



**COURSE OUTLINE
BASIC FOOD HANDLING**

Introduction to ESTC

Time Allocation: 15 mins

Module terminal objectives:

Upon completion of the module, the participants should be able to:

- Comply with ESTC site emergency plan procedures (knowledge)
- Exhibit personal safety and occupational health awareness while at the Centre (knowledge)
- Comply with ESTC's rules of personal and professional behaviour (knowledge)
- Comply to all Rules and Regulations of the training schedules and requirements (knowledge)

Module Enabling Objective(s):

Upon completion of the module, the participants should be able to:

- Comply with ESTC's site emergency plan and procedures by passing a short written test with a score of 80%

Delivery Methods:

- Lecture format

Topics:

No Title

1. Introduction to ESTC

ESTC ACADEMY



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Module One: Food Poisoning

Time Allocation: 60 mins

Module terminal objectives:

Upon completion of the module, the participants should be able to:

- Define and explain food poisoning (knowledge)
- Recognize the signs and symptoms of food poisoning (knowledge)
- Discuss the causes of food poisoning and why it happens (knowledge)
- Recognize and manage the effects of food poisoning (knowledge)

Module Enabling Objective(s):

Upon completion of the module, the participants will be able to:

- Recognize and manage food poisoning by successfully passing the knowledge assessment with a score of 80%.

Delivery Methods:

- Lecture format / Classroom activity

Topics:

1. Food Poisoning

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Module Two: Food Contamination and Prevention

Time Allocation: 70 mins

Module terminal objectives:

Upon completion of the module, the participants should be able to:

- Define and explain what is food contamination (knowledge)
- Discuss the causes of food contamination (knowledge)
- Explain how food can be contaminated (knowledge)
- Define and explain micro-organism (knowledge)
- Discuss the factors that affect the growth of micro-organism (knowledge)
- Explain and highlight the methods of preventing food contamination by micro-organism and other sources (knowledge)

Module Enabling Objective(s):

Upon completion of the module, the participants will be able to:

- Explain food contamination and its prevention by successfully passing the knowledge assessment with a score of 80%.

Delivery Methods:

- Lecture format/classroom activity

Topics:

No Title

1. Food Contamination
2. The Microorganisms in food contamination
3. Prevention of food contamination



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**Module Three: Standard Practice of Personal Hygiene
Time Allocation: 80 mins**

Module terminal objectives:

Upon completion of the module, the participants should be:

- Highlight standard practice of personal hygiene (knowledge)
- Demonstrate and practice the correct techniques of hand washing (knowledge/competence)

Module Enabling Objective(s):

Upon completion of the module, the participants should be able to:

- Comply with the standard practice of personal hygiene by successfully passing the knowledge assessment with a score of 80%.

Delivery Methods:

- Lecture format/Classroom activity

Topics:

No Title

1. Personal Hygiene
2. Hand washing

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Module Four: Food Preparation and Storage

Time Allocation: 60 mins

Module terminal objectives:

Upon completion of the module, the participants should be able to:

- Explain and highlight the safe and hygienic methods of food preparation, cooking and storage (knowledge)

Module Enabling Objective(s):

Upon completion of the module, the participants should be able to

- Highlight the safe and hygienic methods of food preparation, cooking and storage by successfully passing the knowledge assessment with the score of 80%.

Delivery Methods:

- Lecture format/classroom activity

Topics:

No Title

1. Food Preparation and Storage

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Module Five: Cleaning, Waste Management and Pest control
Time Allocation: 60 mins

Module terminal objectives:

Upon completion of the module, the participants should be able to:

- Explain the principles of proper cleaning, sanitizing and disinfecting (knowledge)
- Discuss and comply with the proper system of garbage disposal and pest control (knowledge)

Module Enabling Objective(s):

Upon completion of the module, the participants should be able to:

- Explain and comply with the proper cleaning procedures, waste disposal and pest control by successfully passing the knowledge assessment with a score of 80% with the score of 80%.

Delivery Methods:

- Lecture format/classroom activity

Topics:

No Title

1. The Principles of cleaning, sanitizing and disinfecting
2. Waste Management
3. Pest control

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Module Six: Code of Practice, Food Acts and Regulations
Time Allocation: 105 mins

Module terminal objectives:

Upon completion of the module, the participants should be able to:

- Discuss and comply with the Code of Practices and Foods Acts (knowledge)
- Explain and highlight the roles and responsibilities of food handlers (knowledge)
- Comply with the concepts of quality assurance in food premises (knowledge)

Module Enabling Objective(s):

Upon completion of the module, the participants will be able to:

- Comply with the code of practice, Food Acts and Regulations by successfully passing the knowledge assessment with the score of 80%.

Delivery Methods:

- Lecture format/classroom activity

Topics:

No Title

1. Code of Practice
2. Food Act

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