



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Prepare Food For Sale Training

Services / Wholesale and Retail

Unit Standard 119959 · NQF Level 3 · 16 Credits · 13 Days

COURSE OVERVIEW

This course equips learners with the skills and knowledge required to prepare food for sale in compliance with South African food safety regulations. It covers the principles of hygiene, safe handling, storage, and presentation of food to ensure customer safety and satisfaction.

Category	Services
Subfield	Wholesale and Retail
Unit Standard	119959
Accreditation	SAQA Accredited · NQF Level 3 · 16 Credits
Duration	13 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply food safety and hygiene principles in the preparation of food for sale.
- Demonstrate correct procedures for receiving, storing, and rotating food stock.
- Implement temperature control measures to prevent food spoilage and contamination.
- Analyze potential hazards in food preparation areas and implement corrective actions.
- Evaluate the quality of prepared food against organizational standards.
- Design a basic food preparation plan that incorporates HACCP principles.

WHO SHOULD ATTEND

- This course is ideal for individuals working or seeking to work in food preparation environments such as restaurants, catering services, delis, or retail food outlets.
- It is also suitable for small business owners who prepare food for sale.

COURSE OUTLINE

Day 1: Introduction to Food Safety and Hygiene

- Overview of food safety and its economic impact
- South African food safety legislation: R638, FCD Act
- Personal hygiene: handwashing, uniforms, health policies
- Common foodborne illnesses and their causes
- Introduction to HACCP principles
- Roles and responsibilities of food handlers
- Food safety culture in the workplace

Day 2: Food Contamination and Cross-Contamination Prevention

- Types of food contamination: biological, chemical, physical
- Cross-contamination: direct and indirect
- High-risk foods and allergens
- Cleaning vs. sanitising: chemicals and procedures
- Colour-coded chopping boards and utensils
- Waste management and pest control basics
- Practical exercise: cleaning and sanitising surfaces

Day 3: Receiving and Storing Food Safely

- Receiving procedures: checking temperatures, packaging, dates
- Storage areas: dry, chilled, frozen storage requirements
- Temperature control: critical limits and monitoring
- FIFO (First In, First Out) and date marking
- Storage of allergens and chemicals separately
- Practical: receiving and storing food items
- Record-keeping for temperature logs

Day 4: Food Preparation and Cooking Principles

- Thawing, marinating, and preparing raw ingredients
- Cooking temperatures for different foods (poultry, meat, eggs)
- Using probe thermometers: calibration and placement
- Time and temperature abuse: danger zone (5°C–60°C)
- Batch cooking and cooling procedures
- Practical: cooking and temperature checking
- Documentation: cooking and cooling logs

Day 5: Cooling, Holding, and Reheating Food

- Safe cooling methods: shallow pans, ice baths, blast chillers
- Cooling time limits: 60°C to 10°C in 90 minutes
- Hot holding: minimum 60°C
- Cold holding: maximum 5°C
- Reheating: to 75°C minimum
- Date marking: prepared, use-by dates
- Practical: cooling and reheating exercise

Day 6: Allergen Management and Special Diets

- 14 major allergens (EU/SA): milk, eggs, peanuts, etc.
- Reading labels and identifying hidden allergens
- Allergen control in food preparation areas
- Customer communication: menu labelling, verbal info
- Special diets: gluten-free, lactose-free, vegan, halal
- Practical: creating allergen-free menu items
- Record-keeping: allergen matrix

Day 7: Food Safety Management Systems and HACCP

- HACCP principles: hazard analysis, CCPs, critical limits
- Prerequisite programs: cleaning, pest control, training
- Developing a HACCP plan for a food preparation process
- Monitoring CCPs: temperature, time, visual checks
- Corrective actions when limits are exceeded
- Verification and record-keeping
- Practical: create a simple HACCP plan

Day 8: Kitchen Equipment and Utensils – Safe Use and Maintenance

- Types of equipment: ovens, fryers, mixers, slicers
- Safe operation: guards, emergency stops, PPE
- Cleaning schedules for equipment
- Knife safety: grip, cutting techniques, storage
- Sharpening and maintenance of knives
- Practical: operate and clean equipment
- Reporting and tagging faulty equipment

Day 9: Kitchen Layout, Workflow, and Ergonomics

- Kitchen zones: receiving, storage, preparation, cooking, serving
- Workflow: linear vs. island layouts
- Preventing cross-contamination through layout
- Ergonomics: lifting, repetitive motion, anti-fatigue mats
- Cleaning schedules: daily, weekly, deep cleaning
- Waste segregation: food waste, recyclables, general waste
- Practical: design a kitchen layout

Day 10: Food Labelling, Traceability, and Record Keeping

- SA labelling regulations: ingredients, allergens, net weight
- Nutritional information and claims
- Traceability: batch numbers, supplier records
- Record keeping: temperature logs, cleaning records, training
- Recall procedures: mock recall exercise
- Practical: label a product correctly
- Documenting for audits

Day 11: Customer Service and Food Safety Communication

- Customer communication: allergen info, ingredients
- Handling complaints: food poisoning, foreign objects
- Training techniques: on-the-job, toolbox talks

- Leading by example: hygiene and attitude
- Food safety culture: reporting hazards, continuous improvement
- Role-play: customer interaction scenarios
- Feedback and coaching

Day 12: Food Safety Audits and Inspections

- Types of audits: internal, third-party, regulatory
- Audit criteria: R638, HACCP, ISO 22000
- Self-inspection checklist: facilities, practices, records
- Non-conformance reporting and corrective action plans
- Environmental health practitioner visits: what to expect
- Practical: conduct a mock audit
- Reviewing audit findings

Day 13: Practical Assessment and Course Review

- Practical assessment: prepare a menu item following food safety protocols
- Assessment criteria: hygiene, temperature control, HACCP
- Written knowledge test (if applicable)
- Course review: Q&A; session
- Feedback on performance
- Certificate of attendance and next steps
- Resources for further learning

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **16 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 43,500.00	R 43,500.00
1	In-House	R 56,600.00	R 56,600.00
1	On-Campus (Pretoria)	R 65,200.00	R 65,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	26 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	27 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
13 Aug 2026	31 Aug 2026	On-Campus	Durban, South Africa
13 Aug 2026	31 Aug 2026	On-Campus	Mauritius
14 Aug 2026	01 Sep 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	02 Sep 2026	On-Campus	Pretoria, South Africa
18 Aug 2026	03 Sep 2026	On-Campus	Abu Dhabi, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 119959) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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