



This is my 'flagship' course that provides a really thorough understanding of how to achieve food safety and suitability.

It is suitable for all types of food activities including those in the higher risk food sectors such as those registered food businesses using Food Control Plans (both custom and templated) and also higher risk activities of National Programmes.

This course will provide students/staff 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

#### **Preliminaries – 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”.

#### **Purpose 1 – Meanings of Food Poisoning/Illnesses 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.

#### **Purpose 2 – 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.

#### **Principles 1 – Bugs and Food Illnesses**

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

#### **Principles 2 – Stopping Food Illnesses**

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

#### **Programmes – 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

#### **People – 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.

#### **Places 1 – 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.

#### **Places 2 – Cleaning and Sanitising**

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

#### **Places 3 – 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’.

#### **Products 1 – 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.

#### **Products 2 – 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.

#### **Products 3 – 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.

#### **Processes 1 – 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.

#### **Processes 2 – 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.

#### **Processes 3 – 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

### Record Keeping

#### **Paperwork 1 – 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.

#### **Paperwork 2 – 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 4

### Revision

#### **Postscript 1 – 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!

#### **Postscript 2 – 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.