

## CIEH – Introductory Certificate in Food Safety (Level 1)

### Overview

The CIEH Introductory Certificate in Food Safety (L1) is a great way to introduce beginners to the safe preparation and cooking of food. It complements the guidelines issued by the Food Standards Agency (FSA).

The course will help you understand more about the importance of good food preparation, handling, storage and serving. You'll learn about training and cooking practices such as keeping yourself and your work area clean and hygienic, how food becomes contaminated and steps to reduce this. You will also learn how food-borne, pest and physical contamination pose serious health risks and the controls to reduce these risks.

### Learning objectives

By the end of the workshop you will be able to:

- Understand the concept of safe food
- Improve your food preparation and handling knowledge
- Use your knowledge as a starting point for further study as a food handler

### Who should attend?

- Anyone new to food safety
- Ideal for use in schools
- New employees working in low-risk environments

### Format

A half-day course, for up to 12 people, with a short multiple-choice test, the successful completion of which qualifies participants for the CIEH Level 1 Award, *Introductory Certificate in Food Safety*.

### The expert trainer

**Frances** is a highly qualified (MA, BSc, FRSPH, Chartered Fellow CIPD, MCIEH, Post Grad Law Cert) independent consultant and trainer in the health and safety field with a postgraduate certificate in law. Formerly a training manager in a large London hospital, and with a background before that in catering management, Frances is also a registered CIEH and RSPH trainer, a qualified Food Inspector and Mentor and Affiliate of the Institute of Fire Engineers. She also has experience as a senior lecturer at a London college.

She has extensive practical management experience and is a very popular trainer generally but particularly in the hospitality and commercial sectors as well as with local and central government departments. With over 20 years' training experience in a diverse cross-section of organisations and holding various management and consultancy roles in global industries, Frances has a wide range of experience to draw upon.

See what people have said about her training:

- Lovely lady, well-paced training, well explained.
- Very good trainer!!
- Easy to understand, friendly atmosphere.
- Very good training.
- Very interesting and clear explanation.
- Helpful, approachable and knowledgeable.
- She's the best!
- Clear, concise and to the point.
- Very good – made the class enjoyable and easy to understand.
- Great!