

COURSE OVERVIEW HE1077
Food Safety Level 1 & 2

Course Title

Food Safety Level 1 & 2

Course Date/Venue

December 14-18, 2025/Business Meeting,
 Crowne Plaza Al Khobar, Al Khobar, KSA

Course Reference

HE1077

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.

This course is designed to provide delegates with a detailed and up-to-date overview of food safety level 1 & 2. It covers the food safety and the law surrounding food hygiene as well as health issues that consumers may develop from contaminated food; the four most common food safety hazards that may be present in a workplace and how they pose a risk to consumers if they get into food; controlling food safety hazards with proper food hygiene practices; and ensuring that food is not cross-contaminated and preventing bacteria from multiplying and how to prevent pests from gaining access to the premises.

Further, the course will also discuss the proper handwashing procedures and the importance of staff notifying their supervisor or manager if they are ill; the importance of effective cleaning for maintaining a high standard of food hygiene; and the 6 stages of cleaning required to thoroughly disinfect equipment and surfaces.

Participants will also discuss the key food safety legislation that caterers must comply with, including definitions of key terms and information on how the law is enforced by environmental health officers; controlling microbiological hazards using temperature, time and preservation and why it's essential for cross contamination and food spoilage to be prevented; the three categories of hazards covering physical, chemical and allergenic and some of their common sources plus ways of preventing them from contaminating food; the importance of maintaining control over suppliers and delivery as well as ensuring the food temperature is correct and the products are labelled adequately and stored safely; the correct temperature and time controls needed during food preparation including cooking, reheating, hot holding, cold holding and cooling.

During this interactive course, participants will learn the key responsibilities of food handlers in regards to personal hygiene and the importance of protective clothing and why it's necessary to control bad habits; the need for cleaning schedules and how employees can ensure they are cleaning the premises and food handling equipment safely and effectively; and some further useful information, documents and links that may need when starting up or running a food catering business.

Course Objectives

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

- Apply and gain an in-depth knowledge on food safety
- Explain what exactly is meant by food safety and describe the law surrounding food hygiene as well as health issues that consumers may develop from contaminated food
- Identify the four most common food safety hazards that may be present in a workplace and explain how they pose a risk to consumers if they get into food
- Control food safety hazards with proper food hygiene practices, ensure that food is not cross-contaminated and prevent bacteria from multiplying and how to prevent pests from gaining access to the premises
- Apply proper handwashing procedures and recognize the importance of staff notifying their supervisor or manager if they are ill
- Recognize importance of effective cleaning for maintaining a high standard of food hygiene and explain what aspects the 6 stages of cleaning required to thoroughly disinfect equipment and surfaces
- Explain the key food safety legislation that caterers must comply with, including definitions of key terms and information on how the law is enforced by environmental health officers
- Control microbiological hazards using temperature, time and preservation and explain why it's essential for cross contamination and food spoilage to be prevented
- Identify the three categories of hazards covering physical, chemical and allergenic and explain some of their common sources plus ways of preventing them from contaminating food

- Discuss the importance of maintaining control over suppliers and delivery as well as ensure the food temperature is correct and the products are labelled adequately and stored safely
- Determine the correct temperature and time controls needed during food preparation including cooking, reheating, hot holding, cold holding and cooling
- Identify the key responsibilities of food handlers in regards to personal hygiene and explain the importance of protective clothing and why it's necessary to control bad habits
- Recognize the need for cleaning schedules and explain how employees can ensure they are cleaning the premises and food handling equipment safely and effectively
- Provide some further useful information, documents and links that may need when starting up or running a food catering business

Who Should Attend

This course provides an overview of all significant aspects and considerations of food safety for workers who are not directly involved with the preparation or handling of high-risk foods but work in an environment where food is present or handled elsewhere. Further, the course is also beneficial for those who work with wrapped or pre-packaged foods and food handlers in catering premises to understand their responsibilities in regards to handling and producing food that's safe for the consumer, including guidance on relevant legislation, how to control food safety hazards, temperature control, food storage, food preparation, personal hygiene and premises cleaning.

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**.

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.

Accommodation


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

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: -

- 
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.

- 
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. Mohamed Elsayed, PhD, MSc, BSc is an **HACCP Expert** with over **25 years** of experience in **HACCP Standards, HACCP Accreditation, HACCP Application, Food Hygiene, Food Safety and Analytical Laboratory Management**. He is an **authority in Food Analysis & Quality Control, Quality Management Systems (ISO 17025, ISO17020, 15189 and 9001), Laboratory Accreditation, Laboratory Auditing, Statistical Analysis of Laboratory Data, Chemical Laboratory Management, Good Laboratory Practices (GLP), Uncertainty Measurement, Process Analyzers, GC and HPLC**. Further, his wide experience and expertise also cover **Food Safety Management, Hazard Analysis of Critical Control Points (HACCP), Food Sampling and Food Additives**. He is currently a **Consultant and Lead/Technical Assessor** in various industries wherein he provides technical assistance & expert services, consultancy and training services for testing and calibration of laboratory equipment, guiding medical laboratories to establish their quality management systems and develop accreditation based on **ISO17025/15189** requirements, designing validation/verification schemes for all test methods, estimation of uncertainty and planning & developing laboratories towards accreditation.

