



This course is a composite of my top-level food safety training course (Safe and Suitable – Level 3) plus additional lessons covering topics specific to preparing and serving food to those that have vulnerabilities such as compromised immunity, chronically ill and the frail elderly.

This course will provide Care Home staff and/or those providing food for vulnerable people with a comprehensive theoretical training in Food Safety and Suitability and should be more than sufficient to satisfy the requirements of your verifier.

SECTION 1

The Basics

Welcome to “The Key to Success”

In this free introduction I will explain the changes to food laws in New Zealand and how you can achieve the legal requirement to provide “Safe and Suitable Food”.

Meanings of Food Poisoning/Infections and Food Safety/Suitability

In this lesson you will learn some of the terms used in food safety and food illnesses and how they can occur plus also understand the differences between food safety and food suitability.

Food Safety Aims and Cost/Benefits

In this lesson we will focus on the aim of food safety and look at the benefits of good food safety as opposed to the costs of poor food safety.

Bugs and Food Infections

In this lesson you will learn about the different types of bugs and how they can grow in food to cause infection and food poisoning.

Stopping Food Infections

In this lesson you will learn about the food infection chain that creates food safety risks and how you can break that chain

Risk Based Measures

In this lesson you will learn what risk based measures are and how this system evolved thanks to NASA during their race to the moon!

SECTION 2

Risk Management Practices

Health and Hygiene

In this lesson you will learn all about hygiene and how we can reduce the risk of us carrying dangerous bugs onto food and when we should not be handling food when we are sick ourselves.

Being “Fit for Purpose”

In this lesson you will learn how to ensure that the places we use to make food are suitable for the job and includes food equipment and water supply.

Cleaning and Sanitising

In this lesson you will learn how to clean premises and equipment effectively and efficiently.

Vermin, Pests and Pets

In this lesson you will learn about the different types of pests and vermin that put your food at risk and also some information on things like ‘Cat Cafes’.

Sourcing and Receiving Food

In this lesson you will learn how and why you need to make sure that you control food supplies coming in and we will look at some different food types and their risks.

Product Risks

In this lesson we will go more fully into the different food risk types and include allergens and foods some people are intolerant to.

Packaging, Labelling and Wholesaling

In this lesson you will learn about packaging and labelling your food, how to determine shelf life (use by and best before dates) and also about wholesaling.

Safe Food Storage

In this lesson you will learn about the different types of storage from dry goods to frozen and the importance of temperature control for potentially hazardous foods.

Hazards and Cooking

In this lesson you will learn about avoiding food hazards when cooking, cooling and reheating food. Also find links to other specialist topics in the Simply Safe and Suitable template Food Control Plan. Transporting, Catering and Customer Self-Service

In this lesson you will learn all about managing food safety risks when transporting food and off-site catering and markets. Also how to display food safely including where customers select the food themselves.

SECTION 3

Special Considerations for Residential Care Homes

Texture Modified Foods, Supplements and Shakes

To make sure textured foods, nutritional supplements and shakes are prepared and stored safely and do not become contaminated by harmful bugs.

Fresh Produce (Fruit and Vegetables)

In a Care Home situation it is important to ensure hygienic handling and serving of fruit and vegetables as these can transmit germs sufficiently to cause harm in vulnerable people. Sanitising ready-to-eat fruit and vegetables is an important consideration.

Listeria and it's Management

Listeria management is a critical issue in all food manufacturing processes that involve the production ready to eat potentially hazardous foods (eg delicatessen foods, raw fruits and vegetables, unpasteurised dairy products).

Where such foods are served to people with vulnerabilities you need to be extra vigilante to ensure such ready-to-eat foods are safe.

Bugs that Survive Cooking

There are some bad bugs that are able to form shells around themselves as a survival -mode. Because they may not be killed with cooking, when the food cools down they may multiply to sufficient numbers to cause illness.

Campylobacter

Campylobacter gastroenteritis is one of the most common food-borne illnesses in the world including New Zealand

Raw meats are often source of infection (particularly chicken) so avoiding cross-contamination and cooking raw food safely is essential to avoid any incidence of this disease

Noro Viruses

In this lesson we are going to learn about one of the most common 'tummy bug' infections that can affect any institutional type of place including Residential Care Homes

Although not strictly a food poisoning disease the way the virus is spread means that cross-infection involving food can be a significant cause of spreading the disease

SECTION 4

Record Keeping

Why Records are Essential

In this lesson you will learn how and why you need to keep records of your food safety practices. Keeping records is often misunderstood by food businesses but you will see how important they can be when you need them the most.

Complaints, When Things go Wrong and Recalls

In this lesson you will learn what to do when things go wrong, or you have a customer complaint. Also learn about how to trace and recall food if you need to.

SECTION 5

Revision

Safe Food Essentials

This is a revision lesson that covers all the main points you have learned when doing this course. You also may pick up something you missed!

Take Home Message

Here you are at the finish line!

Well done – you deserve it.

See how to complete the course to get your well-earned certificate of achievement.