

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Food Safety & Quality Standards

Foundation Level



LAPT — London Academy of Professional Training

Address 85 Great Portland Street, W1W 7LT, London, United Kingdom

Email info@lapt.org

Telephone +44 7513 283044

Web lapt.org

Reference FD-FSN-F • Culinary Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FD-FSN-F
AWARD	Certificate
ASSESSMENT	445 marks — 267 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Hygiene Standards 4 chapters · 20 classes 65 marks	
• 1 Chapter 1 — Principles of Food Hygiene and Safety — 5 classes › 1.1 Understanding the Basics of Food Hygiene › 1.2 Identifying Key Food Safety Hazards › 1.3 Implementing Personal Hygiene Practices › 1.4 Ensuring Safe Food Handling and Storage › 1.5 Applying Principles of Cleanliness and Sanitation • 2 Chapter 2 — Personal Hygiene Practices for Food Handlers — 5 classes › 2.1 Understanding the Impact of Personal Hygiene in Food Safety › 2.2 Identifying Key Personal Hygiene Standards for Food Handlers › 2.3 Implementing Handwashing Techniques Effectively › 2.4 Managing Personal Health and Hygiene to Prevent Contamination › 2.5 Evaluating and Maintaining Personal Hygiene Practices in Food Handling	• 3 Chapter 3 — Cleaning and Sanitizing Protocols in Food Environments — 5 classes › 3.1 Understanding the Importance of Cleaning in Food Safety › 3.2 Identifying Key Areas and Surfaces for Effective Sanitization › 3.3 Implementing Correct Cleaning Procedures for Various Equipment › 3.4 Selecting and Using Sanitizing Agents Safely and Effectively › 3.5 Evaluating Cleaning and Sanitizing Processes for Compliance • 4 Chapter 4 — Implementing Food Safety Management Systems — 5 classes › 4.1 Understanding Food Safety Management Systems › 4.2 Identifying Key Hazards in Food Safety › 4.3 Developing Effective Control Measures › 4.4 Implementing Safety Protocols and Procedures › 4.5 Evaluating and Monitoring System Effectiveness
2 Introduction to Food Safety 4 chapters · 20 classes 65 marks	
• 1 Understanding Foodborne Illnesses and Hazards — 5 classes › 1.1 Defining Foodborne Illnesses and Their Impact › 1.2 Identifying Types of Foodborne Pathogens › 1.3 Exploring Physical, Chemical, and Biological Hazards › 1.4 Recognizing Symptoms and Outbreak Patterns › 1.5 Implementing Hazard Prevention Strategies • 2 Fundamentals of Food Safety Practices — 5 classes › 2.1 Understanding Food Contamination and Its Sources › 2.2 Identifying Critical Control Points in Food Handling › 2.3 Implementing Personal Hygiene Practices in Food Preparation › 2.4 Ensuring Proper Storage and Temperature Control › 2.5 Assessing and Preventing Foodborne Illnesses	• 3 Legal Framework and Food Safety Regulations — 5 classes › 3.1 Understanding Key Food Safety Legislations in the UK › 3.2 Identifying Roles of Regulatory Agencies in Food Safety › 3.3 Exploring the Impact of the Food Safety Act 1990 › 3.4 Interpreting the Requirements of Hygiene Regulations › 3.5 Applying Legal Standards in Food Safety Practices • 4 Implementing a Food Safety Management System — 5 classes › 4.1 Understanding Food Safety Management Systems › 4.2 Identifying Hazards in Food Production › 4.3 Developing a Hazard Analysis Critical Control Point (HACCP) Plan › 4.4 Implementing Food Safety Monitoring Procedures › 4.5 Evaluating and Improving Food Safety Practices

3

Nutrition Fundamentals

4 chapters · 20 classes

45 marks

• 1 Understanding Basic Nutrients and Their Functions — 5 classes

- › 1.1 Exploring the Role of Carbohydrates in Energy Production
- › 1.2 Understanding Protein Functions in Body Repair and Growth
- › 1.3 Identifying Healthy Fats and Their Importance in Nutrition
- › 1.4 Examining the Vital Functions of Vitamins and Minerals
- › 1.5 Analyzing the Impact of Water on Bodily Functions

• 2 Digestive Process and Nutrient Absorption — 5 classes

- › 2.1 Exploring the Human Digestive System
- › 2.2 Breaking Down Macronutrients: Carbohydrates, Proteins, and Fats
- › 2.3 Understanding the Role of Enzymes in Digestion
- › 2.4 Absorbing Nutrients: From Digestion to Circulation
- › 2.5 Analyzing Factors Affecting Nutrient Absorption Efficiency

• 3 Evaluating Dietary Guidelines and Nutritional Needs — 5 classes

- › 3.1 Understanding Key Dietary Guidelines
- › 3.2 Analyzing Nutritional Reference Values
- › 3.3 Comparing Nutritional Needs Across Life Stages
- › 3.4 Applying Dietary Guidelines to Meal Planning
- › 3.5 Evaluating the Impact of Nutritional Choices on Health

