



The Society of
Food Hygiene
and Technology



E-LEARNING

Prospectus 2022

SOFHT's e-learning packages bring together the essentials of food safety and hygiene in 12 straightforward courses covering the basic principles and practices.

The perfect way to get new staff members up to speed and workplace ready. All e-learning course prices are quoted for 1-9 licences, but discounts are available for bulk purchases.



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LEVEL 1 FOOD SAFETY – THE ESSENTIALS OF FOOD HYGIENE

This course provides individuals with the basic knowledge of food hygiene and how to reduce contamination risks.

This course covers

- ▶ Food contamination and the types of food that are more likely to cause outbreaks of food poisoning if incorrectly cooked or incorrectly prepared
- ▶ Personal hygiene and how cleanliness has a direct impact on the quality of food produced
- ▶ The basics of food preparation and the importance of a clean workstation
- ▶ Proper food storage to ensure the safe quality of food produced

To book this course please visit: www.sofht.co.uk/e-learning/the-essentials-of-food-hygiene/

Who is it suitable for?

Ideal for those staff serving low-risk or wrapped food or for a new member of staff to determine the level of food safety knowledge before entering a kitchen for the first time. It is ideal for training large groups quickly and efficiently to ensure they comply with the basic legal requirements of food safety.

Duration

Approximately 30-45 minutes to complete.

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

LEVEL 1 HACCP TRAINING COURSE IN AWARENESS

HACCP (Hazard Analysis Critical Control Point) is a management based system which aims to protect food throughout its progress from “farm to fork”. Although created and managed by senior staff, it is put into practice and operated by workers who are controlling the systems on a day to day basis.

Unless all involved understand what they must do and why, the essential tasks such as recording and monitoring are less likely to be achieved regularly and effectively. HACCP is a complex subject, but this course aims to simplify the theory to enable everyone to understand and therefore carry out their role in the HACCP system.

To book this course please visit: www.sofht.co.uk/e-learning/level-1-haccp-training-course-in-awareness/

Who is it suitable for?

A great introduction for those food workers who have a part to play in implementing and operating a food safety management system based on HACCP principles.

Duration

60 minutes

Pricing

Member £14+VAT per person, Non-Member £17+VAT per person

LEVEL 2 FOOD HYGIENE & SAFETY TRAINING IN MANUFACTURING (MULTIPLE LANGUAGES)

This Level 2 Food Hygiene and Safety in Manufacturing training course will help the learner understand the food manufacturing process and is a standard requirement for employment in the food manufacturing sector.

Illness caused by food is preventable. Food poisoning will result if bacteria in food multiply to levels that will cause sickness. This will inevitably mean loss of customers, reputation and possibly prosecutions. The risk of this, even though small, is too great for today's companies, and it is therefore vital that all employed in a food manufacturing environment understand and practice good food safety.

Food hygiene training is not only necessary, it is legally compulsory and this course will help staff understand the dangers of poor food hygiene practices in the workplace, and the part they play in ensuring high standards. This course is intended for all levels of workers, and will form the backbone of your due diligence procedures.

To book this course please visit: www.sofht.co.uk/e-learning/level-2-food-hygiene-safety-in-manufacturing/

Who is it suitable for?

All employees who work in the manufacturing of food whatever their job role. In today's food manufacturing environment, even a small chance of failure is too high and could become a threat to consumer safety. This course is the standard requirement for employment in the food manufacturing sector.

Duration

2-3 hours

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person



LEVEL 2 FOOD SAFETY – INTERACTIVE

This course offers relevant training and certification to meet today's increasingly high food safety standards. It covers all legally required areas, such as bacterial growth, food contamination and storing, preparing, cooking, and serving food safely. It also provides an in-depth understanding of the risks created when food safety and hygiene standards are neglected.

This course covers

- ▶ Food contamination and the best practices with regards to controlling food hazards
- ▶ The sources of bacteria and where these can be found
- ▶ Bacterial growth and the specific factors that enhance bacterial growth in low-risk and high-risk foods
- ▶ How food poisoning occurs through the consumption of unsafe foods and how to reduce and remove contamination risks. Also included in this module is a section on Allergens and Natasha's Law
- ▶ The role of an Environmental Health Officer and their responsibility in protecting public health
- ▶ How food safety risks arise in different areas, from purchasing food to storing, cooking, and serving it. Including (HACCP)

- ▶ How kitchen design can increase the chance of contamination and food safety risks
- ▶ How poor personal hygiene can affect the standard of food produced
- ▶ The importance of cleanliness and regular cleaning of workstations as a legal requirement
- ▶ Pest control and how a breach of legal standards can reduce a company's professional status and food hygiene rating.

Who is it suitable for?

Anyone working in any discipline of the catering sector and can be taken by individuals who don't only handle, prepare and serve food, but also those who transport food in vehicles.

