

Food Handler Training Learning Outcomes

Lesson 1 The Need for Food Safety Training

Identify the four factors that affect food safety in a foodservice operation
Understand Highly Susceptible Populations
Describe the role of government regulation in the food industry
Describe the Center for Disease Controls CDC's risk factors

Lesson 2 Causes of Foodborne Illness

Define "foodborne illness"
List the different causes of foodborne illnesses
Understand biological, chemical, and physical contaminants
Describe how cross-contamination occurs
Define and identify potentially hazardous foods that require time/temperature controls for safety, referred to as TCS

Lesson 3 Biological Contamination

Describe how bacteria multiply
List six factors that determine bacterial growth rate

Lesson 4 Foodborne Illness

Identify the causes, likely food sources, symptoms, and control measures for the most common biological foodborne illnesses and intoxications
List the causes, likely food sources, symptoms, and control measures for the most common viral foodborne illnesses
Describe the causes, likely food sources, symptoms, and control measures for the most common foodborne illnesses caused by parasites and fungi.

Lesson 5 Chemical and Physical Contamination

List the common types of chemical food contamination
Explain the danger of food contamination from pesticides and cleaning products
Describe how toxic metals can get into food
Describe how physical contamination occurs.

Lesson 6 Employees Health and Hygiene

Describe basic personal hygiene habits that must be followed
Explain the five steps for proper hand washing
List ways to correctly cover cuts and sores
Recognize symptoms of illness that require you to send employees home

Lesson 7 Purchasing and Receiving

Compare the bimetallic, thermocouple/thermistor, and infrared thermometers

List criteria for selecting suppliers

Describe how to check shipments of meat, poultry, and seafood for safety

List ways to confirm the safety of dairy products

Describe how to check shipments of fruits and vegetables for safety

Identify safe shipments of processed foods

Lesson 8 Storing Foods

Identify areas that are not acceptable for food storage

Describe the most important elements of storage

List acceptable ways to store refrigerated and frozen foods

Describe acceptable ways to store chemicals

Lesson 9 Preparing, Cooking and Serving Food

Describe safe procedures for preparing foods

Identify specific time and temperature requirements for cooking foods

Explain how to store and use leftovers safely

How to safely thaw and cool foods

Lesson 10 Cleaning and Sanitizing

Describe the rules for the safe use of hazardous chemicals

Define the differences between cleaning and sanitizing

Describe the types of cleaning and sanitizing products available

Check sanitizing solutions for adequate strength

List the basic rules for manual and machine sanitizing

Identify the frequency of cleaning and sanitizing required for various items

Explain how to properly care for wiping supplies