Chartered Institute of Environmental Health

CIEH Level 2 Award in Food Safety for Manufacturing

Syllabus

A Introduction to food safety

Candidates should understand the terminology used in food safety and should be able to:

i Define the terms food safety, food poisoning, food-borne illness, food allergy, contamination, hazard and HACCP.

ii State the consequences of poor standards of food hygiene and the benefits of good standards.

iii Explain the use of a documented food safety management system.

iv Understand the relationship between hazard, risk and control and how this can help prioritise action.

v Describe the main symptoms of food poisoning.

vi Give examples of those people most at risk.

vii Understand the definition of high-risk food and give examples of types of high-risk food.

B The law

Candidates should understand the laws that apply to food manufacturing businesses and should be able to describe, in general terms, the requirements of the current regulations and:

i Understand the role of enforcement officers, and the powers that local authorities have to control the sale of unfit, sub-standard or injurious food.

ii State the possible consequences of non-compliance with food safety law and that these can apply to all food handlers.

iii Describe the legal requirements of training and understand the importance of training, training records and refresher training.

iv Identify where to find further sources of information and guidance.

v Describe the importance of accurate record keeping to a food business.

vi Explain the concept of 'due diligence'.

C Food safety hazards

Candidates should understand the concept of food hazards, how the risk of food poisoning can be contained and be able to:

i Explain the concept of contamination and give examples of common food contaminants.

ii Understand the term cross-contamination and how to prevent it.

iii Understand the reasons for the separation of raw and ready-to-eat foods in storage.

iv State common causes of physical and chemical contamination, their effect on health, and ways in which they can be controlled in a food manufacturing plant.

v State common foods or food ingredients that cause an allergic reaction and some of the symptoms.

vi State the biological and non-biological causes of food poisoning.

vii State what micro-organisms are and where they are to be found.

viii State the causes of food spoilage, how to recognise it and what to do when it is discovered.

ix Name some common food poisoning bacteria and their likely sources.

x Give examples of common food-borne illnesses and viruses.

xi State the factors that influence the multiplication of food poisoning bacteria.

xii Explain the process by which bacteria reproduce.

xiii State the high and low temperatures required to minimise bacterial multiplication.

xiv Explain with an example why bacterial spores pose special problems in food manufacture.

xv Define toxins and state why they are dangerous.

xvi Define the term carrier in relation to food-borne illness.

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xvii Understand the risks to food safety posed by carriers and the importance of food handlers reporting all symptoms of food-borne illness.

xviii Understand to whom and why reporting procedures are carried out and how to make constructive suggestions for improvements.

D Temperature controls

Candidates should understand how a reduction in temperature will minimise bacterial multiplication, and that high temperature treatments are required to destroy bacteria and should be able to:

i State the temperatures at which ambient, chilled and frozen food must be prepared and stored.

ii Explain that the application of heat treatment in various food manufacturing processes must achieve certain temperatures to ensure the complete safety of the food.

iii Describe safe methods of chilling and freezing processed food.

iv Explain how and why temperature-monitoring devices should be calibrated, used, cleaned and disinfected.

v Describe methods of checking and recording temperatures in temperature controlled food production and storage areas.

E Heat processing of foods

Candidates should understand the importance of high temperatures in the supply of safe food and, in particular, be able to:

i Explain the risks associated with under-cooking foods.

ii Describe methods of monitoring and recording heat processes.

iii State the main ways in which food is preserved by food processing and how preserved foods should be stored.

G Food handlers

Candidates should understand that food handlers in food manufacturing plants could themselves pose a risk to food safety and be able to:

i Understand the importance of personal hygiene at work.

ii Understand why the direct handling of food should be kept to a minimum.

iii Detail the need for hand washing at appropriate times, and recommended methods of hand washing.

iv Explain the importance of behaving safely when working with food.

v Describe the importance and properties of protective clothing.

vi Explain how jewellery and other accessories can be a hazard to food safety.

vii Understand the importance of reporting cuts, grazes and wounds, illnesses and infections to a supervisor before entering the food production area.

viii Explain the reasons for using food grade dressings at all times in food production areas.

ix State the relevant statutory and non-statutory reportable diseases.

H Principles of safe food storage

Candidates should understand the importance of utilising appropriate storage conditions for different types of food and should be able to:

i Understand the significance and importance of labelling foods with 'use-by' and 'best-before' dates.

ii Understand the principles of stock rotation for both incoming and out-going food.

iii Understand procedures required for storing, processing and handling foods that may cause allergic reactions.

iv Understand the importance of traceability of raw materials, work in progress and the finished food products.

I Cleaning

Candidates should understand the importance of cleaning in food manufacturing plants and should be able to:

i Understand the importance of safe disposal of food waste and other waste material.

ii Understand the role of cleaning in preventing food contamination.

iii Explain the terms cleaning, disinfection, sanitization and sterilisation.

iv Understand the function of a detergent, a disinfectant and a sanitizer and describe how they can be used effectively and stored safely.

v Briefly explain the function of a cleaning schedule.

vi Explain why 'clean as you go' is an essential rule for all food areas.

J Food premises and equipment

Candidates should recognise the need for high standards for structure and equipment to promote good hygiene in food manufacturing plants and should be able to:

i Understand the importance and reasons for reporting damaged equipment and food-contact surfaces to the supervisor.

ii Define the term 'food pest' and describe the conditions in which pests thrive.

iii Name the different types of common food pests.

iv List the signs of a pest infestation, how they can be prevented and what actions a food handler should take in the event of an infestation being discovered.

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