

COURSE TITLE:

FOOD HYGIENE

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to Food Hygiene	To understand the meaning of food hygiene, why it is important, & how it protects people from foodborne illness.
1.1	Foodborne Pathogens	To learn about common foodborne pathogens, including bacteria, viruses, and parasites, and understand how they cause illness.
2	Legislation relevant to Food Hygiene	To learn about the main food safety laws & regulations that guide safe food handling, storage, preparation, and consumer protection.
3	Food Safety Hazards	To identify biological, chemical, physical, & allergen hazards in food, & understand how they can cause harm if uncontrolled.
4	Food Safety Management System	To understand the HACCP food safety management system and how its principles help identify, control, & prevent food safety risks.
5	Food Contamination and Its Prevention	To recognise common sources and types of food contamination, and learn how safe handling practices help prevent contamination risks.
6	Personal Hygiene	To understand the importance of personal hygiene in food handling and how correct hygiene practices prevent food contamination and illness.
7	Cleaning and Sanitation	To learn the importance of effective cleaning & sanitising in reducing germs & maintaining safe food preparation areas.
8	Food Storage, Cooking & Temperature Control	To understand safe food storage, cooking temperatures, and temperature control practices that prevent bacterial growth.
9	Chilling, Reheating & Defrosting Standards	To learn safe chilling, reheating, and defrosting standards that help keep food safe and reduce contamination risks.
10	Pest and Pest Control	To understand common food pests, signs of infestation, and effective control measures used to prevent food contamination.