



FOOD SAFETY

FUEL | ONLINE TRAINING



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MODULE 1

Introduction to Food Safety and Hygiene

Learn why food safety matters and how you, as a Food Safety Hero, can protect lives by handling, preparing, and storing food safely.

MODULE 2

Personal Hygiene

Learn how to protect food by staying clean, healthy, and safe at work. This module covers personal hygiene, PPE, and the simple habits every Food Safety Hero must follow to stop germs and protect customers.

MODULE 3

Germs & Food Poisoning

Discover how tiny germs like bacteria, viruses, and mould can cause food poisoning. Learn where germs live, how they spread, and how to stop them with simple food safety habits.

MODULE 4

Cleaning, Sanitising & Pest Control

Learn how to keep your food area clean, germ-free, and pest-free. This module covers proper cleaning, safe use of chemicals, waste control, and easy ways to stop pests from making food unsafe.

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MODULE 5 Cross-Contamination

Learn how germs, chemicals, and allergens can spread between foods. This module shows you how to prevent cross-contamination and protect customers by keeping food areas clean and food types safely separated.

MODULE 6 Food Temperature Control

Learn how to keep food safe by storing, cooking, and holding it at the correct temperatures. This module teaches you how to use thermometers, avoid the High-Risk Zone, and protect high-risk foods from bacteria.

MODULE 7 Food Storage and Audits

Learn how to store food safely, check expiry dates, and follow FIFO and FEFO. This module also explains how to prepare for audits, keep accurate records, and use traceability to protect customers and your store.

MODULE 8 Food Safety Recap and Key Takeaways

Review everything you've learned - from hygiene and germs to temperature control, storage, and audits. This final module brings it all together so you can confidently keep food safe every day.



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