



CIEH Level 1 Award in Food Safety Awareness in Catering Syllabus

A Introduction to food safety

Candidates should understand the risks associated with handling food and be able to:

- i State the consequences of poor standards of food hygiene and the benefits of good standards.
- ii Identify common food hazards.
- iii Understand the individual's responsibility towards food safety.
- iv Describe common symptoms of food poisoning and give examples of those people most at risk.

B Personal hygiene

Candidates should understand how to keep themselves clean and hygienic and be able to:

- i State the risks to food from working with unclean hands, - clothing and equipment.
- ii Describe the washing facilities required for good hand washing.
- iii Detail the method of thorough hand washing.
- iii Describe the hazards associated with skin infections and the need to report them.
- iv Understand the importance of suitable wound dressings.
- v Identify the hazards of wearing nail varnish, jewellery and perfume in a food premise.
- vi Describe the requirements of food handlers in reporting illnesses.
- vii Understand the importance of protective clothing and equipment.
- viii Describe how protective clothing should be cared for.

C Cleaning

Candidates should understand the importance of cleaning in catering premises and should be able to:

- i Understand the role of cleaning in keeping food safe.
- ii Describe the washing facilities that should be used for food and equipment.
- iii Understand the importance of following instructions when using cleaning agents.
- iv Describe how clean and suitable cloths should be used for different tasks.
- v Understand the significance of cleaning schedules.
- vi Describe how waste should be stored and disposed of.
- vii Explain the importance of reporting signs of pest infestation.

D Contamination

Candidates should understand how to keep the product safe and be able to:

- i Explain how food can become contaminated by physical, chemical and biological contaminants.
- ii Understand the concept of cross-contamination.
- iii Understand how food should be handled to prevent contamination.
- iv Describe the importance of time and temperature in the storage and cooking of food.
- v Understand the importance of stock rotation.
- vi Understand the importance of following instructions and reporting any incidents that may put the safety of food at risk.



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