



## Kayla Ann's Food Handler Certification Course

Duration: 3 Months | Format: Blended (Online + Practical Sessions) | Certification Provided

### ELEVATOR PITCH

Whether you're starting your first job in food service or looking to advance your career in hospitality, Kayla Ann's Food Handler Course gives you the knowledge, confidence, and certification to handle food safely and professionally. Learn from industry experts, gain real-world kitchen skills, and join a community passionate about food safety and service excellence.

### COURSE INTRODUCTION

At Kayla Ann's, we believe safe food handling is the foundation of a thriving food industry. Over the next three months, you'll receive hands-on training in food safety principles, hygiene practices, and kitchen operations to meet industry standards and exceed customer expectations. This course is perfect for aspiring chefs, food truck operators, catering staff, restaurant employees, or anyone working in a food-related role.

By the end of this program, you'll be fully prepared to pass your Food Handler Certification Exam and confidently apply safe practices in any food service environment.



# WHAT YOU WILL LEARN

Throughout this course, you will:

- Understand the fundamentals of food safety laws and regulations
- Learn how to prevent cross-contamination, foodborne illnesses, and allergen exposure
- Master personal hygiene and proper sanitation techniques
- Develop safe food storage, preparation, cooking, and serving methods
- Handle equipment and kitchen tools safely and effectively
- Respond to emergencies, spills, and food safety violations
- Prepare for and pass the Food Handler Certification Exam

## COURSE BREAKDOWN: MONTH-BY-MONTH

Month 1: Food Safety Foundations
Week 1: Introduction to Food Handling
Importance of food safety
Roles & responsibilities of a food handler
Overview of food safety legislation (local & international)
Week 2: Personal Hygiene and Workplace Cleanliness
Handwashing techniques
Proper grooming & protective clothing
Cleaning schedules and sanitization procedures
Week 3: Foodborne Illnesses
Types of foodborne illnesses & pathogens
Symptoms and prevention
High-risk foods
Week 4: Food Contamination & Cross-Contamination
Chemical, physical, and biological contaminants
Safe handling of raw vs. cooked foods
Allergen awareness

Month 2: Practical Skills & Kitchen Operations
Week 5: Temperature Control
Safe cooking, holding, cooling, and reheating temperatures
Using and calibrating thermometers
Danger zones and time control
Week 6: Food Storage & Labeling
FIFO (First In, First Out)
Safe dry, refrigerated, and frozen storage
Food labeling & expiration dates
Week 7: Cleaning & Sanitizing
Cleaning vs. sanitizing
Approved chemicals and cleaning tools
Dishwashing protocols (manual and machine)
Week 8: Equipment & Kitchen Safety
Knife safety and handling
Equipment maintenance and safety
Electrical and fire safety basics
Month 3: Professional Readiness & Certification
Week 9: Workplace Conduct & Communication
Professional behavior in kitchens
Teamwork and handling conflict
Reporting hazards or violations
Week 10: Emergency Procedures & First Aid Basics
Responding to food safety incidents
First aid for cuts, burns, and allergic reactions
Evacuation and safety drills
Week 11: Exam Prep & Practice Tests
Review sessions by topic
Practice quizzes
Tips for exam success

Week 12: Final Assessment & Certification
Final written & practical exams
Certification ceremony and feedback session
Career support and job placement tips

# CERTIFICATION

Upon successful completion, students will receive the **Kayla Ann’s Food Handler Certificate**, recognized by local health departments and industry partners.

