

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Adv Certificate in HACCP Management & Dietary Nutrition

Practitioner Level



LAPT — London Academy of Professional Training

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Reference FD-FSN-P • Culinary Centres

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AT A GLANCE

REFERENCE	FD-FSN-P
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Advanced Nutrition Science

5 chapters · 30 classes 90 marks

• 1 Macronutrients and Their Functionality in Human Health — 6 classes

› 1.1 Understanding Macronutrients: Overview and Importance

› 1.2 Exploring Carbohydrates: Role and Sources in Diet

› 1.3 Unpacking Proteins: Functions and Dietary Requirements

› 1.4 Analyzing Fats: Health Implications and Essential Types

› 1.5 Examining the Impact of Macronutrients on Metabolism

› 1.6 Applying Knowledge: Balancing Macronutrients for Optimal Health

• 2 Micronutrients: Vitamins and Minerals in Nutritional Science — 6 classes

› 2.1 Understanding the Role of Micronutrients in Health

› 2.2 Exploring Essential Vitamins: Functions and Sources

› 2.3 Examining Key Minerals: Roles and Dietary Sources

› 2.4 Analyzing the Impact of Vitamin Deficiencies

› 2.5 Investigating Mineral Deficiency and Toxicity

› 2.6 Applying Nutrition Science to Develop Balanced Diets

• 3 Nutrition and Metabolism: Biochemical Pathways — 6 classes

› 3.1 Exploring Macronutrients and Their Metabolic Roles

› 3.2 Understanding Micronutrient Absorption and Transport

› 3.3 Decoding Carbohydrate Metabolism Pathways

› 3.4 Analyzing Lipid Metabolism and Energy Utilization

› 3.5 Investigating Protein Metabolism and Nitrogen Balance

› 3.6 Integrating Metabolic Pathways for Optimal Nutrition

• 4 Advanced Nutritional Strategies for Disease Prevention — 6 classes

› 4.1 Exploring Key Nutrients in Disease Prevention

› 4.2 Analyzing the Impact of Micronutrients on Health

› 4.3 Understanding the Role of Antioxidants in Reducing Disease Risk

› 4.4 Integrating Probiotics into Nutritional Planning

› 4.5 Evaluating Functional Foods for Preventative Health

› 4.6 Applying Dietary Strategies for Chronic Disease Mitigation

• 5 Current Research and Trends in Nutrition Science — 6 classes

› 5.1 Exploring Emerging Dietary Trends

› 5.2 Analyzing Recent Research in Microbiome Health

› 5.3 Understanding the Impact of Plant-Based Diets

› 5.4 Examining Nutrigenomics: Personalized Nutrition

› 5.5 Evaluating Functional Foods and Their Benefits

› 5.6 Applying Research Insights to Dietary Guidelines

• 1 Understanding the Principles of Dietary Nutrition — 6 classes

- › 1.1 Exploring Macronutrients: Carbohydrates, Proteins, and Fats
- › 1.2 Investigating Micronutrients: Vitamins and Minerals
- › 1.3 Understanding Energy Balance and Metabolism
- › 1.4 Analyzing Daily Nutritional Requirements
- › 1.5 Evaluating Dietary Guidelines and Recommendations
- › 1.6 Applying Nutritional Knowledge to Meal Planning

• 2 Nutritional Requirements Across Different Life Stages — 6 classes

- › 2.1 Understanding Nutritional Needs for Infants and Toddlers
- › 2.2 Exploring Nutritional Requirements for Children and Adolescents
- › 2.3 Analyzing Dietary Needs During Pregnancy and Lactation
- › 2.4 Examining Nutritional Considerations for Adults
- › 2.5 Investigating Nutrient Requirements for Elderly Populations
- › 2.6 Applying Nutritional Planning Across Life Stages

• 3 Dietary Planning for Health Optimization — 6 classes

- › 3.1 Understanding Nutritional Requirements for Health
- › 3.2 Identifying Key Nutrients and Their Functions
- › 3.3 Evaluating Dietary Intake: Tools and Techniques
- › 3.4 Designing Balanced Meal Plans for Optimal Health
- › 3.5 Analyzing Dietary Patterns and Lifestyle Factors
- › 3.6 Applying Dietary Modifications for Specific Health Goals

• 4 Analyzing Nutritional Content in Food Products — 6 classes

- › 4.1 Understanding Macronutrients: Proteins, Fats, and Carbohydrates
- › 4.2 Exploring Micronutrients: Vitamins and Minerals
- › 4.3 Analyzing Nutritional Labels: Identifying Key Information
- › 4.4 Calculating Caloric Content: Methods and Tools
- › 4.5 Evaluating Food Product Ingredients: Making Healthier Choices
- › 4.6 Assessing Nutritional Quality: Applying Analysis to Dietary Planning

