

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

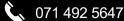
Evacuation and safety drills

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.



