

Food Hygiene Awareness



Staff use only

Date Issued

Date Completed

Date Marked

Result

PASS

REFER



Learner Number:

Prison:

Let's get started!

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How it works

Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



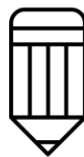
To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take around 2-3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

Episode Guide

Food Hygiene Awareness



**Monday/Tuesday/Wednesday/
Thursday/Saturday**

Content Guide	Monday	Tuesday/ Thursday/ Saturday	Wednesday
<p>Ep 1: Cross Contamination Part one covers cross-contamination, chilling, cooking and cleaning (the four C's). Learn about hand washing, pest control, illness at work and re-heating food. We also look at guidance from the Food Standards Agency around food allergies and other special dietary requirements.</p>	11:00 (am & pm)	7:00am	5:00pm
<p>Ep 2: A Healthy Balanced Diet The importance of a healthy balanced diet plus we also help you to complete a food diary in order to monitor your diet.</p>	11:22 (am & pm)	7:22am	5:20pm

Learning Outcomes



1. Understand how to keep food safe through separation, cleaning, storage, and cooking.
2. Know how to handle food for people with special dietary diets, and how to keep their food safe from mixing with other food.
3. Know how to maintain personal hygiene standards when working in a kitchen.
4. Understand best practices for storing food in a refrigerator.

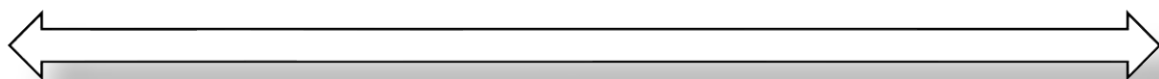
Starting Out

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of 'Food Hygiene' before starting this course?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

At the end of this course, you will have the opportunity to rate your knowledge once more.

Knowledge Check

To pass this course you will need to correctly answer 75% of the questions.
This equates to **15** correct answers out of the 20 questions asked.



Episode 1

Question 1

What does cross-contamination mean?

(Please tick the appropriate box)

A	Cleaning all surfaces with warm water	
B	Keeping food cold before preparation	
C	Accidental transfer of bacteria or allergens	
D	Cooking food properly	

Question 2

Which of the following should be kept separate to prevent the spread of bacteria?

(Please tick the appropriate box)

A	Different types of food	
B	Kitchen and serving utensils	
C	Cleaning supplies	
D	Cooking appliances	

Question 3

Identify the order of the steps to correct handwashing. Step 3 has been identified for you.

	Rinse off the soap with clean water and dry your hands thoroughly on a disposable towel.
	Rub the palm of one hand along the back of the other and along the fingers. Repeat with the other hand. Put your palms together with fingers interlocked and rub in between each of the fingers thoroughly.
	Wet your hands thoroughly under warm running water and squirt liquid soap onto your palm. Rub your hands together palm to palm to make a lather.
	Turn off the tap with the towel and then throw the towel away.
3	Rub around your thumbs on each hand and then rub the fingertips of each hand against your palms.

Question 4

List 3 things which could indicate the presence of pests.

Question 5

To ensure the prevention of bacterial cross-contamination, which items below must not be stored together?

(Please tick the appropriate box)

A	Tableware	
B	Cleaning products	
C	Electrical devices	
D	Raw-meat and ready-to-eat foods	

Question 6

What is the minimum period, after an illness, when it is safe for a kitchen worker to return to work?

(Please tick the appropriate box)

A	One shift after symptoms have stopped	
B	24 hours after symptoms have stopped	
C	48 hours after symptoms have stopped	
D	1 week after symptoms have stopped	

Question 7

Describe the three steps that should be used when cleaning a work surface.

Question 8

Why is it important to chill food as soon as possible?

(Please tick the appropriate box)

A	It keeps the kitchen from getting messy	
B	It stops harmful bacteria from growing	
C	It makes the food taste better	
D	It makes the food smell better	

Question 9

List 2 ways you can speed up the process of cooling down large pans of food.

