaning as you go
- Contamination
- Cleaning and Disinfection

## **Module 10b: HACCP – Contamination**

Raw food must always be separated from high-risk food to prevent contamination by potentially food-poisoning bacteria.

- Covering food
- Freezers and frozen food
- Thawing and defrosting
- Stock rotation
- Date codes

## **Module 10a: HACCP – Delivery and Storage**

HACCP is a food safety system that identifies and controls hazards at critical control points throughout food production, ensuring safe handling and compliance with legal requirements.

- Food safety management systems
- The purchasing and delivery of food
- Safe storage of food
- Safe operating temperatures and monitoring

## **Module 10c: HACCP – Food Preparation**

Cross-contamination is a significant hazard in food preparation, and preventing it requires meticulous hygiene and adherence to best practices in food preparation.

- Food Preparation
- Cooking and reheating
- Monitoring
- Hot holding and cooling
- Service
- Using digital probes

**Suitable for:**

Anyone who handles, prepares, or serves food as part of their job. Chefs, Kitchen Assistants, Deli Counter Assistants, and all kitchen staff.

**Skills achieved:**

- Food Safety Level 2 (Intermediate)

**Related Resources:**

- Food Hygiene Assessment
- Food Safety Premises Assessment
- Allergens Risk Assessment
- Allergens Audit
- Cleaning Plan Audit
- Delivery Intake Audit
- Temperature Check Audit
- Food Hygiene Audit
- Kitchen Food Hygiene Audit
- Premises Food Safety Audit
- Daily Check Goods Delivery HACCP Audit
- Daily Check Food Preparation & Thawing Audit
- Daily Check Cooking & Temperature Audit
- Allergy Awareness Checklist
- Kitchen Safety Audit
- Food Hygiene Checklist
- Premises Food Safety Checklist
- Food Safety Incident

**Benefits:**

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

**Estimated Time:**

115 Minutes

**Related Courses:**

- Food Allergies and Intolerances
- HACCP
- Essentials of Cleaning and Disinfecting
- Kitchen Knife Safety
- Meat Slicer Safety
- Food Safety level 3