Duration

Approximately 4-5 hours

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/food-safety-interactive/

LEVEL 2 FOOD SAFETY ASSESSMENT REFRESHER (ENGLISH, POLISH & ROMANIAN)

This course provides employees and new members of staff with a quick refresher of 30 randomly picked questions (from a bank of 60) to check appropriate knowledge of basic food safety regulations based on the level 2 food safety in catering syllabus. It is an invaluable tool for audit purposes, as well as essential in demonstrating a company's compliance with food safety regulations and their application of basic guidelines in the workplace. You will be assessed with questions to determine your understanding and whether you have ascertained the training objectives.

This assessment includes questions on

- ▶ The importance of storage temperature
- ▶ The importance of cooking and cooling temperatures
- ▶ Personal hygiene and poor food safety standards

- ▶ Cleanliness of the workstation/food premises and how this can affect the quality of food
- ▶ Food preparation and safe ways to handle food

Who is it suitable for?

Designed for employees who are required to take refresher training to demonstrate their knowledge of food safety is up to date. It can also be taken by new members of staff to ensure staff have prior knowledge of the basics behind handling, preparing and cooking food.

Duration

Approximately 30-45 minutes to complete

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-2-food-safety-assessment-refresher-english-polish-romanian/



LEVEL 2 HACCP TRAINING COURSE IN UNDERSTANDING

Contaminated food that potentially could make us ill is a major hazard in the food industry. HACCP (Hazard Analysis Critical Control Point) is a food safety management system which aims to identify hazards, be they physical, chemical, biological or allergic before they have chance to harm the food we are producing or selling.

Although a management strategic tool, the HACCP system can only operate successfully if all HACCP team members, and every person in the organisation who is asked to play a part in HACCP food safety, knows what they are doing and why. This course is intended to enable everyone who has a role to play that concerns HACCP, such as; taking a measurement, observing a system, storing foods or making a recording of temperature, to then carry out their role conscientiously and correctly because they will understand its importance. This is a key course for all food workers.

Who is it suitable for?

Designed for those who are responsible for HACCP systems and who contribute to their company HACCP system by providing data.

For example this could include: measuring cold storage or freezer temperatures, checking cooking temperatures and times, using probe thermometers, completing records, taking corrective actions.

Duration

2 Hours

Pricing

Member £23+VAT per person, Non-Member £27+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-2-haccp-training-course-in-understanding/

LEVEL 3 FOOD HYGIENE & SAFETY TRAINING IN SUPERVISING

This Level 3 Food Hygiene & Safety training course has been designed to give those who are involved in supervising and management the knowledge to ensure their staff are shown the correct procedures and that these are maintained going forward. This course is suitable for business owners, managers and supervisors in all types of food-handling businesses.

A Level 3 Food Hygiene training course in supervising provides high levels of information covering good food hygiene practices and the legal responsibilities of those who manage others in the handling of food, to ensure that food remains safe to eat.

One of the key factors responsible for incidents of foodborne illness is the lack of understanding of safe food hygiene practices. If you put into practice the food safety principles set out in this course, consumers of your products should not become food poisoning statistics.

Who is it suitable for?

Designed specifically for supervisors and managers in the food sectors such as catering, manufacturing or retail, along with other senior staff.

Duration

6 - 7 Hours

Pricing

Member £84+VAT per person, Non-Member £90+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-3-food-hygiene-safety-training-in-supervising/

LEVEL 3 FOOD SAFETY REFRESHER

This course provides Supervisors with a quick refresher of 30 randomly picked questions (from a bank of 60) to check appropriate knowledge of basic food safety regulations based on the level 3 food safety in catering syllabus. It is an invaluable tool for audit purposes, as well as essential in demonstrating a company's compliance with food safety regulations and their application of basic guidelines in the workplace. You will be assessed with questions to determine your understanding and whether you have ascertained the training objectives.

This assessment includes questions on

- ▶ The importance of storage temperature
- ▶ The importance of cooking and cooling temperatures
- ▶ Personal hygiene and poor food safety standards
- ▶ Cleanliness of the workstation/food premises and how this can affect the quality of food
- ▶ Food preparation and safe ways to handle food

Who is it suitable for?

Existing Supervisory staff to test that their food safety understanding is up to date and in line with the latest regulations.

A quick assessment of new employees to check basic knowledge before entering a kitchen for the first time.

Duration

Approximately 30 to 45 minutes to complete

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-3-food-safety-refresher/



LEVEL 3 HACCP TRAINING COURSE IN MANAGING

This online Level 3 HACCP Training course in Managing HACCP will provide supervisors, managers and owners in food establishments the skills to produce and implement HACCP systems and follow HACCP regulations for businesses to meet their legal requirements.

The profitability of our food companies, be they manufacturing, catering or retail depend on providing good quality products that are appealing, tasty and safe. Failure to do this will result in loss of reputation, customers and ultimately loss of profits.

HACCP (Hazard Analysis Critical Control Point) had its origins in the space race of the 1960's, when it was recognised that food poisoning in space would effectively mean the end of a mission. HACCP was therefore devised to be a proactive food safety system which would analyse every stage of production "from farm to fork" and highlight every area where a food hazard, without detection, could cause harm to the food product produced.