Question 10

How can you check that food is cooked thoroughly?

*(Please tick **all** the appropriate boxes)*

A	Use a food thermometer	
B	Taste a section of it	
C	Cut into the thickest part and check for steam and clear juices	
D	Use your best guess based on experience	
E	Check for bubbles and steam if it is a sauce or soup	
F	Smell it	
G	Touch it to see if it is hot	

Question 11

What is a food allergy?

(Please tick the appropriate box)

A	A food allergy is what happens when you overeat	
B	A food allergy is an abnormal response to a particular food	
C	A food allergy occurs when exposed to sunlight	
D	A food allergy is a reaction to spicy food	

Question 12

List some of the most common types of food allergies.

Question 13

Which of the following meat is **NOT** eaten as part of a Halal diet?

(Please tick the appropriate box)

A	Chicken	
B	Fish	
C	Pork	
D	Beef	

Question 14

Name 3 steps you could take to support people with special dietary requirements.

Question 15

What steps could you take to prevent cross-contamination of food allergens?

Episode 2

Question 1

List 5 personal hygiene essentials that should be followed when working in food preparation (personal hygiene refers to your body and clothing).

Question 2

In which part of the fridge should the following foods be kept?

Salad and Fruit	
Raw Meat	
Cream Cakes	
Cooked Meat	
Raw Fish	
Ready to Eat Food	

Question 3

Why is it wrong to store food in a fridge before it has cooled down?

(Please tick the appropriate box)

A	It will affect the appearance of the food	
B	It will ruin the taste	
C	It will be harder to reheat	
D	It can raise the temperature of the fridge and other food	

Question 4

What is the best way to defrost meat safely?

(Please tick the appropriate box)

A	In a microwave or fridge	
B	On the hob at high temperature	
C	In the oven at a high temperature	
D	Left out at room temperature	

Question 5

List 5 'C's' of food safety.

Learning Evaluation

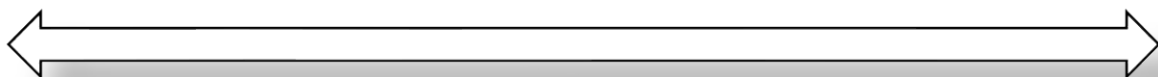
Comment on the three most important things you have learned in this course

Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of **'Food Hygiene'**?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

Statement of Authenticity

Candidate Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your centre.

Candidate Prison Number:

.....

Centre confirmation authenticity

I confirm that the above-mentioned candidate, to the best of my knowledge, is the sole author of this completed answer book.

Staff Name: **Signed:**.....

Date:



Stretch and Challenge (.....or just for fun!)

