



**"It's about making it your culture not just training"**

**“ทำให้เป็นวัฒนธรรมของคุณ ไม่ใช่เพียงการฝึกอบรม”**

Food Hygiene Asia works with resorts, restaurants and businesses delivering training and support to improve food handlers' safety awareness, to reduce guest complaints and to reduce staff sick leave all risen from food borne illness.



Our Food Hygiene Training focuses on heighten your staff's awareness and understanding of the importance of a hygienic workplace and working practices. Food poisoning is normally caused by negligence or ignorance a reduction in the high level of food borne illness cases will only be achieved by the education of food handlers.

Our Food Hygiene training is highly interactive using a variety of visual, oral, audio & games keeping participants interested, motivated and focused enhancing enjoyment and increasing their ability to remember and understand.



[www.facebook.com/foodhygieneasia](http://www.facebook.com/foodhygieneasia)

[www.foodhygieneasia.com](http://www.foodhygieneasia.com)

## **Food Hygiene Workshop**

### **(Level 2 Award in Food Safety)**

Visual, oral, audio, games and role play will be the key methodology used. The medium of instruction shall be in English and Thai. PowerPoint presentation and workbook in both English & Thai languages.



- After attending this workshop your team will understand why and can be held accountable for performing the following:-
- Labeling and dating food - All food must be labeled as to what it is and when it was produced.
  - Proper storage of food items, i.e. cooked food on top raw food on the bottom
  - Proper defrosting practices. - Defrosted in the refrigerator or Under cool running water
  - Proper cooling techniques.
  - Proper reheating techniques
  - The difference between cleaning and sanitizing
  - How cross contamination happens and what are the risks

[info@foodhygieneasia.com](mailto:info@foodhygieneasia.com)

# Our training spends more time ‘doing’ and less time ‘listening’

การฝึกอบรมของเราใช้เวลา “ทำ” มากขึ้น และใช้เวลา “ฟัง” น้อยลง

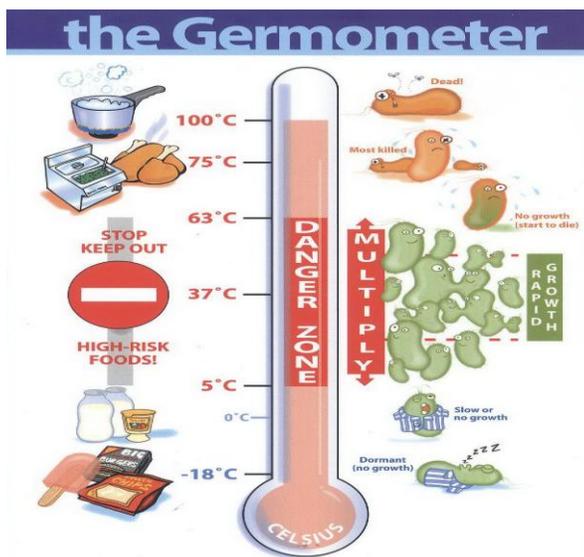
## Course Content

### A. Food Poisoning

Explain what is meant by the terms “food hygiene”, “food poisoning”, “foodborne disease” and “contamination”;  
Describe the symptoms of food poisoning;  
State the causes of food poisoning;  
List sources of bacteria which cause food poisoning and the ways in which bacteria are transferred to foods;  
Define and give examples of high-risk foods.

### B. Bacteriology

Explain what bacteria and other microorganisms are and where they are to be found;  
Explain the process by which bacteria reproduce and its timescale.  
State the difference between pathogenic and spoilage bacteria.



### C. Prevention of Contamination and Food poisoning

Explain the role of temperature in the control of bacteria;  
Explain the importance of correct handling, preparation, cooling and processing of food;  
Explain the importance of stock rotation in preventing food poisoning and spoilage.  
Give examples of common food contaminants.

[info@foodhygieneasia.com](mailto:info@foodhygieneasia.com)

[www.foodhygieneasia.com](http://www.foodhygieneasia.com)

### D. Personal Hygiene

The importance of personal hygiene;  
Describe the sources of contamination from injuries, personal clothing or habits and how risks can be eliminated;  
Explain the risks associated with food being handled by carriers of, or sufferers from, food poisoning or food-borne diseases;  
The importance of correct / regular hand-washing.

#### **MISSED SPOTS WHEN HAND-WASHING**



■ MOST FREQUENTLY MISSED  
■ LESS FREQUENTLY MISSED  
■ NOT MISSED

### E. Cleaning and Disinfection

Understanding the need for and methods of achieving high standards of cleanliness.

#### **Course Materials & Assessment**

Throughout the workshop the participants will complete their Food Hygiene Asia handbook.

Each participant is also given a Food Hygiene Asia Puzzle book to reinforce their understanding and aid their memory long after the workshop has finished.

- Throughout each session participants will be asked questions to check understanding.
- After each break and at regular intervals throughout the workshop we look back to clarify and check understanding.
- At the end of the workshop this will be a 50 question multiple choice closed book test to check and ensure understanding of the course content with a pass requirement of 75% or higher.