

National Unit Specification: general information

UNIT Food Hygiene Elementary (Intermediate 1)

NUMBER DC0K 10

COURSE Food Hygiene Practices - Elementary

SUMMARY

This unit enables candidates to develop appropriate knowledge and skills in the safe and hygienic handling of foods.

This unit provides the underpinning knowledge and principles of safe food hygiene practices which are broadly equivalent to those required for the REHIS Elementary Food Hygiene Course. Candidates who successfully achieve this unit can apply for the joint certificate in Food Hygiene Practices – Elementary awarded by SQA and Royal Environmental Health Institute for Scotland (REHIS).

OUTCOMES

- 1 Identify appropriate hygiene and food handling practices.
- 2 Use appropriate measures to prevent contamination of food and destroy bacteria.
- 3 Identify the reasons for taking appropriate measures to prevent outbreak of food illnesses
- 4 Explain how effective design and maintenance of premises and equipment and pest control contribute to good standards of hygiene practices.
- 5 Identify the implications of current food hygiene regulations.

RECOMMENDED ENTRY

Whilst entry is at the discretion of the centre, candidates would normally be expected to have attained one of the following:

- Standard Grade at Foundation Level in a relevant subject area.
- REHIS Introduction to Food Hygiene Course

Administrative Information

Superclass: NH

Publication date: August 2015

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Version: 02

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The unit is also suitable for new starts and adult returners to education with appropriate prior experience.

CREDIT VALUE

0.5 credit at Intermediate 1 (3 SCOTCAT points at SCQF level 4*).

**SCOTCAT points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

CORE SKILLS

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, publication code BA0906).

National Unit Specification: statement of standards

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Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Identify appropriate hygiene and food handling practices.

Performance criteria

- a) Appropriate hygiene terms are correctly defined.
- b) Appropriate personal and food hygiene practices can be identified and carried out before and during food processing and food handling.
- c) The personal hygiene habits and poor handling practices, which can expose food to the risk of contamination, are correctly identified.
- d) Reasons for cleaning and effective cleaning methods for equipment and utensils are correctly identified and carried out.

Evidence requirements

Written or recorded oral evidence of ten (10) multiple choice to ensure coverage of PCs. Candidates must achieve a score of 70% to be awarded a Pass.

OUTCOME 2

Use appropriate measures to prevent contamination of food and destroy bacteria.

Performance criteria

- a) The common sources of contamination of food are correctly identified.
- b) The main types of food contaminants (physical, chemical and microbial) are correctly identified.
- c) The main characteristics of bacteria and sources of bacterial contamination of foods are correctly identified.
- d) The conditions for the growth, multiplication and destruction of bacteria are correctly identified.
- e) The separation of raw materials and finished foods during preparation and processing of food are correctly carried out.
- f) The handling, storage, display and processing of food in terms of temperature, positioning and stock rotation are correctly carried out.
- g) The methods of food preservation are correctly identified.

Evidence requirements

Written or recorded oral evidence four (4) restricted response questions to ensure coverage of PCs. Candidates must achieve a score of 70% to be awarded a Pass.

National Unit Specification: statement of standards (cont)

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OUTCOME 3

Identify the reasons for taking appropriate measures to prevent outbreak of food illnesses.

Performance criteria

- a) Distinguish between food poisoning and food borne infection.
- b) The common bacterial and non-bacterial food poisoning and food borne infections are correctly identified.
- c) Control measures to prevent the outbreak of food poisoning and food borne infections are correctly described.

Evidence requirements

Written or portfolio evidence of three short case studies to ensure coverage of PCs. Candidates must achieve a score of 70% to be awarded a Pass.

OUTCOME 4

Explain how effective design and maintenance of premises and equipment and pest control contribute to good standards of hygiene practices.

Performance criteria

- a) The principle of effective design and maintenance of premises and equipment are correctly explained.
- b) The main food pests are correctly identified.
- c) Control measures to prevent pest infestation of food premises are correctly identified.

Evidence requirements

Written or recorded oral evidence ten (10) multiple choice questions to ensure coverage of PCs. Candidates must achieve a score of 70% to achieve a Pass.

OUTCOME 5

Identify the implications of current food hygiene regulations

Performance criteria

- (a) The social and financial consequences of non-compliance with the requirements of the food legislation are correctly outlined.
- (b) The importance of Hazard Analysis and Critical Control Point system in ensuring food safety is correctly identified.
- (c) The implications of the breaches of the food legislation are correctly identified.
- (d) The role of the authorized officer is correctly explained.

National Unit Specification: statement of standards (cont)

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Evidence requirements

Written or recorded oral evidence five (5) short answer questions to ensure coverage of PCs. Candidates must achieve a score of 70%.

EVIDENCE REQUIREMENTS FOR THE UNIT

For Outcomes 1 - 5 written and/or oral recorded evidence which demonstrates the candidate's achievement of all performance criteria.

PASS STATEMENT

A candidate must achieve an average score of 70% and above for all the outcomes to be awarded a Pass for the Unit.

National Unit Specification: support notes

UNIT Food Hygiene Elementary (Intermediate 1)

This part of the unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this unit is at the discretion of the centre, the notional design length is 20 hours.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

The assessment and delivery of this unit should be designed in such a way as to maximise coverage of the content/context detailed below.

