



***This answer book will only be marked and certificated if this is completed by the learner AND prison staff***

### Learner Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your establishment.

**Learner Prison No. in CAPITAL LETTERS**

--	--	--	--	--	--	--

**Prison:**

--

**Learner's Initials:**

--	--

**Date:**

--

### Establishment Confirmation of Authenticity

I confirm that the above-mentioned learner, to the best of my knowledge, is the sole author of this completed answer book.

**Staff Name:**

--

**Signed:**

--

**Date:**

--

### STAFF USE ONLY

Date Issued	Date Marked	Assessor Initials	Result	
			<input type="checkbox"/> PASS	<input type="checkbox"/> REFER

## Contents

How it Works .....	3
Episode Guide .....	4
Learning Outcomes.....	5
Knowledge Check .....	6
Learning Evaluation .....	21
Distance Travelled .....	21
Course Feedback .....	23

## How it works

### Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take up to 3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

## Episode Guide

Content Guide	Monday	Tuesday/ Thursday/ Saturday	Wednesday
<b>Ep 1: Cross Contamination</b> Part one covers cross-contamination, chilling, cooking and cleaning (the four C's). Learn about hand washing, pest control, illness at work and re-heating food. We also look at guidance from the Food Standards Agency around food allergies and other special dietary requirements.	<b>11:00 (am &amp; pm)</b>	<b>7:00am</b>	<b>5:00pm</b>
<b>Ep 2:</b> Dive into the essentials of personal hygiene in food preparation, including proper attire, handwashing, and avoiding cross-contamination. It also covers safe food storage in refrigerators and the correct methods for defrosting meat. This episode emphasises practical steps to prevent the spread of harmful bacteria, crucial for maintaining food safety.	<b>11:22 (am &amp; pm)</b>	<b>7:22am</b>	<b>5:20pm</b>

## Learning Outcomes



1. Understand how to keep food safe through separation, cleaning, storage, and cooking.
2. Know how to handle food for people with special dietary diets, and how to keep their food safe from mixing with other food.
3. Know how to maintain personal hygiene standards when working in a kitchen.
4. Understand best practices for storing food in a refrigerator.

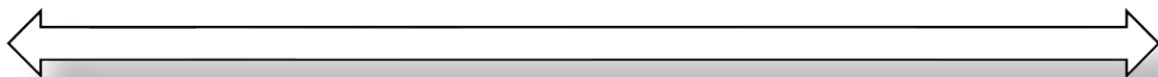
## Starting Out

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of Food Hygiene before starting this course?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

At the end of this course, you will have the opportunity to rate your knowledge once more.

## Knowledge Check

To pass this course you will need to correctly answer **80%** of the questions.  
This equates to **23** correct answers out of the 29 marks available.



### Episode 1

#### Question 1

**‘Cross-contamination’ is dangerous in food preparation, but what does it mean?**

*(Please tick the appropriate box)*

<b>A</b>	Transferring food from one fridge to another	
<b>B</b>	The accidental spread of bacteria or allergens between foods	
<b>C</b>	Using the same equipment for different types of food without cleaning	
<b>D</b>	Bacteria spreading by washing food too often	

#### Question 2

**Which foods must be kept separate to prevent harmful bacteria from spreading?**

*(Please tick the appropriate box)*

<b>A</b>	Raw and ready-to-eat foods	
<b>B</b>	Fresh vegetables and fruits	
<b>C</b>	Frozen foods and chilled drinks	
<b>D</b>	Sauces and condiments	

### Question 3

Which of the following is **NOT** a recommended practice for handling raw food safely?

*(Please tick the appropriate box)*

<b>A</b>	Using separate equipment for raw and cooked food	
<b>B</b>	Leaving raw food uncovered in the fridge	
<b>C</b>	Cleaning all surfaces after raw food preparation	
<b>D</b>	Washing hands thoroughly after handling raw food	

### Question 4

Number the steps for proper handwashing in the correct order. Step 3 has been identified for you.

