



Food Safety (Level 1)

Our Food Safety Level 1 course is aimed towards both aspiring professionals and home cooks, and our experienced trainers will provide you with valuable insights into food safety awareness and hygiene practices.

You'll learn how to identify and address potential food safety hazards, control temperature to prevent bacteria growth, handle foods safely, and maintain a clean environment. You'll also explore principles of safe food storage and personal hygiene practices, enabling you to create a safe kitchen or workplace with confidence.

[Learn more >](#)

Learning Outcomes

- Explain what food safety means
- Describe different food safety hazards
- Describe how to control temperature and keep foods out of the danger zone
- Explain how to handle foods safely
- Understand the principles of safe food storage
- Maintain a clean and hygienic working environment
- Personal Hygiene

Course Content

- **Module 1:** Symptoms of Food Poisoning
- **Module 2:** Vulnerable groups
- **Module 3:** What is Food Safety?
- **Module 4:** Legislation
- **Module 5:** Different types of hazards
- **Module 6:** High Risk Foods
- **Module 7:** Preventing Food Poisoning
- **Module 8:** Covid-19
- **Module 9:** Personal Hygiene
- **Module 10:** Safe Food Preparation
- **Module 11:** Cleaning and Disinfection
- **Module 12:** Waste