Outcome 1

- The incidence of Food Poisoning in Scotland over the previous 10 years.
- Benefits of good standards of hygiene and implications of poor standard of hygiene.
- Definitions of terms: Food hygiene, food spoilage, food poisoning, food contamination, pathogenic bacteria, high risk food, toxin, carrier, case, persons at risk.
- Contaminants: physical, chemical microbiological and allergenic
- Separation of raw and cooked foods.
- High risk foods – store at chilling or refrigerated temperatures.
- Requirements of dry food storage: temperature, ventilation, lighting, storage facilities.
- Correct use of refrigerators, freezers, and display cabinets: temperature, positioning of raw and cooked food, defrosting and cleaning.
- Personal hygiene: hands, ears, mouth, hairs, cuts, skin infections, jewellery, perfume, protective clothing; personal habits – smoking, nail biting, coughing, sneezing.
- General health - including the potential dangers of carriers; reporting of illnesses in particular those with flu-like symptoms and gastroenteritis. The occasions when hands need to be washed.
- Appropriate stages and methods of cleaning, disinfection and rinsing for different utensils and equipment. Importance of water temperature. Correct use of cleaning agents, dilution, application, protective clothing and storage.
- Clean as you go.

Outcome 2

- How cross-contamination happens (routes) and vehicles of contamination e.g. hands, clothing and equipment, inadequate cleaning, hand-contact surfaces, food-contact surfaces.
- Physical contamination by foreign bodies (extraneous materials).

National Unit Specification: support notes (cont)

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- Sources of bacteria: soil, raw food, the person, dust and waste, animals, particularly insects, rodents and birds.
- General characteristics of bacteria: structure, shape and size.
- Requirements for growth - time, warmth and the "danger zone" of temperature, food and moisture, rate and method of multiplication (binary fission).
- Methods used to destroy bacteria within food – heat and chemicals.
- Preservation: low temperatures (chilling; refrigeration and deep freezing), high temperatures (pasteurisation, cooking, UHT, sterilisation/canning), dehydration (including salt and sugar), chemical (vinegar, preservatives, antioxidants, colourings and flavourings, emulsifiers and stabilisers). Packing, modified gas packaging.

Outcome 3

- Difference between useful bacteria, pathogens and food spoilage bacteria. Main types of bacterial food poisoning and food-borne infections: Salmonella, Listeria, Clostridium perfringens, Staphylococcus aureus, Bacillus cereus, Campylobacter, Clostridium botulinum, bacillary dysentery, Typhoid, Escherichia coli.
- Sources of food poisoning bacteria - raw food, the person, dust and waste, animals, particularly insects, rodents and birds.
- The general symptoms of food poisoning: diarrhoea, nausea, vomiting, dehydration and the degree of suffering caused by food poisoning.

Outcome 4

- Construction and design of food premises to prevent cross-contamination, work flow, personal hygiene facilities, cooking and reheating of food, refrigeration, cleaning, pest control, staff facilities, drainage, ventilation, lighting, storage and disposal of refuse.
- Surfaces of ceilings, walls, floors, windows, doors, food containers and transport.
- Pest control: food pests (rodents, insects and birds), signs of infestation of pests; habitat, environmental, physical and chemical control.
- Definition of: cleaning, disinfection, disinfectant, detergent, sanitiser/bactericidal detergent.
- Procedures for cleaning: machine and two sink methods of washing equipment (including temperatures for cleaning and disinfection).

National Unit Specification: support notes (cont)

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Outcome 5

The following should be covered in general terms.

- Food Safety Act 1990: Main requirements of The Food Safety Act 1990 –
- Regulation (EC) 852/2004
 - Construction and maintenance of premises and equipment
 - Food safety procedures and the implementation of HACCP based food safety management system
 - The training and supervision of food handlers
- The Food Hygiene (Scotland) Regulations 2006 –
 - Temperature controls
 - Role of authorised officers
- The General Food Regulations 2004
 - Food safety requirements
 - Misleading presentation of food
 - Traceability requirements
 - Requirement to withdraw unfit food
- EU Food Information for Consumer Regulation 1169/2011
 - Food information regulations 2014
- The Food Safety (General Food Hygiene) Regulations 1995 with regard to:
The responsibilities of the food handler,
Training of food handlers,
Improvement Notice, Emergency Prohibition Notice, Emergency Prohibition Order.
- The Food Safety (Temperature Control) Regulations 1995.
- The need to implement a Hazard Analysis System.
- Defence of Due Diligence.
- 'Use by' and 'best before' dates on food.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

It is advised that the unit should be delivered using a learner-centred and multi-mode and media approach. Teaching and learning activities should be contextualised to meet the learning needs of the candidates and the specific sector within the food industry.

Where appropriate, practical activities, compilation of a portfolio of evidence, industrial visits and integration with other practical-based food processing units should be used to promote authentic and effective learning

Reference can be made to the following resource:

The Food Hygiene Handbook for Scotland (The Royal Environmental Health Institute of Scotland)
ISBN 1 871912 87 3.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Outcome 1 may be assessed by ten (10) multiple choice questions to ensure coverage of the PCs.
The candidates must achieve 70% to be awarded a Pass.

Outcome 2 may be assessed by four (4) restricted response questions. The candidates must achieve 70% to be awarded a Pass.

Outcome 3 may be assessed by three (3) short case studies. The candidates must achieve 70% to be awarded a Pass.

Outcomes 4 may be assessed by ten (10) multiple choice questions to ensure coverage of the PCs. The candidates must achieve 70% to be awarded a Pass.

Outcome 5 may be assessed by five (5) short answer questions to cover the PCs. The candidates must achieve 70% to be awarded a Pass.

Note: For Outcomes 1, PCs (b and d); and 5, PC (b) undertaken as practical activities, they may be assessed by means of direct observation of the candidates performance when working in a food production/food service area and completion of a checklist by the teacher/lecturer on at least two separate occasions to record evidence of achievement of the PCs.

National Unit Specification: support notes (cont)

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SPECIAL NEEDS

This unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, publication code AA0645).

History of changes to Unit

| Version | Description of change | Date |
|----------------|--|-------------|
| 02 | Amendments have been made throughout in order to reflect the updated legislation and allergen information. | 14/08/2015 |
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