	Turn off the tap using the disposable towel
	Rub hands palm to palm and scrub between fingers
	Wet hands under warm running water and apply liquid soap
	Rinse hands thoroughly with water
<b>3</b>	Rub around thumbs and fingertips against palms

### Question 5

What signs could indicate that pests are present in a kitchen?

1.	
2.	
3.	

### Question 6

What is the minimum time a kitchen worker must wait after vomiting or diarrhoea before returning to work?

*(Please tick the appropriate box)*

<b>A</b>	One shift after symptoms stop	
<b>B</b>	24 hours after symptoms stop	
<b>C</b>	48 hours after symptoms stop	
<b>D</b>	1 week after symptoms stop	



### Question 7

What are the three main steps for cleaning a work surface after food preparation?

1.	
2.	
3.	

### Question 8

Why is it important to chill food as soon as possible?

*(Please tick the appropriate box)*

<b>A</b>	It keeps the kitchen from getting messy	
<b>B</b>	It stops harmful bacteria from growing	
<b>C</b>	It makes the food taste better	
<b>D</b>	It makes the food smell better	

### Question 9

Which of the following are effective methods for cooling large pans of food quickly

(Please tick **all** the appropriate boxes)

<b>A</b>	Placing the pan in a sink of cold water	
<b>B</b>	Covering and placing the hot pan straight in the fridge	
<b>C</b>	Leaving food at room temperature	
<b>D</b>	Dividing the food into smaller portions	

### Question 10

How can you check that food is cooked thoroughly?

(Please tick **all** the appropriate boxes)

<b>A</b>	Use a food thermometer	
<b>B</b>	Taste a section of it	
<b>C</b>	Cut into the thickest part and check for steam and clear juices	
<b>D</b>	Use your best guess based on experience	
<b>E</b>	Check for bubbles and steam if it is a sauce or soup	
<b>F</b>	Smell it	
<b>G</b>	Touch it to see if it is hot	

## Question 11

**What is a food allergy?**

*(Please tick the appropriate box)*

<b>A</b>	A food allergy is what happens when you overeat	
<b>B</b>	A food allergy is an abnormal response to a particular food	
<b>C</b>	A food allergy occurs when exposed to sunlight	
<b>D</b>	A food allergy is a reaction to spicy food	

## Question 12

**List 3 or more of the most common types of food allergies.**

1.	
2.	
3.	
4.	

### Question 13

Which of the following meat is **NOT** eaten as part of a Halal diet?

*(Please tick the appropriate box)*

<b>A</b>	Vegetables	
<b>B</b>	Fish	
<b>C</b>	Beef	
<b>D</b>	Pork	

### Question 14

What actions can prevent cross-contamination of food allergens?

1.	
2.	
3.	

### Question 15

**Why is it important to use colour-coded chopping boards in food preparation?**

*(Please tick the appropriate box)*

<b>A</b>	To save time during food preparation	
<b>B</b>	To reduce food waste	
<b>C</b>	To improve the taste of the food	
<b>D</b>	To prevent cross-contamination of bacteria and allergens	

### Question 16

**Match the chopping board colour to the type of food it should be used for according to the information within this episode.**

*(Write your answer in the box provided)*

#### Chopping Board

<b>A</b>	<b>Blue</b>
<b>B</b>	<b>Red</b>
<b>C</b>	<b>Green</b>
<b>D</b>	<b>Brown</b>

#### Chopping Board

Raw Meat	
Vegetables	
Salads and Fruits	
Raw Fish	

## Episode 2

### Question 1

Why should raw meat be stored on the bottom shelf of a fridge?

(Please tick the appropriate box)

<b>A</b>	To keep the meat coldest	
<b>B</b>	To make it easier to reach during food preparation	
<b>C</b>	To improve the taste of the meat	
<b>D</b>	To prevent raw meat juices from dripping onto other food	

### Question 2

Which parts of the fridge is best for storing ready-to-eat food?