Who is it suitable for?

Those who have specific responsibilities in food manufacturing, retail or catering businesses for the management of HACCP. For example, this could be a manager or supervisor or owner of a restaurant or a specialist retail business such as a butcher handling ready-to-eat foods.

Duration

4 - 6 Hours

Pricing

Member £85+VAT per person, Non-Member £99+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-3-haccp-training-course-in-managing/

ALLERGEN AWARENESS (INCLUDING NATASHA'S LAW)

This course will give you a series of ideas and guidelines on how to make sure that your establishment complies with the latest UK food laws. This is a legal requirement and will ensure that your customers are able to make informed choices when selecting what food to safely eat, but also that your consumers are not at risk of intolerance-related symptoms when consuming food served by your organisation.

This course covers

- ▶ Allergic reactions to food including Anaphylaxis and the serious nature of symptoms that occur when the body's immune system responds to intolerance
- ▶ What the law says about Allergen Awareness and food packaging labels, and who it applies to
- ▶ The types of food causing an allergic reaction or intolerance and how the common causes of intolerance can be different in adults and children
- ▶ The types of action to take if a person consumes unsafe food and their body responds to the intolerance
- ▶ An overview of coeliac disease and lactose intolerance
- ▶ The labelling requirements for pre-packaged foods and understanding the legal requirements behind packaging in relation to customer care

- ▶ The labelling requirements for unpackaged foods, such as food served in a restaurant
- ▶ How to increase customers' allergen awareness through labelling and packaging
- ▶ How to avoid cross-contamination, particularly in large and micro food businesses where there is a lengthy process of producing the food. This may involve companies that manufacture food in factories before it is transported to a food store or restaurant
- ▶ Natasha's law which is the new requirement for food outlets to provide a full list of ingredients with clear allergen labelling on all foods prepared, pre-packed or sold to the consumer on the same premises

Who is it suitable for?

Any individual who participates in the process of storing, preparing, cooking or serving food. Or other individuals who come into direct contact with any foodstuffs.

Duration

Approximately 1 hour

Pricing

Member £20+VAT per person, Non-Member £23+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/allergen-awareness-natashas-law/



COSHH

This course covers the importance of handling hazardous substances safely in the workplace. Following the RSPH Level 2 Health & Safety in the Workplace it covers some of the typical chemical substances which could cause harm in the workplace and how to identify the new warning labels.

Course content

- ▶ The COSHH acronym
- ▶ Examples of hazardous substances in the workplace
- ▶ Warning labels (European and International symbols)
- ▶ How substances can enter the body
- ▶ Use of data sheets
- ▶ REACH regulations

Who is it suitable for?

Any individual who works directly with or could encounter hazardous substances in the workplace.

Duration

30-45 minutes

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/COSHH/

FOOD NUTRITION & HEALTHY EATING

A comprehensive learning resource for those working with food. This course follows the Level 2 standard in Healthier Foods and Special Diets and is ideal for those who wish to develop their understanding of the principles of healthy eating and the role of diet and exercise in maintaining good health. Suitable for staff working in care homes, schools, hospitals, prisons or others interested in diet and health.

Course content

- ▶ The link between diet and health
- ▶ How the human body uses nutrients
- ▶ How social, cultural, ethical, economical, political, geographical and religious beliefs are linked to diet
- ▶ Making healthy choices
- ▶ Special dietary requirements
- ▶ Food Labelling
- ▶ Reducing salt, sugar and fat in the diet
- ▶ 5 a day and the eatwell plate initiative

Who is it suitable for?

Ideal for those who wish to develop and enhance their understanding of the principles of healthy eating.

Duration

3-5 hours

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/food-nutrition-healthy-eating/

COURSE PRICING

All e-learning course prices are quoted for 1-9 licences.

Discounts are available for bulk purchases of 10+ licences. Please contact the SOFHT Office for further information.

Non-members can join now! Join today and enjoy reduced rates on these courses. A range of categories of membership are available and many additional benefits; please contact the Society's office for more details.

Reservations: An acknowledgement will be sent on receipt of the booking request and a VAT invoice will be issued for all monies received. Payment of fees or a PO number is required in advance of issuing the e-learning licences.

NOTE; IF YOU REQUIRE ANY FURTHER ASSISTANCE, PLEASE CONTACT: The Society of Food Hygiene and Technology, The Long Barn, Hurley Hall Barns, Nr Atherstone, Warwickshire CV9 2HT Tel: 01827 872500 Email: admin@sofht.co.uk Website: www.sofht.co.uk The organisers reserve the right to modify the sessions without prior notice. Data Protection - The personal information provided by you, will be held on a database. The Society sends out promotional material about its activities. Please inform the Society's office if you do not wish to receive this information.

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BECOME A MEMBER

Join today and receive a 10% discount!

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