



# **BASICS.fst®**

## **for Foodservice and Food Retail Professionals**

### **Course Overview:**

BASICS.fst® is a food safety training course for food handlers. The course will help workers learn important information about food safety. It will help them to do their job better.

### **Who Should Take the Course?**

Any person who works with food should study BASICS.fst® – from the person that receives the food to the person who packages or serves the food.

### **Course Objectives:**

The primary objective of this food safety course is to provide participants with the information required to insure employee and customer safety, and to reduce the liability of businesses.

This course is presented in 13 units:

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| 1. Ten Things You Need to Know About Food Safety | 8. Handling Dishes and Serving Food                           |
| 2. A Closer Look at Micro-organisms              | 9. Keep Food at the Right Temperature                         |
| 3. The Flow of Food and Facilities Design        | 10. Reduce the Amount of Time that Food is in the Danger Zone |
| 4. Personal Hygiene                              | 11. Cooking, Cooling and Holding Food                         |
| 5. Cleaning and Sanitizing                       | 12. Food Allergies  |
| 6. Purchasing, Receiving and Storing Food        | 13. Food Safety Regulations                                   |
| 7. Getting Food Ready to Cook                    |   |

Food Safety Experts are available to answer any questions on the unit content, and can be reached with a click of the “Ask the Expert” button throughout the course.

### **Evaluation Process:**

At the end of each unit there is a unit test. Participants must pass this unit test with 100% before they can proceed to the next unit. If a participant does not score 100% they can review the unit and try the test again. Once all 13 units are complete, participants must schedule a supervised/proctored in class examination. A passing score of 74% is required to receive a BASICS.fst® certificate.

### **Course Duration:**

This online course is self paced. Participants may leave the course at any time and can resume where they left off. The duration will depend on the individual participant and their prior knowledge of the subject matter.