



This course has been created by me specifically for early childhood education centres (ECE's).

It is suitable both those who have opted to register under a template Food Control Plan or are registered as a National Programme Level 2, although I would recommend it for any situation where food is supplied to young children as it provides a section on some of the more common 'bad bugs' that can cause infections that can cause problems.

It is predominantly video based which can provide easier and effective training for many people and has been a very popular course.

This course will provide ECE staff and/or volunteers with a comprehensive theoretical training in Food Safety and Suitability and should be more than sufficient to satisfy the requirements of your verifier.

## SECTION 1

### Food Rule Basics

#### Managing Risks

Following the roll-out internationally of HACCP, New Zealand took steps to implement the same regime to improve our standards of food safety and suitability

#### Safe Food

The Food Act 2014 requires that all food provided to customers must be safe and suitable  
This lesson explains what "Safe Food" is

#### Suitable Food

The second 'arm' of the main purpose of the Food Act is that food sold must be suitable  
Also this lesson covers the legal provisions of food safety and suitability in regard to donated food

#### Expiry Dates

In my experience I know that many people get confused about expiry dates and that even applies to some food workers

This lesson will make the terms crystal clear

## SECTION 2

### Food Safety Essentials

#### **Potentially Hazardous Food**

In this lesson you will learn about the different keeping qualities (or shelf life) and extra care required of foods that are high risk (potentially hazardous foods)

#### **Food Allergens**

In this lesson you will learn how to prevent adverse reaction and illness in those who are susceptible to food allergies

#### **Clean Hands**

In this lesson you're going to learn about the importance of having clean hands  
Correctly washed and dried hands is important for everyone and is essential for all food handlers

#### **Clean Place**

In this lesson you will learn how, and why you need to keep food premises clean

#### **Clean Staff**

In this lesson you will learn why being smart and clean and avoiding undesirable habits is important for both food safety and providing customer confidence

#### **Sickness**

In this lesson you will learn the importance of preventing anyone who has an infectious disease from contaminating food

## SECTION 3

### Bad Bugs

#### **Campylobacter**

Campylobacter gastroenteritis is one of the most common food-borne illnesses in the world including New Zealand

Raw meats are often source of infection (particularly chicken) so avoiding cross-contamination and cooking raw food safely is essential to avoid any incidence of this disease

#### **Noro Viruses**

In this lesson we are going to learn about one of the most common 'tummy bug' infections that can affect any institutional type of place including ECE's

Although not strictly a food poisoning disease the way the virus is spread means that cross-infection involving food can be a significant cause of spreading the disease

#### **Listeria**

Listeria is a very common disease and although the vast majority of us would hardly now when we had it, in a few cases it can lead to an extremely severe, dangerous illness

The relevance for ECE's is that it has most chance of severe illness in very young children and particularly unborn babies during pregnancy.

## SECTION 4

### Taking Control

#### **HACCP**

HACCP (pronounced “hassep”) is the internationally used method to manage food safety risks. This lesson gives you the background to what it is and how it is used today in NZ food businesses.

#### **When Things Go Wrong!**

It is almost inevitable that something will go wrong.

Checking critical food safety steps, writing these down and reacting swiftly when there's a stuff up is a key element to producing safe and suitable food and avoiding possible catastrophes!

#### **Importance of Keeping Records**

Keeping records are a legal requirement for any registered food business under the Food Act 2014. Keeping good records can be a business lifesaver and you will be really thankful you have them when they are really needed.

## SECTION 5

### Conclusion

Take Home Message

Here you are at the finish line!

Well done – you deserve it.

See how to complete the course to get your well-earned certificate of achievement.