



COURSE OVERVIEW HE0726
Food Additives: Function & Effect

Course Title

Food Additives: Function & Effect

Course Date/Venue

July 20-24, 2025/Business Meeting, Crowne Plaza Al Khobar, Al Khobar, KSA

Course Reference

HE0726

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 additives are substances added to food to preserve flavor or enhance taste, appearance, or other sensory qualities. Some additives have been used for centuries as part of an effort to preserve food, for example vinegar (pickling), salt (salting), smoke (smoking), sugar (crystallization), etc. This allows for longer-lasting foods such as bacon, sweets or wines. With the advent of ultra-processed foods in the second half of the twentieth century, many additives have been introduced, of both natural and artificial origin. Food additives also include substances that may be introduced to food indirectly (called "indirect additives") in the manufacturing process, through packaging, or during storage or transport.



This course is designed to provide delegates with a detailed and up-to-date overview of the types of food additives and the hidden waylaid risks for the food additives; implementing the food inspection and identifying the effect between the advertisement and food notification; listing the various group of full foods, food pyramid and the cases for food corruption that cause to use the food additives including food conservation; the food E-numbers and the terms that should be in additives; the most dangerous additives that should be avoided including the additive chemicals that are responsible for many diseases; the functions and effects of food additives; and practice analyzing food additives.





Course Objectives

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

- Apply and gain a good working knowledge on the function and effects of food additives and packaging materials
- Identify the types of food additives and the hidden waylaid risks for the food additives
- Implement food inspection and identify the effect between the advertisement and food notification
- List the various group of full foods, food pyramid as well as identify the cases for food corruption that cause to use the food additives including food conservation
- Recognize the food E-numbers as well as the terms that should be in additives
- Identify the most dangerous additives that should be avoided including the additive chemicals that are responsible for many diseases
- Discuss the functions and effects of food additives and practice analyzing food additives

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 additives for those who are working in the food industry and who have responsibility to prepare food that is safe and suitable to eat.

Training Methodology

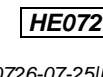
All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 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.





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. Hala Hashim, PhD, MSc, BSc, is a **Licensed Medical Doctor** and a **Food Expert** with over **30 years** of extensive experience in **Food Control** and **Public Health**. Her experience covers **Incident Investigation & Reporting, Environmental Health & Safety Management, Diagnosis of animal and common diseases, Isotopic techniques in sustainable animal production, Epidemiological and transboundary animal disease surveillance programme**, the Hazard Analysis of Critical Control Points (**HACCP**), **Industrial Hygiene, Food Safety Management, Food Hygiene, Food Sampling, Food Risk Analysis**, Risk Assessment & Management, Public Health and Medical Statistics as well as Infection Control, Trauma Life Support (**ATS**), Techniques for Inspection of Feed and Animal Food, Animal Wealth and Agriculture Affairs, Incident Investigation & Root Cause Analysis, Incident Investigation (Basic), Process Hazard Analysis (**PHA**), Process Safety Management (**PSM**), **Environment, Health & Safety** Management, Process Risk Analysis, Cardiac Life Support (**CLS**), Critical Care Support and Communicable Disease Epidemiology. She is currently the Department Head and Professor of Public Health & Community Medicine. Further, she is a Certified Trainer & HRD Consultant (**IBCT**) and Assessor of promotion committee of professors and assistant professors.

As part of Dr. Hala's practical experience, she has played a big role to the community for being the **Food Analyst, Food Risk Assessor, Food Control Manager, Community Demonstrator, General Practitioner, Hospital Officer and Professor**.

Dr. Hala has **PhD** and **Bachelor** degrees in **Medicine & Surgery** and a **Master** degree in **Public Health**. Further, she is a respected member of various Professional Bodies such as the "Medical Education and Development Center (MEDC)", "Association of Community Medicine", "Association of Occupational Medicine" and "Egyptian Doctor Union". Her passion for development and acquiring new skills and knowledge has taken her to share her expertise in **numerous publications** worldwide.

Accommodation

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





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, 20th of July 2025

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0930	Introduction: The Improvement of Food Industry and Start Using the Food Additives
0930 – 0945	Break
0945 – 1100	Identification
1100 – 1230	The Hidden & Waylaid Risks for the Food Additives
1230 – 1245	Break
1245 – 1420	The Hidden & Waylaid Risks for the Food Additives (cont'd)
1420 – 1430	Recap
1430	Lunch & End of Day One

Day 2: Monday, 21st of July 2025

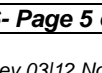
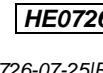
0730 – 0930	Food Inspection
0930 – 0945	Break
0945 – 1100	Effect of Advertisement & Food Notification
1100 – 1230	Full Food Energy Group: Carbohydrates, Fat • Protection Group: Vitamins, Minerals, Salts
1230 – 1245	Break
1245 – 1420	Full Food (cont'd) Fibre Group • Milk Group and its Derivatives
1420 – 1430	Recap
1430	Lunch & End of Day Two

Day 3: Tuesday, 22nd of July 2025

0730 – 0930	Food Pyramid
0930 – 0945	Break
0945 – 1100	Cases for Food Corruption that Cause to Use the Food Additives
1100 – 1230	Food Conservation First: Short Term Conservation: Saltiness • High Sugar Concentrations • Chemicals Food Protection • Refrigeration
1230 – 1245	Break
1245 – 1420	Food Conservation (cont'd) Pasteurization • Second: Long Term Conservation: Dehydration • Canning • Solidification
1420 – 1430	Recap
1430	Lunch & End of Day Three

Day 4: Wednesday, 23rd of July 2025

0730 – 0930	What are the Food E-Numbers? E-Numbers E100-E199 Colours • Preservatives E200-E299 Stuff • Antipoetic • Antioxidants and Acidity Regulators E300-E399 • Emulsifiers and Stabilizers
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0930 – 0945	Break
0945 – 1100	What are the Food E-Numbers? (cont'd) Thickeners, Stabilizers, Emulsifier E400-E499 • Regulators and Anti-Caking Agents E500-E599 • Flavour Enhancers E600-E699 • Miscellaneous E-Numbers E900-E999
1100 – 1230	Terms in Additives
1230 – 1245	Break
1245 – 1420	The Most Dangerous Additives that should be Avoided
1420 – 1430	Recap
1430	Lunch & End of Day Four

Day 5: Thursday, 24th of July 2025

0730 – 0930	Additive Chemicals are Responsible for Many Diseases
0930 – 0945	Break
0945 – 1100	Additive Chemicals are Responsible for Many Diseases (cont'd)
1100 – 1230	Group Discussions: Functions and Effects
1230 – 1245	Break
1245 – 1345	Practical Exercises: Analyzing Additives
1345 – 1400	Course Conclusion
1400 – 1415	POST-TEST
1415 – 1430	Presentation of Course Certificates
1430	Lunch & End of Course

Practical Sessions

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



Course Coordinator

Mari Nakintu, Tel: +971 2 30 91 714, Email: mari1@haward.org

