

COURSE OVERVIEW HE0925

Food Sampling

Course Title

Food Sampling

Course Date/Venue

October 12-16, 2025/Business Meeting,
Crowne Plaza Al Khobar, Al Khobar, KSA

Course Reference

HE0925

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.

Food sampling is a process used to check that a food is safe and that it does not contain harmful contaminants, or that it contains only permitted additives at acceptable levels, or that it contains the right levels of key ingredients and its label declarations are correct, or to know the levels of nutrients present.



A food sample is carried out by subjecting the product to physical analysis. Analysis may be undertaken by or on behalf of a manufacturer regarding their own product, or for official food law enforcement or control purposes, or for research or public information.



This course is designed to provide participants with a detailed and an up-to-date overview of food sampling. It covers the distribution of organisms in food and water; the acceptance and rejection testing; the product testing for food sampling; the trend in food sampling and statutory testing; the environmental and hygiene process; the knowledge in food sample transport; the importance of intermediate storage of food samples and the aspect of sample records; the sampler training; and the role of sample reception in food sampling.

Course Objectives

Upon the successful completion of this course, participants will be able to:-

- Apply and gain an in-depth knowledge on food sampling
- Recognize the distribution of organisms in food and water
- Employ acceptance and rejection testing as well as end product testing for food sampling
- Analyze the trend in food sampling and employ statutory testing
- Carryout investigative sampling and become acquainted with outbreak analysis
- Monitor the environmental and hygiene process and acquire knowledge in food sample transport
- Emphasize the importance of intermediate storage of food samples and the aspect of sample records
- Carryout sampler training and recognize the role of sample reception in food sampling

Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.

Who Should Attend

This course provides an overview of all significant aspects and considerations of food sampling for all food control specialists, scientists, researchers, laboratory staff and those involved in food sampling.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours: -

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Fee


US\$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations

Certificates are accredited by the following international accreditation organizations: -


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The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council for Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Dr. Rawda El-Sheikh, PhD, MSc, BSc, is a Medical Laboratory & Food Expert and a Senior Health, Safety & Environment (HSE) Consultant. She is well-versed in the areas of **HACCP, Food Sampling, Food Safety & Management, LIMS, Analytical Laboratory Management, Laboratory Equipment, Quality Control, Laboratory Accreditation, Laboratory Auditing, Biological Monitoring, Statistical Analysis of Laboratory Data, Analytical Chemistry, Toxicology Surveillance, Occupational Safety and Health, Food Safety Management.** She is also an expert in **Quality Management, Nutrition Promotion, Food Hygiene, Industrial Hygiene, Oilfield Safety Programs and Risk Assessment, Job Safety Analysis (JSA).** Presently, she is the **Professor in Public Health & Industrial Medicine of Al-Azhar University** and a **Certified Consultant** and a **Registered Trainer for Food Safety and Occupational Health & Safety Trainer** of various International oilfield companies.

Dr. El-Sheikh is a **Certified Lead Auditor for ISO 22000:2005, OHSAS 18001:2007, ISO 14001:2004** from the International Registered of Certified Auditors (IRCA, UK), **Certified Safety Manager/Trainer, HAZWOPER Training Specialist (HTS)** and **Safety Planning Specialist** from the National Association of Safety Professional (NASP, USA) as well as a **Registered Food Safety Trainer** from the National Environmental Health Association (NEHA, USA) and **Authorized OSHA Trainer for Construction** and for **General Safety** from the **OSHA Training Institute, USA.** She is also an **International Member** and an **Authorized & Approved Trainer of OSHA, NEBOSH, CIEH, ICOH, IASP, IEMA, IOSH and APHA.** Further, her vast professional experience includes facilitating **occupational, health, safety** and the **environment** aspects and continuous delivery of numerous training courses in coordination between World Health Organization (WHO) and Ministry of Health & Population. She has been the **Lecturer** in Public Health & Industrial Medicine and **Demonstrator** of Occupational Health & Industrial Medicine for various Universities as well as the **Public Health Trainer** for International Non-Governmental Organizations (NGOs), the **Consulting Editor** at the **Journal of Psychology (USA)** and **Field & Central Supervisor** for the Ministry of Health.

Dr. El-Sheikh has a **Doctor of Medicine (MD)** in **Occupational Health & Industrial Medicine**, has a **Master degree in Occupational Medicine (MSc)**, a **Bachelor degree in Medicine & Surgery (MBBCh)** and a **Diploma Certificate in Total Quality Management** from the **American University.** Further, she is a **Certified Instructor/Trainer**, a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management (ILM)**, an **Approved Food Safety Person in Charge (Level 1-4)** by **Dubai Municipality (DM)** and has participated in various international conferences and **published numerous papers and journals** globally.



Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: Sunday, 12th of October 2025

0730 - 0800	Registration & Coffee
0800 - 0815	Welcome & Introduction
0815 - 0830	PRE-TEST
0830 - 0930	Introduction to Food Sampling
0930 - 0945	Break
0945 - 1100	Distribution of Organisms in Food & Water
1100 - 1230	Food Sampling Plans: Acceptance/Rejection Testing
1230 - 1245	Break
1245 - 1420	Food Sampling Plans: Acceptance/Rejection Testing (cont'd)
1420 - 1430	Recap
1430	Lunch & End of Day One

Day 2: Monday, 13th of October 2025

0730 - 0930	Food Sampling Plans: End Product Testing
0930 - 0945	Break
0945 - 1100	Food Sampling Plans: Trend Analysis
1100 - 1230	Food Sampling Plans: Statutory Testing
1230 - 1245	Break
1245 - 1420	Food Sampling Plans: Statutory Testing (cont'd)
1420 - 1430	Recap
1430	Lunch & End of Day Two

Day 3: Tuesday, 14th of October 2025

0730 - 0930	Food Sampling Plans: Investigative Sampling
0930 - 0945	Break
0945 - 1100	Food Sampling Plans: Outbreak Analysis
1100 - 1230	Food Sampling Plans: Environmental & Hygiene Monitoring
1230 - 1245	Break
1245 - 1420	Food Sampling Plans: Environmental & Hygiene Monitoring (cont'd)
1420 - 1430	Recap
1430	Lunch & End of Day Three

Day 4: Wednesday, 15th of October 2025

0730 - 0930	Food Sampling Plans: Food Sample Transport
0930 - 0945	Break
0945 - 1100	Food Sampling Plans: Intermediate Storage of Food Samples
1100 - 1230	Sample Records
1230 - 1245	Break
1245 - 1420	Sample Records (cont'd)
1420 - 1430	Recap
1430	Lunch & End of Day Four



Day 5: Thursday, 16th of October 2025

0730 - 0930	<i>Sampler Training</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>Sample Transport</i>
1100 - 1230	<i>Sample Reception</i>
1230 - 1245	<i>Break</i>
1245 - 1345	<i>Sample Reception (cont'd)</i>
1345 - 1400	<i>Course Conclusion</i>
1400 - 1415	POST-TEST
1415 - 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch & End of Course</i>

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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