

Course Title	Food Hygiene and Safety in the Workplace				
Course Code	ICUL-113				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	First/Fall				
Teacher's Name	Nicholas Orphanides				
ECTS	6	Lectures / week	13	Laboratories / week	0
Course Purpose and Objectives	<p>The objectives in this introductory course focus on the ability of the students to follow the food safety procedures according to the relevant legislation and the organizational policy, in order to ensure the health, the safety of the employees, and of the customers. Moreover, we explore the causes of bad health, because of the failure to apply the proper hygiene principles. The students will learn the right hygiene practices that must be followed and applied during food handling.</p> <p>Ways to avoid food poisoning will also be part of this course, as well as, the basic principles of food safety in a professional working environment.</p> <p>Students are expected to deal with food handling in the future, practicing one or more of the following activities: preparation, processing, production, packaging, holding, transportation, distribution/delivery, trading and food selling offer or availability. Therefore, the knowledge on the specific subject of hygiene and food safety, as well as, on the issue of avoiding accidents in the workplace, is considered to be absolutely necessary.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Understand the importance of food hygiene and safety in the workplace. • Keep the rules of personal hygiene, as well as, the rules of food hygiene. • Understand the importance of the legislation concerning safety at work. • Know the prerequisites and requirements for the compliance of a catering company with the legislation concerning hygiene and safety. • Know the different hazards caused by food poisoning. • Work with safety in the workplace and avoid accidents. • Know how to protect the foods and themselves (food handlers). • Be aware of the food storing, preservation and delivery temperatures. • Work with high standards as far as hygiene and cleanness are concerned. • Work according to the HACCP system. 				
Prerequisites	None	Required	None		
Course Content	<p><u>Kitchen Organization</u></p> <ul style="list-style-type: none"> • Introduction to food hygiene: relevant legislation • Food micro-organisms: pathogens • Food dangers and food poisoning 				

	<ul style="list-style-type: none"> • Personal hygiene <p><u>Raw Materials Distribution</u></p> <ul style="list-style-type: none"> • Food reception, storing, preparation and serving • Kitchen regulation and new equipment, and materials. • The importance of cleaning and decontamination. • Pest control • Safe use of equipment • Introduction to HACCP system <p><u>Safety in the Workplace</u></p> <ul style="list-style-type: none"> • Health and safety: relevant legislation, the employer, and the employee's responsibilities. • Accidents avoidance in the workplace. • Fire prevention measures
Teaching Methodology	Lectures, examples, demonstrations and labs, techniques in labs.
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • Panayiotis, A. Efstathiou, 'Hygiene and Safety in Small and Medium Business, in Hotels and Restaurants in Greece'. Papatotiriou Ltd., 2004. • Papakonstantinou, Konstandia. 'Hygiene and Safety in the Workplace with a Model of Professional Risk Assessment Study'. Rosili, 2004. • Personal Manual/Lecturer's Notes • 'The Chef's Book. The Culinary Institute of America'. Malliaris Education, 2010. • Nikolaou, Adverta, D. (2005), 'The Cooking Book of Chef d Oeuvre'. <p>Suggested:</p> <ul style="list-style-type: none"> • Kalkani, Bousiakos, E. 'Elements of Hygiene'. Ellin Editions, 2000. • J. Tricket, The Prevention of Food Poisoning. Trans-Atlantic Pubns. 2001 • John Ridley - Channing, Safety at Work sixth edition ,2003 • J. Fuller, Professional Kitchen Management.
Assessment	Assignments, tests, labs, final exams.
Language	Greek