• 5 Implementing and Monitoring dietary adjustments — 6 classes

- › 6.1 Understanding the Need for Dietary Adjustments
- › 6.2 Identifying Nutritional Deficiencies and Excesses
- › 6.3 Designing Effective Dietary Adjustments
- › 6.4 Implementing Dietary Changes in Food Service
- › 6.5 Monitoring and Reviewing Dietary Impact
- › 6.6 Analyzing Outcomes and Refining Adjustments

• 1 Foundations of Food Hygiene and Safety — 6 classes

- › 1.1 Understanding the Basics of Food Hygiene
- › 1.2 Identifying Common Food Safety Hazards
- › 1.3 Exploring the Importance of Personal Hygiene in Food Safety
- › 1.4 Implementing Proper Food Storage and Temperature Controls
- › 1.5 Analyzing Cross-Contamination Prevention Techniques
- › 1.6 Applying Effective Cleaning and Sanitization Procedures

• 2 Understanding Contaminants and Foodborne Illnesses — 6 classes

- › 2.1 Identifying Common Food Contaminants
- › 2.2 Understanding the Sources of Contamination
- › 2.3 Exploring the Impact of Foodborne Pathogens
- › 2.4 Analyzing Symptoms and Diagnosis of Foodborne Illnesses
- › 2.5 Preventing Contamination through Hygiene Practices
- › 2.6 Implementing Safety Protocols to Minimize Foodborne Risks

• 3 Hygiene Protocols and Best Practices for Food Handlers — 6 classes

- › 3.1 Understanding the Basics of Food Hygiene
- › 3.2 Implementing Personal Hygiene Practices
- › 3.3 Mastering Proper Handwashing Techniques
- › 3.4 Identifying Cross-Contamination Risks
- › 3.5 Utilizing Correct Cleaning and Sanitizing Procedures
- › 3.6 Applying Best Practices in Food Storage and Handling

• 4 Implementing Cleaning and Sanitation Procedures — 6 classes

- › 4.1 Understanding the Importance of Cleaning and Sanitation
- › 4.2 Differentiating Between Cleaning and Sanitation
- › 4.3 Identifying Common Contaminants in Food Environments
- › 4.4 Demonstrating Effective Cleaning Techniques for Food Safety
- › 4.5 Implementing Sanitation Protocols in Food Handling Areas
- › 4.6 Evaluating Cleaning and Sanitation Procedures for Compliance

• 5 Advanced HACCP Systems and Safety Auditing — 6 classes

- › 5.1 Understanding the Fundamentals of HACCP Systems
- › 5.2 Identifying and Managing Critical Control Points
- › 5.3 Conducting a Hazard Analysis Effectively
- › 5.4 Implementing Monitoring Procedures for Safety
- › 5.5 Corrective Actions: Developing Effective Responses
- › 5.6 Evaluating and Auditing HACCP Systems for Compliance

• 1 Understanding the Fundamentals of HACCP — 6 classes

- › 1.1 Exploring the Origins and Importance of HACCP
- › 1.2 Identifying the Seven Key Principles of HACCP
- › 1.3 Analyzing Critical Control Points in Food Safety
- › 1.4 Developing Effective HACCP Plans
- › 1.5 Implementing Monitoring Procedures
- › 1.6 Reviewing and Validating HACCP Systems

• 2 Hazard Analysis Techniques and Applications — 6 classes

- › 2.1 Understanding Hazard Analysis in Food Safety
- › 2.2 Identifying Biological, Chemical, and Physical Hazards
- › 2.3 Conducting a Hazard Analysis: Tools and Techniques
- › 2.4 Evaluating the Severity of Food Safety Hazards
- › 2.5 Developing Control Measures for Detected Hazards
- › 2.6 Applying Hazard Analysis Techniques in Real-World Scenarios

• 3 Critical Control Point Identification and Implementation — 6 classes

- › 3.1 Understanding Critical Control Points in Food Safety
- › 3.2 Identifying Hazards Requiring Critical Control Points
- › 3.3 Establishing Critical Limits for Control Points
- › 3.4 Monitoring Techniques for Critical Control Points
- › 3.5 Developing Corrective Actions for CCP Deviations
- › 3.6 Implementing and Verifying CCP Effectiveness

• 4 Validation and Verification of HACCP Systems — 6 classes

- › 4.1 Understanding the Concepts of Validation and Verification
- › 4.2 Differentiating Between Validation and Verification Processes
- › 4.3 Implementing Effective Validation Procedures in HACCP Systems
- › 4.4 Conducting Regular Verification Activities for HACCP Compliance
- › 4.5 Analyzing Data from HACCP Validation and Verification
- › 4.6 Enhancing HACCP Systems Based on Validation and Verification Findings

• 5 Continuous Improvement and Adaptation in HACCP — 6 classes

- › 5.1 Understanding Continuous Improvement in HACCP
- › 5.2 Identifying Opportunities for HACCP Adaptation
- › 5.3 Analyzing HACCP Feedback Mechanisms
- › 5.4 Implementing Change in HACCP Procedures
- › 5.5 Monitoring and Evaluating HACCP Revisions
- › 5.6 Leveraging Technology for HACCP Adaptation