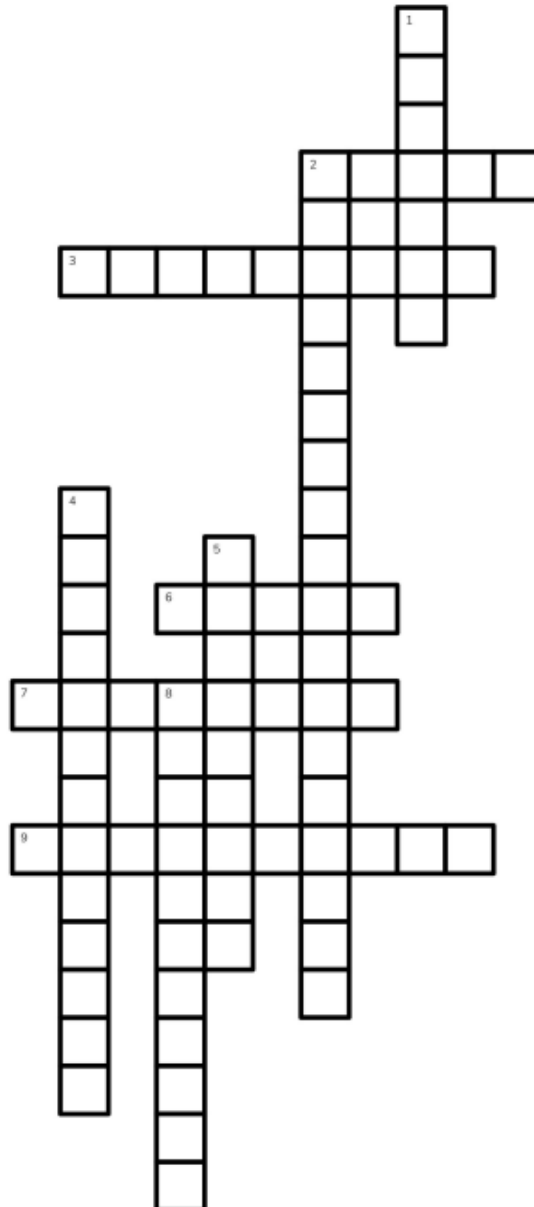
Food Hygiene

Across

2. The act of keeping food at a low temperature to prevent bacterial growth.
3. Illnesses caused by consuming contaminated food or drinks.
6. The state of being free from dirt, germs, and impurities.
7. Microscopic organisms that can cause foodborne illnesses if present in food.
9. The act of examining food establishments to ensure compliance with safety regulations.

Down

1. The practice of maintaining cleanliness and preventing the spread of germs.
2. The transfer of harmful bacteria from one food to another.
4. The presence of harmful substances or bacteria in food or drinks.
5. Substances that can cause an allergic reaction in some individuals.
8. The degree of hotness or coldness of food that affects its safety.



Stretch and Challenge (.....or just for fun!)

Food Hygiene

S	E	N	E	I	G	Y	H	L	R	S	L	E	O
A	L	L	E	R	G	Y	I	O	F	S	L	N	Y
I	G	O	L	N	A	L	L	I	H	C	O	S	D
Y	T	E	F	A	S	C	D	I	E	T	A	R	Y
A	B	H	A	N	D	W	A	S	H	I	N	G	B
H	B	O	T	E	T	S	N	G	R	G	O	O	I
O	I	R	I	S	O	A	P	E	I	H	G	S	R
T	I	L	A	L	E	E	T	O	A	E	G	L	N
E	E	A	T	C	I	C	L	E	A	S	R	G	E
A	A	C	L	E	A	N	L	I	N	E	S	S	A
I	O	H	E	B	I	L	G	E	F	L	T	T	L
I	N	A	E	I	T	T	I	C	O	O	K	E	L
N	O	I	B	A	N	S	T	O	R	A	G	E	B
E	C	O	N	T	A	M	I	N	A	T	I	O	N

COOK
SOAP
CONTAMINATION
CLEANLINESS
BOILING
BACTERIA
SAFETY
DIETARY
ALLERGY
CHILL

Find three more words within the puzzle that are not listed.

Further Reading



1. "Starting a Home-Based Business: Everything You Need to Know to Turn Your Kitchen into a Successful Business" by Mimi Shotland Fix, 2021.
2. "Food Safety Management: A Practical Guide for the Food Industry" by Yasmine Motarjemi, 2019.
3. "The Complete Food Hygiene Handbook: A Comprehensive Guide to HACCP and Food Safety" by Ron Kill, 2020.
4. "Food Hygiene and Safety: A Comprehensive Guide" by Richard Sprenger 2020.

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Course Feedback – Food Hygiene

We value your feedback.

Please rate each aspect on the scale below:



1. The quality, style and tone of the videos.

1 2 3 4 5 6 7 8 9 10

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Low

High

2. The clarity of the answer book.

1 2 3 4 5 6 7 8 9 10

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Low

High

3. Your ability to understand the course content.

1 2 3 4 5 6 7 8 9 10

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Low

High

4. Your enjoyment of this course.

1 2 3 4 5 6 7 8 9 10

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Low

High

General Feedback

