



REGIONAL TRAINING PROGRAM ON GOOD HYGIENE PRACTICES FOR FOOD SERVICE PROVIDERS

CURRICULUM DESIGN STATEMENT

March 6-10, 2023

Mekong Institute, Khon Kaen, Thailand



BACKGROUND

Globalization has stimulated growing consumer demand for a wider variety of foods, resulting in an increasingly complex and longer global food chain. The production of safe food is becoming increasingly important for protecting consumers from the hazards of foodborne illnesses, which occur at different stages of the food chain starting from the primary production to the consumption stage. According to the World Health Organization (WHO), a large proportion of foodborne disease incidents are caused by foods improperly prepared or mishandled by food handlers at home and in food business operations. Health authorities need to implement strict laws and regulations dealing with food handling hygiene practices. This ensures that food handlers follow the required rules and regulations for proper hygiene and sanitation.

All consumers have the right to expect and demand safe and good quality food. Implementing Good Hygiene Practices (GHP) covers the minimum sanitary and hygiene practices for food handlers to ensure that food is safe and suitable for human consumption. Foodborne illnesses can result from contamination due to improper practices such as lack of environmental hygiene and poor sanitation, poor control of food processes, mixed and inappropriate transportation, poor storage, poor personal hygiene, and unsafe sources of food.

This food safety training course focuses on Good Hygienic Practices (GHP) in the food service sector. This course introduces the participants to the basic principles of food safety, hygiene, and sanitation. It discusses food safety hazards and how to adequately control them. This GHP course lays the foundation for other food safety management systems to build upon.

The 5-day training course also includes action planning for the participants to be able to help them apply their gained knowledge and skills in their place of work.

This course is designed for government officials to gain insights and knowledge for improved assistance and guidance to food business operators for conformance and compliance to food safety and hygiene requirements. It will assist food handlers in food service/catering premises to understand their responsibilities with regard to handling and producing food that is safe for the consumer, including guidance on relevant legislation, control of food safety hazards, temperature control, food storage, food preparation, pest control, personal hygiene, and premises cleaning and sanitation.

OBJECTIVES

After completing this course, participants will:

- Understand the importance of food hygiene and recognize the types of health issues poor food hygiene may cause;
- Be able to identify the various types of food safety hazards and control measures;
- Understand what regulations say about food hygiene and how businesses can comply;
- Explain the principles of food safety management systems and the requirements of Good Hygiene Practices (GHP);
- Explain the role of personal hygiene in preventing contamination and foodborne illness, including steps in proper hand washing; and
- Increase networking and interaction among participants for future collaborative work on food safety.

TRAINING MODULES

A variety of training methods will be employed such as lectures, exercises, workshops, role-play, and case studies in order to enhance learning and gain cooperation and active participation. The training materials consist of a workbook, ppt presentation, case study, workshops/exercises, and field visit profiles. Likewise, suggested readings will be distributed to the participants.

The training program will cover the following modules:

Module 1: Introduction to Food Safety and Hygiene

This module introduces the participants to the importance of good food hygiene practices and why it is crucial in the food business. The module tackles important aspects of food safety and health issues that consumers may develop from contaminated food.

- What is safe and suitable food?
- Food safety definitions and references e.g., Codex Principles of Food Hygiene CXC 1, 1969 (2020)
- Why is food hygiene important?
- Impact of food safety in the food service sector
- Management commitment to food safety/Food Safety Culture
- Challenges of implementing food safety management programs

Module 2: Legal Framework Governing Food Hygiene Standards

This module explains the key food safety legislation that food business operators must comply with, including food handling and regulation, and Codex General Principles of Food Hygiene. The module also highlights the food hygiene regulation and controls in different countries, particularly sharing the experiences of New Zealand, Thailand, and CLMV.

- Regional initiatives (WHO- FAO and ASEAN)
- Available standards for the catering industry in the region (Good Restaurant Practices (GRtP) and Good Street Vending Practices (GSVP))
- Food hygiene regulations and controls in CLMV region

Module 3: Food Safety Hazards and Controls

This module focuses on the four most common food safety hazards that may be present in a workplace and how they pose a risk to consumers if they get into food. This module also introduces various techniques in controlling cross-contamination and food safety hazards with proper food hygiene practices.

