

**Module Title: Foundation of Food Hygiene and Practice**

**Module Code: B1177**

**Level: BAICA – 1<sup>st</sup> Semester...Lesson Plan**

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<b>S. No.</b>	<b>Units</b>	<b>Topics / Activities</b>
1	Personal Hygiene	<ul style="list-style-type: none"><li>• Importance of Good Personal Hygiene</li><li>• Sanitary Practices</li><li>• Workplace Habits</li><li>• Health of the Staff</li><li>• Importance of Rest, Exercise and Recreation</li><li>• Management's Role in Personal Hygiene Program</li></ul>
2	Food Hygiene	<ul style="list-style-type: none"><li>• Dangers of Foodborne Illness</li><li>• Preventing Foodborne Illness</li><li>• How Food Becomes Unsafe</li><li>• Key Practices for Ensuring Food Safety</li><li>• Types of Contamination and Cross Contamination</li></ul>
3	Kitchen Hygiene	<ul style="list-style-type: none"><li>• Checklist</li><li>• Cleaning and Sanitizing</li><li>• Methods for Sanitizing</li><li>• Necessity of Cleaning and Sanitizing</li><li>• Types of Cleaning Agents &amp; Sanitizing Agents</li><li>• Methods of Dish Washing</li><li>• Pest Control</li></ul>
4	Sanitation and Safety	<ul style="list-style-type: none"><li>• Structure</li><li>• Food Hazards</li><li>• Safety</li><li>• Safety Measures for Modern Cooking Applications and Techniques</li></ul>

5	Hazard Analysis Critical Control Point (HACCP)	<ul style="list-style-type: none"> <li>• Introduction to Food Safety, Risk and Hazards</li> <li>• Introduction and Application of HACCP</li> <li>• History of HACCP</li> <li>• Prerequisites and Benefits of HACCP</li> <li>• Principles of HACCP</li> </ul>
6	Chefs Biological Understanding	<ul style="list-style-type: none"> <li>• Microbial Contaminants</li> <li>• Important Characteristics of Bacteria, Viruses, Parasites and Fungi</li> <li>• Practical Significances</li> <li>• Phases of Growth of Bacteria</li> <li>• Classifying Foodborne Illness</li> <li>• Emerging Pathogens and Issues</li> </ul>
7	Food Allergy	<ul style="list-style-type: none"> <li>• Introduction to Food Allergy</li> <li>• Signs and Symptoms of Food Allergy</li> <li>• Diagnosis of Food Allergy</li> <li>• Prevention of Food Allergy</li> </ul>
8	Nutritional Calculation	<ul style="list-style-type: none"> <li>• Definition and Functions of Food</li> <li>• Food Composition</li> <li>• Calculation of Nutritive Value and Calorific Value</li> </ul>
9	ISO Management System	<ul style="list-style-type: none"> <li>• What is ISO?</li> <li>• Key ISO Standards</li> <li>• Understanding the Standards – Plan Do Check Act (PDCA)</li> <li>• Requirements for Certification</li> <li>• Stages for Registration</li> <li>• Benefits of ISO</li> </ul>

