LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Intro to Food Hygiene & Healthy Eating Basics

Workshop Level

LAPT — London Academy of Professional Training

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Reference FD-FSN-W • Culinary Centres (old)

UKPRN 10067351 • Registered in England and Wales, company 4984798

6	18	72	440	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

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

CURRICULUM

1 Why Food Safety Matters

3 chapters · 12 classes · 65 marks

- **1 Understanding Food Poisoning** — 4 classes
  - 1.1 What Food Poisoning Is
  - 1.2 Common Germs Found in Food
  - 1.3 Signs and Symptoms to Recognise
  - 1.4 How Germs Multiply in Food
- **2 Who Is at Risk** — 4 classes
  - 2.1 Customers Who Are Most Vulnerable
  - 2.2 Young Children and Older Adults
  - 2.3 Pregnancy and Weak Immunity
  - 2.4 Why Small Mistakes Cause Big Harm
- **3 The Cost to a Business** — 4 classes
  - 3.1 Lost Customers and Bad Reputation
  - 3.2 Fines, Closure and Legal Duties
  - 3.3 The Food Handler's Role in Safety
  - 3.4 Simple Rules to Follow Every Day

2 Hands, Clothing and Personal Cleanliness

3 chapters · 12 classes · 65 marks

- **1 Handwashing Done Right** — 4 classes
  - 1.1 Why Hands Spread Germs
  - 1.2 The Six Steps of Handwashing
  - 1.3 When to Wash Your Hands
  - 1.4 Drying Hands and Using Sanitiser
- **2 Clothing and Appearance** — 4 classes
  - 2.1 Clean Uniforms and Aprons
  - 2.2 Hair, Beards and Headwear
  - 2.3 Jewellery, Nails and Plasters
  - 2.4 Changing Rooms and Personal Belongings
- **3 Illness and Reporting** — 4 classes
  - 3.1 Symptoms That Mean Stay Away
  - 3.2 Telling Your Supervisor Promptly
  - 3.3 Returning to Work After Illness
  - 3.4 Cuts, Boils and Skin Problems

3 Keeping Food at Safe Temperatures

3 chapters · 12 classes · 65 marks

- **1 Cold Storage Basics** — 4 classes
  - 1.1 Fridge Temperature Basics
  - 1.2 Packing a Fridge Correctly
  - 1.3 Freezers and Frozen Food
  - 1.4 Receiving Deliveries Safely
- **2 Cooking and Hot Holding** — 4 classes
  - 2.1 Safe Cooking Temperatures
  - 2.2 Using a Probe Thermometer
  - 2.3 Hot Holding and Serving
  - 2.4 Reheating Food Safely
- **3 Cooling and the Danger Zone** — 4 classes
  - 3.1 The Temperature Danger Zone
  - 3.2 Cooling Cooked Food Quickly
  - 3.3 Defrosting Food Safely
  - 3.4 Keeping Simple Temperature Records

4 Cross-Contamination and Allergens in Brief

3 chapters · 12 classes · 65 marks

- **1 Cross-Contamination Basics** — 4 classes
  - 1.1 What Cross-Contamination Means
  - 1.2 Raw Versus Ready-to-Eat Foods
  - 1.3 Hands, Cloths and Surfaces as Carriers
  - 1.4 Colour-Coded Boards and Knives
- **2 Keeping Foods Apart** — 4 classes
  - 2.1 Storing Raw Food Below Cooked
  - 2.2 Separate Preparation Areas
  - 2.3 Handling Raw Meat and Eggs
  - 2.4 Washing Fruit and Vegetables
- **3 Allergens in Brief** — 4 classes
  - 3.1 The Main Food Allergens
  - 3.2 Reading Labels and Recipes for Allergens
  - 3.3 Preventing Allergen Mix-Ups
  - 3.4 Responding to an Allergic Reaction

5 Cleaning and Pest Awareness

3 chapters · 12 classes · 90 marks

- **1 Cleaning Basics** — 4 classes
  - 1.1 Cleaning Versus Disinfecting
  - 1.2 Cleaning Chemicals and Safe Use
  - 1.3 Four Steps to Clean a Surface
  - 1.4 Cleaning Cloths and Equipment
- **2 Routine Kitchen Cleaning** — 4 classes
  - 2.1 Daily and Weekly Cleaning Plans
  - 2.2 Cleaning as You Go
  - 2.3 Washing Up by Hand and Machine
  - 2.4 Waste and Bin Management
- **3 Pest Awareness** — 4 classes
  - 3.1 Common Pests in Food Areas
  - 3.2 Spotting the Signs of Pests
  - 3.3 Keeping Pests Out
  - 3.4 Reporting a Pest Problem

6 A Balanced Plate

3 chapters · 12 classes · 90 marks

- **1 The Food Groups** — 4 classes
  - 1.1 Carbohydrates and Energy
  - 1.2 Protein and Body Building
  - 1.3 Fruit and Vegetables
  - 1.4 Dairy, Fats and Sugars
- **2 Portions and Plate Planning** — 4 classes
  - 2.1 Understanding the Plate Model
  - 2.2 Sensible Portion Sizes
  - 2.3 Reading Nutrition Labels
  - 2.4 Planning a Simple Balanced Meal
- **3 Healthy Eating Habits** — 4 classes
  - 3.1 Drinking Enough Water
  - 3.2 Cutting Down Salt, Sugar and Fat
  - 3.3 Healthier Cooking Methods
  - 3.4 Eating Well on a Budget