- Causes and types of foodborne illness
- Food Safety Hazards
 - Physical Hazards and their control
 - Chemical Hazards and their control
 - Food Allergens
 - Biological Hazards
 - Types of Microorganisms
 - Growth Requirements of Microorganisms
- Control Measures for Microorganisms - food preservation

Module 4: Good Hygiene Practices (GHP) for Food Handlers

Good Hygienic Practices are minimum sanitary and food handling requirements necessary to ensure the production of safe and suitable/wholesome food.

The system is based on four prescribed requirements:

- personnel practices
- premises controls - building facilities, equipment, and utensils (including design, layout/flow, construction, maintenance, cleaning and sanitation, calibration, pest and waste management)
- products – understanding food safety characteristics of foods (e.g., potentially hazardous foods)
- process controls – including food preservation methods (cook-chill-serve cold, cook-serve hot, cook-chill-reheat-serve hot, assemble prepared foods, etc.)

GHP specifies process control requirements to be satisfied at each step of the food handling process. Some requirements relate to the receipt, storage, preparation/making of foods, display and/or service. This module introduces a set of GHP applications dealing with food hygiene and sanitation in food service.

- Sourcing foods
- Establishment design and facilities
- Control of operations (including food preparation and service) - following the food product flow
- Maintenance and sanitation (cleaning, pest control, waste management, re-usable item controls)
- Personal hygiene
- Product information and consumer awareness
- Traceability and Recall
- Allergen Management
- Training
- Inspection of a Foodservice Premises

Module 5: Structured Learning Visit (SLV)

Participants will be exposed to food business operators (restaurant/canteen/Night Market food stalls, Hotel or Hospital Kitchens) who have food hygiene certification or food safety assurance systems in place, so participants can directly learn and observe the current practices of Thai food handlers in implementing GHP and HACCP.

- Food Hygiene Regulations and Control system in Thailand
- Thailand Case – Clean Food Good Taste Certification System
- Field Visit to KKU Student Complex
- Field visit to Ton Tan Night Market

Module 6: Action Planning

In order to apply the gained knowledge and skills from this training course, food business operators are required to develop action plans for the implementation of GHP and food safety management systems in their respective food businesses. For government officials, their action plan will focus on improving food hygiene regulations and guidelines, delivering localized GHP training, and developing education materials for food handlers and consumers.

TARGET PARTICIPANTS

The training program will consist of 28 participants with 7 participants representing each country. This course is designed for mid- and senior-level government officials (from the Food and Drug Department/Administration under the Ministry of Health), local food safety experts, and food business operators from Cambodia, Lao PDR, Myanmar, and Viet Nam (CLMV).

TRAINING AGENDA

TIME	ACTIVITIES	IN-CHARGE
DAY 1 – March 6 (Monday)		
08:30–09:00	Registration	MI Team
09:00–09:10	Welcome and Opening Remarks Mr. Suriyan Vichitlekarn Executive Director, MI	
09:10–09:15	Group photo	MI Team
09:15–09:30	Mekong Institute Presentation Presentation on MI Facilities and Logistics Arrangements	MI Team
09:30–10:00	Getting to Know Each Other	MI Team
10:00–10:30	<i>Coffee/Tea Break</i>	
10:30–11:00	Exploring Expectations and Setting the Norms	MI Team
11:00–11:15	Introduction to the Program Schedule, BOD, Mood Meter, and Suggestion Box	MI Team
11:15–11:30	Introduction to PROSAFE: Mekong Institute-Food Safety Project	MI Team
11:30–12:00	Pre-test	MI Team
12:00–13:00	<i>Lunch</i>	
13:00–14:15	Module 1: Introduction to Food Safety and Good Hygiene Practices <ul style="list-style-type: none"> • Safe food and hygiene essentials • Impact of food safety issues in the food service sector • Best practices in Good Hygiene Practices – CODEX guidelines • Management Commitment to Food Safety/Food Safety Culture • Challenges for Implementing Food Safety Management Programs (SMEs) 	Mr. Shane Hopgood
14:15–15:00	Module 2: Legal Framework Governing Food Hygiene Standards <ul style="list-style-type: none"> • Regional Initiatives (WHO-FAO and ASEAN) • Good Restaurant Practices (GRtP) and Good Street Vending Practices (GSVP) • Overview of Food Hygiene Regulations and Controls for the Foodservice Sector in CLMV region 	Ms. Naiyana Chaitiemwong
15:00–15:30	<i>Coffee/Tea Break</i>	
15:30–16:45	Module 3: Foodborne Illness, Food Hazards, and Controls <ul style="list-style-type: none"> • Causes and types of foodborne illness • Introduction to food safety hazards, growth/survival requirements for microorganisms, and control measures 	Mr. Shane Hopgood
16:45–17:00	Debriefing	
18:00–20:00	Welcome Dinner	