In his career life, Dr. Mohamed has served as a **Senior Expert, Lead Technical Auditor, Project Manager, Quality Manager and Senior Analytical Chemist for Government Companies and Internationally Funded Projects**. He has participated in the **accreditation** of more than **100 laboratories globally** and as a **Senior Accreditation Expert** he has participated in the development of more than 35 laboratories towards being ISO 17025 Accredited.

Dr. Mohamed has **PhD** and **Master** degrees in **Environmental Analytical Chemistry** and **Bachelor's** degree in **Chemistry**. He is a **Certified Auditor of ISO 17025, ISO 15189, ISO 9000 and ISO 14000**. Further, He is an active member of the **Society for Analytical Chemists, Association of Official Analytical Chemists (AOAC)** and the **Egyptian Society for Quality**.

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 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, 14th of December 2025

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0930	Level 1: Introduction to Food Hygiene Who is this Course for? • Why is Food Hygiene Important? • Food Hygiene Law • Understanding Food Safety • Health Issues Caused by Contaminants
0930 – 0945	Break
0945 – 1100	Level 1: Food Safety Hazards Microbiological Hazards • Allergenic Hazards • Physical Hazards • Chemical Hazards
1100 – 1230	Level 1: Food Safety Controls The Conditions for Bacterial Growth • Temperature Control • Controlling Time • Low and High Risk Foods • Controlling Microbiological Hazards
1230 – 1245	Break
1245 – 1420	Level 1: Food Safety Controls (cont'd) Allergenic Contamination • Controlling Physical Hazards • Controlling Chemical Hazards • Food Deliveries • Refrigeration • Pests
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day One

Day 2: Monday, 15th of December 2025

0730 – 0930	Level 1: Personal Hygiene Hand Hygiene • Hair Hygiene • Body Hygiene and Bad Habits • Protective Clothing • Reporting Illness
0930 – 0945	Break
0945 – 1100	Level 1: Cleaning Activities Why is Cleaning Important? • Waste Management • Cleaning and Disinfection • Clean as you Go • Dishwashers • Scheduling Cleaning
1100 – 1230	Level 2: Food Safety Legislation Food Handlers and the Law • Key Terms • European and UK Regulations • Food Handler Training • Prosecution
1230 – 1245	Break
1245 – 1420	Level 2: Food Safety Legislation (cont'd) HACCP • Enforcement of Food Safety Law • Legal Notices • Due Diligence • Food Hygiene Ratings
1420 - 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Two



Day 3: Tuesday, 16th of December 2025

0730 - 0930	Level 2: Microbiological Hazards Top 10 Causes of Food Poisoning • Food Poisoning in the UK • Symptoms of Food Poisoning • Preventing Food Poisoning Outbreaks • Microbiological Hazards • Controlling Temperature and Time
0930 - 0945	Break
0945 - 1100	Level 2: Microbiological Hazards (cont'd) Low and High Risk Foods • Cross Contamination • Common Food Poisoning Bacteria • Food Spoilage • Food Preservation • Preventing Microbiological Contamination
1100 - 1230	Level 2: Physical, Chemical & Allergenic Hazards Physical Hazards • Types of Physical Contamination • Controlling Physical Contamination • Chemical Hazards • Controlling Chemical Contamination • Allergenic Contamination • Food Intolerances • Controlling Allergenic Contamination • Anaphylactic Shock • Allergen Laws
1230 - 1245	Break
1245 - 1420	Level 2: Food Storage Choosing a Supplier • Food Distribution and Deliveries • Food Labelling and Storage • Use By Dates And Best Before Dates • Refrigeration • Refrigerator Temperatures • Freezing and Defrosting • Stock Rotation
1420 - 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Three

Day 4: Wednesday, 17th of December 2025

0730 - 0930	Level 2: Food Preparation Food Preparation • Cooking and Reheating • Taking Food Temperatures
0930 - 0945	Break
0945 - 1100	Level 2: Food Preparation (cont'd) Hot Holding • Cooling Food • Food Service
1100 - 1230	Level 2: Personal Hygiene Food Handler Responsibilities • Hand Hygiene • Hand Washing Procedures • Protective Gloves
1230 - 1245	Break
1245 - 1420	Level 2: Personal Hygiene (cont'd) Bad Habits • Illness • Hair, Jewellery And Smoking • Protective Clothing
1420 - 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Four



Day 5: Thursday, 18th of December 2025

0730 – 0930	Level 2: Food Premises Design & Cleaning Schedules Food Premises and the Law • Principles of Design • Waste Management • Cleaning and Disinfection • Cleaning Schedules • Safe Cleaning
0930 – 0945	Break
0945 – 1100	Level 2: Food Premises Design & Cleaning Schedules (cont'd) Six Stages of Cleaning • Cleaning Food Storage Areas and Chillers • Dishwashers • Pests • Preventing Pests
1100 – 1230	Level 2: Further Information How to Register your Food Business • Contact your Local Authority • Safer Food, Better Business
1230 – 1245	Break
1245 – 1345	Level 2: Further Information (cont'd) Legal Documents • FSA Publications
1345 – 1400	Course Conclusion Using this Course Overview, the Instructor(s) will Brief Participants about the Course Topics that were Covered During the Course
1400 – 1415	POST-TEST
1415 – 1430	Presentation of 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