• 1 Understanding HACCP Principles and Preliminary Steps — 6 classes

- › 1.1 Exploring the Fundamentals of HACCP
- › 1.2 Identifying Critical Control Points in Food Safety
- › 1.3 Conducting a Thorough Hazard Analysis
- › 1.4 Establishing Critical Limits and Their Importance
- › 1.5 Implementing Monitoring Procedures for CCPs
- › 1.6 Developing Corrective Actions and Documentation Strategies

• 2 Conducting Hazard Analysis and Identifying Critical Control Points (CCPs) — 6 classes

- › 2.1 Understanding Hazard Types in Food Safety
- › 2.2 Assessing Risks: Evaluating Severity and Likelihood
- › 2.3 Identifying Critical Control Points in Food Processes
- › 2.4 Analyzing Control Measures to Mitigate Hazards
- › 2.5 Mapping the Flow Diagram for Hazard Analysis
- › 2.6 Developing Action Plans for CCP Monitoring and Verification

• 3 Establishing Critical Limits, Monitoring, and Corrective Actions — 6 classes

- › 3.1 Understanding Critical Limits in HACCP Systems
- › 3.2 Identifying Critical Control Points and Limits
- › 3.3 Establishing Effective Monitoring Procedures
- › 3.4 Developing Corrective Actions in HACCP
- › 3.5 Implementing and Documenting Monitoring Actions
- › 3.6 Evaluating and Adjusting HACCP Plans

• 4 Verification Procedures and Record Keeping — 6 classes

- › 4.1 Understanding Verification in HACCP
- › 4.2 Identifying Key Verification Activities
- › 4.3 Designing Effective Record Keeping Systems
- › 4.4 Analyzing Verification Results for Continuous Improvement
- › 4.5 Implementing Effective Record Keeping Practices
- › 4.6 Integrating Verification with Overall HACCP Plans

• 5 Practical Implementation and Continuous Improvement of HACCP Systems — 6 classes

- › 5.1 Understanding HACCP System Fundamentals
- › 5.2 Conducting a Hazard Analysis
- › 5.3 Developing Critical Control Points
- › 5.4 Implementing Monitoring Procedures
- › 5.5 Evaluating Corrective Actions
- › 5.6 Driving Continuous Improvement in HACCP Systems

• 1 Fundamentals of Risk Assessment in Food Safety — 6 classes

- › 1.1 Understanding Risk in Food Safety: Key Concepts and Definitions
- › 1.2 Identifying Hazards: Biological, Chemical, and Physical Risks
- › 1.3 Analyzing Risk: Assessing Likelihood and Severity
- › 1.4 Evaluating Risk: Determining Acceptable Levels of Safety
- › 1.5 Implementing Control Measures: Strategies to Mitigate Risks
- › 1.6 Monitoring and Reviewing Risk: Continuous Improvement in Food Safety

• 2 Identifying Biological, Chemical, and Physical Hazards — 6 classes

- › 2.1 Understanding Biological Hazards in Food Safety
- › 2.2 Identifying Common Chemical Hazards in Food Production
- › 2.3 Recognizing Physical Hazards in Food Environments
- › 2.4 Assessing the Impact of Hazard Contamination on Health
- › 2.5 Implementing Hazard Identification Techniques in Practice
- › 2.6 Evaluating Control Measures for Food Safety Hazards

• 3 Risk Analysis Methodologies and Models — 6 classes

- › 3.1 Understanding Risk Analysis in Food Safety
- › 3.2 Exploring Hazard Identification Techniques
- › 3.3 Applying Risk Assessment Models
- › 3.4 Evaluating Risk Management Strategies
- › 3.5 Comparing Qualitative and Quantitative Risk Assessment
- › 3.6 Implementing Risk Communication Practices

• 4 Implementing Risk Control Measures — 6 classes

- › 4.1 Understanding Risk Control Measures in Food Safety
- › 4.2 Identifying Critical Control Points in Food Processing
- › 4.3 Developing Effective Risk Control Strategies
- › 4.4 Implementing Preventative Measures to Mitigate Risks
- › 4.5 Monitoring and Evaluating Risk Control Effectiveness
- › 4.6 Adjusting and Improving Risk Control Measures

• 5 Monitoring, Verification, and Review of Risk Assessments — 6 classes

- › 5.1 Understanding the Basics of Risk Assessment in Food Safety
- › 5.2 Identifying Key Monitoring Parameters
- › 5.3 Implementing Effective Monitoring Techniques
- › 5.4 Performing Verification Activities to Ensure Compliance
- › 5.5 Reviewing Risk Assessments for Continuous Improvement
- › 5.6 Applying Best Practices in Risk Assessment Review and Adjustment