

Course Description/Class Syllabus Food Service Training Certificate Program

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OVERVIEW:

This course features hands-on and classroom instruction including interactive lessons and videos.

Coursework addresses:

- Food handler safety and regulations
- Preventing foodborne illnesses, personal hygiene, and general food handling procedures
- Time and temperature control, receiving, storing, thawing, and reheating food
- Cleaning, sanitizing, and preventing cross contamination
- Food allergies and allergic symptoms
- Garbage and debris disposal, pest control, and environmental controls
- Recycling and composting food waste, nature-based solutions for food systems transformation
- Healthy food choices, nutrition, dietary guidelines, food insecurities, and health outcomes

COURSE OUTLINE:

Week 1

Session 1

- Introduction to course content
- Food handler safety and basics
- Industry food handler positions and occupations

Session 2

- Foodborne illnesses
- Personal hygiene
- General food handling procedures
- Understanding the microworld of organisms
- Focus on cooks and fast-food positions relative to cooking and food safety protocols in a commercial kitchen setting

Week 2

Session 3

- Time and temperature control
- Receiving and storage
- Managing the flow of food preparation from kitchen to table service
- Basic food preparation techniques
- Food service equipment and tools

Session 4

- Thawing and reheating
- Focus on proper dishwashing and cleanliness protocols
- Inventory control of different food items.

Week 3

Session 5

- Cleaning and sanitizing
- Preventing cross contamination
- Proper use of cleaning solutions and equipment

Session 6

- Food allergies and allergic symptoms
- Garbage and debris disposal
- Pest control and safety
- Server positions as an overall review to safe protocols in the workplace

Week 4

Session 7

- Test review
- Test taking strategies
- Study prep for exam

Session 8

- ServSafe® Food Handler test
- Award of certificates of completion

Course Provided By:

Pacific Coast Community Services

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