

# FOODTRAC Training Material Content

Maintain hygiene in food preparation, cooking and storage spaces

## Part 1 Into to Food Hygiene

- ★ Food-borne illnesses

## Part 2 Laws Around Food Hygiene

- ★ South African Food Safety Legislative Framework
- ★ Health and Safety Requirements of an organisation
- ★ South African Food Safety Regulations
- ★ Prohibition on the handling and storage of food (R638;4)
- ★ Standards and requirements for protective clothing (R638;9)
- ★ Duties of a food handler (R638;11)

## Part 3 Intro to Bacteria

- ★ Intro to pathogens and harmful bacteria
- ★ Food poisoning bacteria
- ★ What bacteria need
- ★ Quality of ingredients
- ★ What do bacteria need? How do bacteria spread?

## Part 4 Contamination

- ★ Prevention of contamination

## Part 5 Handling Food

- ★ How should food be handled to prevent infections?

## Part 6 Food Storage

- ★ Storage areas
- ★ Storage principles
- ★ Rules for fridges and freezers
- ★ Storage principles

## Part 7 Food Waste

- ★ Intro to food waste
- ★ Handling food waste
- ★ Pest control

## Part 8 Cleaning

- ★ Intro to cleaning
- ★ Cleaning materials and products
- ★ Cleaning schedules and procedures
- ★ Cleaning safety and consistency
- ★ Hygiene variations between the different establishments

## Part 9 Personal Hygiene

- ★ Into to hygiene and safety
- ★ Good and bad personal hygiene
- ★ Rules for food handlers

## Part 10 Kitchen Safety

- ★ Organizational requirements
- ★ First aid and safety basics



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