



Kitchen Hygiene and Safe Food Handling Training Course

10 – 14 January 2027
Cape town

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Ref: 1595_217614 **Date:** 10 – 14 January 2027 **Location:** Cape town **Fees:** 4500 Euro

Overview

Kitchen Hygiene and Safe Food Handling Training Course is a one-week foundation course for kitchen staff, food handlers, stewards, catering assistants, and supervisors who leave with a Kitchen Hygiene Control File and Safe Handling Action Plan. Participants apply personal hygiene, contamination prevention, temperature control, cleaning, allergen, receiving, storage, and basic HACCP practices to daily food service. Agile Leaders Training Center develops kitchen hygiene and safe food handling capability.

Who Should Attend

- Teams responsible for food preparation and safe handling
- Functions responsible for cleaning, sanitation, and stewarding
- Supervisors responsible for kitchen controls and staff practices
- Teams responsible for receiving, storage, and stock rotation
- Hospitality staff responsible for guest-facing food service

The course assumes participants can follow workplace instructions and perform basic kitchen duties, and it leaves food-safety auditor qualification and advanced HACCP system design outside its scope.

Departments and Industries

The course supports safe food handling across hospitality, catering, healthcare, education, and workplace dining.

- Hotel, resort, and restaurant kitchen operations
- Catering, banqueting, and central production kitchens
- Healthcare and residential food services
- School, university, and workplace dining operations
- Housekeeping, stewarding, and facilities support

Learning Objectives

By the end of this course, participants will be able to:

- Apply personal hygiene and illness-reporting controls
- Use separation methods to prevent cross-contamination
- Evaluate receiving, storage, cooking, cooling, and holding conditions
- Build cleaning, sanitizing, and allergen-control routines
- Analyze food hazards using basic HACCP logic



- Prioritize corrective actions during kitchen inspections

Course Agenda

Day 1: Personal Hygiene and Food Hazards

- WHO Five Keys to Safer Food Framework
- Foodborne Hazard Identification Matrix
- Personal Hygiene and Handwashing Checklist
- Employee Illness Reporting Decision Guide
- Food Safety Culture Behavior Map

Day 2: Contamination Prevention and Allergens

- Raw and Ready-to-Eat Separation Plan
- Cross-Contamination Route Mapping Method
- Color-Coded Utensil Control System
- Allergen Information and Contact Control Checklist
- Safe Water and Raw Material Review

Day 3: Receiving, Storage, and Temperature Control

- Approved Delivery Receiving Checklist
- Stock Rotation and Date-Marking Method
- Time and Temperature Control Log
- Cooking, Cooling, Reheating, and Holding Map
- Cold Storage Zoning and Monitoring Plan

Day 4: Cleaning, Sanitation, and HACCP Basics

- Cleaning and Sanitizing Sequence Standard
- Food-Contact Surface Verification Record
- Chemical Storage and Use Control Sheet
- HACCP Hazard Analysis Worksheet
- Critical Control Point Decision Tree

Day 5: Kitchen Hygiene Control Practice

- Personal Hygiene Inspection Exercise
- Cross-Contamination Investigation Exercise
- Temperature Deviation Response Exercise
- Cleaning and Allergen Control Review Exercise
- Kitchen Hygiene Control File and Safe Handling Action Plan Capstone



Practical Exercises

The course uses suggested activities to turn food-safety principles into repeatable kitchen controls.

- Suggested activity: inspect a preparation area with a personal hygiene and contamination checklist
- Suggested activity: evaluate receiving, storage, cooking, cooling, and holding records
- Suggested activity: map an allergen contact route and choose preventive controls
- Suggested activity: present a Kitchen Hygiene Control File and Safe Handling Action Plan

FAQs

Who suits Kitchen Hygiene and Safe Food Handling Training?

Kitchen employees, food handlers, stewards, catering assistants, supervisors, and hospitality staff suit the course when they can follow workplace instructions and perform basic kitchen duties.

How does safe food handling training differ from HACCP auditor training?

Safe food handling training develops daily hygiene, contamination, temperature, cleaning, and allergen controls, while HACCP auditor training addresses formal system assessment and audit competence.

What controls prevent cross-contamination in a kitchen?

Effective controls include separating raw and ready-to-eat food, using designated utensils, controlling hands and surfaces, zoning storage, scheduling cleaning, and verifying staff practices.

Why is time and temperature control important for food handling?

Time and temperature control limits conditions that allow hazards to grow and guides receiving, storage, cooking, cooling, reheating, and holding decisions.

What does a kitchen hygiene control file contain?

A kitchen hygiene control file organizes checklists, logs, hazard reviews, cleaning schedules, allergen controls, inspection findings, corrective actions, and staff responsibilities.

Conclusion

Participants take back a Kitchen Hygiene Control File and Safe Handling Action Plan. The work product connects hygiene expectations with receiving, storage, preparation, temperature, cleaning, and allergen controls. It supports consistent inspections, clearer responsibilities, and timely corrective action in food-service operations.