DAY 2 – March 7 (Tuesday)		
08:30–08:45	Recap of Day 1	
08:45–10:00	Module 4: Good Hygiene Practices (GHP) Session 1: Sourcing Food	Mr. Shane Hopgood
10:00–10:30	<i>Coffee/Tea Break</i>	
10:30–12:00	Session 2: Establishment: Design and Facilities	Mr. Shane Hopgood
12:00–13:00	<i>Lunch</i>	
13:00–15:00	Session 3: Control of Operations – following the food product flow	Mr. Shane Hopgood
15:00–15:30	<i>Coffee/Tea Break</i>	
15:30–16:45	Session 4: Establishment: Maintenance and Sanitation	Mr. Shane Hopgood
16:45–17:00	Debriefing	
DAY 3 – March 8 (Wednesday)		
08:30–08:45	Recap of Day 2	
08:45–10:00	Session 5: Establishment: Personal Hygiene	Mr. Shane Hopgood
10:00–10:30	<i>Coffee/Tea Break</i>	
10:30–12:00	Session 6: Product Information and Consumer Awareness Lot Identification and Traceability; Recall Procedures	Mr. Shane Hopgood
12:00–13:00	<i>Lunch</i>	
13:00–15:00	Session 7: Allergen Management Session 8: Training	Mr. Shane Hopgood
15:00–15:30	<i>Coffee/Tea Break</i>	
15:30–16:45	Session 9: Inspection of a Foodservice business (Including the development of field trip checklists)	Mr. Shane Hopgood
16:45–17:00	Structured Learning Visit Briefing	Mr. Shane Hopgood
17:00–17:15	Debriefing	
17.30 – 20.00	Field Trip to Ton Tann Night Market – food preparation and service observations, dinner and shopping	Mr. Shane Hopgood MI Team
20:00– onwards	Action Planning*	
DAY 4 – March 9 (Thursday)		
08:30–08:45	Recap of Day 3	
09:00 –10.15	Module 5: Structured Learning Visit Sharing Thailand Experiences to Mekong Countries in Implementing Food Safety Control Systems in Catering Industry, and “Clean Food, Good Taste” certification scheme	Ms. Naiyana Chaitiemwong
10.30-12.15	Visit Foodservice Business Visit: KKU Student Complex <ul style="list-style-type: none"> Learn about the existing food safety management system Observe food preparation and service facilities 	Mr. Shane Hopgood MI Team
12:15–13:15	<i>Lunch</i>	
13:30–15:00	Reflections on the Structured Learning Visits	Mr. Shane Hopgood
15:00–15:30	<i>Coffee/Tea Break</i>	
15:30-16:45	Action Planning and Course Evaluation	MI Team
16:45–17:00	Debriefing	

DAY 5 – March 10 (Friday)		
08:30–08:45	Recap of Day 4	Participants
08:45–09:30	Recap of GHP issues and controls – slide show	Mr. Shane Hopgood
09:30–10:00	Post Test	
10:00–10:30	<i>Coffee/Tea Break</i>	
10:30–12:00	Module 5: Action Planning Presentation of Action Plans	Participants
12:00–13:00	<i>Lunch</i>	
13:00–15:00	Presentation of Action Plans continued	Participants
15:00–15:30	<i>Coffee/Tea Break</i>	
15:30–16:30	Closing Remarks Awarding of Certificates	MI Team
17:30–20:00	Farewell Dinner	

*Action Planning should be done during free time or after the daily sessions. The action plans will be presented on the last day of the course, so it is highly advisable to start planning as early as possible. You may ask your country coordinator for more information and further guidance.

CONTACT PERSONS

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