(Please tick **all** the appropriate boxes)

<b>A</b>	Top shelf	
<b>B</b>	Bottom shelf	
<b>C</b>	Salad drawer	
<b>D</b>	Middle shelf	

### Question 3

**Why is it unsafe to store food in a fridge before it has cooled down?**

*(Please tick the appropriate box)*

<b>A</b>	It will affect the appearance of the food	
<b>B</b>	It will ruin the taste	
<b>C</b>	It will be harder to reheat	
<b>D</b>	It can raise the temperature of the fridge and other food	

### Question 4

**What is the safest way to defrost meat safely?**

*(Please tick the appropriate box)*

<b>A</b>	In a microwave or fridge	
<b>B</b>	On the hob at high temperature	
<b>C</b>	In the oven at a high temperature	
<b>D</b>	Left out at room temperature	

## Question 5

---

List 4 'C's' of food safety from this episode.

1.
2.
3.
4.



### Question 1 (Episode 1)

**What risks does this pose to food safety, and what steps should the worker take to prevent cross-contamination in the future?**

### Question 2 (Episode 1)

**Scenario:** A resident at a communal kitchen informs the serving staff that they have a severe nut allergy. However, they notice that the same utensils are being used for dishes that may contain nuts and nut-free dishes.

**What action should the serving staff take to ensure the safety of the resident, and why is this important?**

**Word Count:** 50-100 words, (2 marks available)



### Question 3 (Episode 2)

**Scenario:** A kitchen supervisor notices that a team member is wearing a watch and has long, unclean nails while preparing food. The supervisor asks them to remove the watch and clean their nails.

**Why are these personal hygiene practices important in a kitchen environment, and how do they help maintain food safety?**

**Word Count:** 50-100 words, (2 marks available)

### Question 4 (Episode 3)

**Scenario:** While organising the fridge, a team member places raw meat on the top shelf and ready-to-eat food on the bottom shelf. A colleague notices the error and suggests rearranging the items.

**Why is it important to store food correctly in the fridge, and what is the correct way to organise raw and ready-to-eat foods?**

**Word Count:** 50-100 words, (2 marks available)

## End of Knowledge Check

## Learning Evaluation

You must comment on the three most important things you have learnt and complete distance travelled.

1.....

.....

.....

2.....

.....

.....

3.....

.....

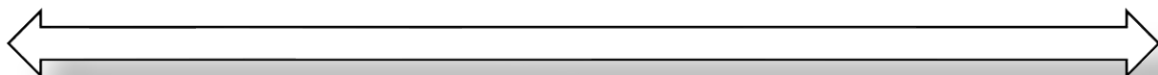
.....

## Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of Food Hygiene?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

## End of Knowledge Check

This page has been left blank

## Course Feedback – Food Hygiene Awareness

**TO QUALIFY FOR A MUG OR WATER BOTTLE YOU MUST COMPLETE IN FULL, THE LEARNING EVALUATION. THIS IS A VOLUNTARY SUBMISSION. IF YOU DO NOT COMPLETE THIS YOUR WORKBOOK WILL STILL BE MARKED AND CERTIFICATED, BUT YOU WILL NOT BE ELIGIBLE FOR ANY OF OUR INCENTIVISED GIFTS.**

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

### 1. The quality, style and tone of the videos.

1      2      3      4      5      6      7      8      9      10

--	--	--	--	--	--	--	--	--	--

Low

High

### 2. The clarity of the answer book.

1      2      3      4      5      6      7      8      9      10

--	--	--	--	--	--	--	--	--	--

Low

High

### 3. Your enjoyment of this course.

1      2      3      4      5      6      7      8      9      10

--	--	--	--	--	--	--	--	--	--

Low

High

Please tell us what you enjoyed most about this course

---



---



---



---

Please give us one suggestion to improve this course

---



---



---