

# Level 2 Award in Food Safety in Catering



Chartered  
Institute of  
Environmental  
Health

## Syllabus

### PART 1

#### 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, contamination, hazard and HACCP.
- ii State the consequences of poor standards of food hygiene and the benefits of good standards.
- iii The use of a documented food safety management system.
- iv Understand the relationship between hazard and risk and how this can help prioritise action.
- v Describe the symptoms of food poisoning.
- vi Give examples of those people most at risk.

#### B BY LAW

Candidates should understand the laws that apply to food businesses and food handlers, 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.
- iii Understand the importance of training, training records and refresher training.
- iv Describe legal requirements in relation to food handler training.

- v Describe the importance of accurate record-keeping to a food business.
- vi Explain the concept of 'due diligence'.
- vii Describe the legal requirement to handle food safely.

#### 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 Give examples of common food contaminants.
- ii State common causes of physical and chemical contamination and their effect on health.
- iii State the biological and non-biological causes of food poisoning.
- iv State what micro-organisms are and where they are to be found.
- v State the difference between pathogenic and spoilage bacteria.
- vi State the factors that influence the multiplication of food poisoning bacteria
- vii Explain the process by which bacteria reproduce and the timescale of that process.
- viii Identify the importance of spore formation in relation to the cooking, cooling and the re-heating of foods.
- ix Explain the significance of bacterial toxins.
- x Name some common food poisoning bacteria and their likely sources.

- xi Give examples of food-borne diseases and common viruses.
- xii In general terms, state the risks associated with food being handled by carriers or victims of food poisoning or food-borne disease.
- xiii Identify the concept of the 'danger zone'.
- xiv State the high and low temperatures required to minimise bacterial multiplication.
- xv Define and give examples of high risk foods.
- xvi Explain the concepts of 'contamination' and 'cross-contamination'.
- xvii Understand the term 'cross-contamination' and how to prevent it.
- xviii Understand the reasons for the separation of raw and ready-to-eat foods in storage.
- xix Understand reporting and remedial procedures.

#### **D TAKING TEMPERATURES**

Candidates should understand how to take product and equipment temperatures and should be able to:

- i Explain how probe thermometers should be calibrated, used, cleaned and disinfected.
- ii Describe methods of checking and recording refrigerator temperatures.

### **PART 2**

#### **E REFRIGERATION, CHILLING AND COLD HOLDING OF FOODS**

Candidates should understand how a reduction in storage temperature will minimise bacterial multiplication and should be able to:

- i Describe the temperatures at which chilled food must be stored
- ii Describe safe methods of rapid chilling of cooked food.
- iii Understand freezing and the safe storage of frozen foods.
- iv Describe safe methods of de-frosting frozen foods.

#### **F COOKING, HOT HOLDING AND RE-HEATING OF FOODS**

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

- i State the temperatures required to destroy harmful bacteria or to minimise their multiplication.
- ii Explain the risks associated with:
  - under-cooking of foods
  - re-heating food
  - holding food hot.
- iii Describe methods of monitoring cooking and holding temperatures.
- iv Explain the importance of rapid and thorough re-heating of food.
- v Describe the temperatures at which hot food must be stored.

#### **G FOOD HANDLERS**

Candidates should understand that food handlers can impose a risk to food safety and be able to:

- i Understand the importance of personal hygiene in food handling.
- ii Detail the need for, and suitable methods of, hand washing.
- iii Describe the importance and properties of protective clothing.

#### **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 State the main ways in which food is preserved and how preserved foods should be stored.
- ii Understand the significance and importance of 'use-by' and 'best-before' dates on foods.
- iii Understand the principles of stock rotation.
- iv Identify the appropriate storage conditions for frozen, chilled and ambient foods.
- v Understand procedures required for dealing with foods that may cause allergic reactions.

- vi Explain the importance of correct handling, preparation, cooling and processing of food.
- vii List the signs of a pest infestation, how they can be prevented and what actions should be taken in the event of an infestation being discovered.

## I CLEANING

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

- i Describe acceptable methods of storing and disposing of waste from food premises.
- ii Understand the role of cleaning in preventing food contamination.
- iii Describe the washing facilities that should be provided for food and equipment.
- iv Explain the terms 'cleaning', 'disinfection' and 'sterilisation'.
- v Describe how cleaning chemicals, disinfectants and sanitisers are used safely.
- vi Describe how clean and suitable cloths should be used for different tasks.
- vii Understand the significance of cleaning schedules.
- viii Describe the effective cleaning of food storage areas and chillers

## J FOOD PREMISES AND EQUIPMENT

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

- i Explain the importance of food premises being suitably constructed, fitted out and equipped and the hazards associated with faulty surfaces and equipment.
- ii Identify the essential first aid equipment required for food premises.
- iii Understand the legal requirements in relation to the construction and cleanliness of the premises and equipment.
- iv Understand the legal requirements in relation to the hygiene facilities to be provided in food premises.
- v Define the term 'food pest' and describe the conditions in which pests thrive.
- vi Name the different types of common food pests.

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## **CONTACT US**

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