

**Programme:** Food Safety and Hygiene

**Who is the course for?**

This course is for people who have a disability or health Condition

Do you wish to learn about safety and hygiene in the kitchen?

How to prepare ingredients in a safe manner

The exact course content will be discussed and negotiated with each group during the first session. Some of the topics will be delivered by a specialist in that field, working in conjunction with the course tutor.

To get the most of this course the learner should live independently or wish to build up their skills to be more independent. It is suitable for people who have some control over their own personal care needs and who have some responsibility managing their personal hygiene needs.

**Aims/What will you learn?**

You will learn about maintaining good hygiene standards in The kitchen

What steps to take before starting to cook

How to keep an area hygienic

Good practice around the kitchen

**What you can do next:**

A course in Cooking on a budget

A course in being safe in the home

**Additional information:**

The Neighbourhood and Learning Service provides additional support and specialist equipment to learners, please discuss any additional learner support needs when you enrol.

'All pictures used are from CHANGE [www.changepeople.co.uk](http://www.changepeople.co.uk).'

