



Food Hygiene

Food hygiene is defined as the ‘measures and conditions necessary to control hazards and to ensure fitness for human consumption of food taking into account its intended use’. Some examples would be proper food storage, washing one's hands before handling food, maintaining a clean environment when preparing food and making sure all the dishes are clean and free from condiments.

Course Aim:

This course will enable participants to prepare food safely and maintain correct food hygiene practices at home and at work.

Course Objectives:

At the end of the session participants will be able to:

- Describe the legal requirement with regard to food hygiene and safety
- Explain the results of poor food hygiene practices at work and at home
- Recognise the causes of food poisoning
- Recognise food poisoning symptoms
- Understand the importance of good personal hygiene
- Understand the importance of correct food handling and preparation at work.