• 4 Impact of Food Processing on Nutritional Quality — 5 classes

- › 4.1 Understanding Food Processing Techniques
- › 4.2 Exploring Changes in Nutritional Content
- › 4.3 Analyzing the Effects of Heat Treatment on Nutrients
- › 4.4 Investigating the Impact of Preservation Methods
- › 4.5 Evaluating Nutritional Quality in Processed Foods

4

Quality Control Processes

4 chapters · 20 classes

90 marks

• 1 Understanding Quality Control Principles in the Food Industry — 5 classes

- › 1.1 Defining Quality: Key Concepts in Food Safety
- › 1.2 Exploring Food Quality Control Standards
- › 1.3 Identifying Critical Control Points in Food Production
- › 1.4 Implementing Quality Control Methods in Practice
- › 1.5 Evaluating Quality Control Outcomes for Improvement

• 2 Identifying and Monitoring Critical Control Points — 5 classes

- › 2.1 Understanding Critical Control Points in Food Safety
- › 2.2 Identifying Hazards at Critical Control Points
- › 2.3 Utilizing Tools for Monitoring Critical Control Points
- › 2.4 Implementing Corrective Actions for Critical Control Points
- › 2.5 Analyzing Data to Improve Quality Control Procedures

• 3 Implementing Quality Assurance Systems and Protocols — 5 classes

- › 3.1 Understanding Quality Assurance Systems: Key Concepts and Definitions
- › 3.2 Identifying Critical Control Points in Food Production
- › 3.3 Analyzing Customer Requirements and Compliance Standards
- › 3.4 Developing Effective Quality Assurance Protocols
- › 3.5 Implementing and Monitoring Quality Control Procedures

• 4 Continuous Improvement and Corrective Actions in Quality Control — 5 classes

- › 4.1 Understanding Continuous Improvement in Quality Control
- › 4.2 Identifying and Analyzing Quality Control Issues
- › 4.3 Developing Effective Corrective Actions
- › 4.4 Implementing Continuous Improvement Strategies
- › 4.5 Evaluating the Impact of Quality Improvements

5

Regulatory Frameworks

4 chapters · 20 classes

90 marks

• 1 Chapter 1 — Overview of Food Safety and Legal Requirements — 5 classes

- › 1.1 Understanding Food Safety Principles
- › 1.2 Exploring UK Food Laws and Regulations
- › 1.3 Identifying Key Agencies and Their Roles
- › 1.4 Analyzing Risk Management Strategies in Food Safety
- › 1.5 Applying Legal Requirements in Everyday Practices

• 2 Chapter 2 — Understanding UK and EU Food Safety Legislation — 5 classes

- › 2.1 Exploring the Origins of UK Food Safety Legislation
- › 2.2 Analyzing Key EU Food Safety Directives
- › 2.3 Comparing UK vs EU Regulatory Frameworks
- › 2.4 Navigating Food Safety Compliance Obligations
- › 2.5 Implementing Food Safety Standards in Practice

• 3 Chapter 3 — Global Food Safety Initiatives and Standards — 5 classes

- › 3.1 Understand the Role of Global Food Safety Initiatives
- › 3.2 Explore Key International Food Safety Standards
- › 3.3 Compare Various Global Food Safety Certification Schemes
- › 3.4 Analyze the Impact of Global Initiatives on Local Practices
- › 3.5 Apply Global Standards to Enhance Food Safety Compliance

• 4 Chapter 4 — Implementing Food Safety Protocols within Regulatory Frameworks — 5 classes

- › 4.1 Understanding Core Food Safety Protocols
- › 4.2 Identifying Applicable Regulatory Frameworks
- › 4.3 Integrating Protocols into Daily Operations
- › 4.4 Monitoring Compliance with Food Safety Standards
- › 4.5 Conducting Effective Food Safety Audits

• 1 Understanding Food Safety Risk Management — 5 classes

- › 1.1 Defining Food Safety Risks: Concepts and Types
- › 1.2 Identifying Common Hazards in Food Production
- › 1.3 Analyzing Risk Assessment Methods
- › 1.4 Developing a Risk Management Plan
- › 1.5 Implementing Controls and Monitoring Measures

• 2 Implementing Preventive Controls and Measures — 5 classes

- › 2.1 Understanding the Basics of Preventive Controls
- › 2.2 Identifying Potential Hazards in Food Production
- › 2.3 Designing Effective Preventive Strategies
- › 2.4 Implementing Preventive Measures in Practice
- › 2.5 Monitoring and Evaluating Preventive Controls

• 3 Monitoring and Reviewing Food Safety Systems — 5 classes

- › 3.1 Understanding the Basics of Food Safety Systems
- › 3.2 Identifying Critical Control Points in Food Production
- › 3.3 Implementing Monitoring Procedures for Food Safety
- › 3.4 Analyzing Monitoring Data for Risk Assessment
- › 3.5 Reviewing and Improving Food Safety Systems

• 4 Crisis Management and Incident Response Plans — 5 classes

- › 4.1 Understanding Crisis Management Fundamentals
- › 4.2 Identifying Potential Food Safety Incidents
- › 4.3 Developing an Effective Incident Response Plan
- › 4.4 Implementing Crisis Management Strategies
- › 4.5 Evaluating and Refining Response Plans