

Level 2 Award in Food Safety in Catering

Do you have to cook for groups? Do you camp with groups or stay in residential centres? Worried groups are going to get food poisoning? Cookout is running a one day course to ensure groups prepare and serve safe food.

Course objectives

- To ensure food is handled, prepared, stored and served as hygienically as possible.
- Certified by the Chartered Institute of Environmental Health.
- Tailored to the outdoors.
- Short, 30 multiple choice exam at the end of the day; pass mark is 20 to obtain a nationally recognized certificate.

Course content

- What is food safety?
- Laws governing food safety
- Food poisoning - what is it and how you get it
- Temperatures - cooking, chilling and reheating food
- Storing food safely
- Personal hygiene
- Kitchen and cleaning

Resources

Refreshments will be provided (tea, coffee, biscuits, etc). You need provide your own lunch. Please note there are no shops near the centre.

Location

Bendrigg Trust, Old Hutton, Kendal LN8 0NR Tel 01539 723 766 www.bendrigg.org.uk. Bendrigg is a short drive from Junction 36/37 of the M6 or 4 miles from Oxenholme station on the main London to Glasgow west coast line. Participants can contact me on my mobile in case of emergencies. 07811 346043

Date

Monday 15 March 2010. 0930-1630

To book

Cost £65. Please complete the following booking form and send it together with a cheque made payable to 'Cookout', Cookout, 3 Chelsea Road, Southsea, Portsmouth, Hampshire PO5 1NH. For more information contact Cookout on 07811 346043 or email info@expeditionfood.co.uk, www.expeditionfood.co.uk

Helen Littlejohn

Helen has cooked and led conservation, adventure and youth groups in the UK and abroad for 15 years. She has catered for large groups for the National Trust, British Trust for Conservation Volunteers and Adventure Groups and even cooked for 16 people in the Moroccan Atlas Mountains! She has personally travelled and trekked all over the world and worked for one of the UK's leading Adventure Travel Companies for 5 years, leading and managing tours in Asia. She is part of the Hampshire Outdoor Training Team, which trains and assesses leaders in Outdoor Education and has been involved in the Duke of Edinburgh Award since 1998. She is a tutor for the Level 2 Award in Food Safety in Catering and runs Duke of Edinburgh Expeditions in the UK and abroad for a Sixth-Form College in Winchester. She now runs her own company, 'Cookout'; training and advising Expedition Companies and Outdoor Education providers on catering and food hygiene issues