

Student Curriculum







Course List

1. I AM FOOD – Introduction to the Canadian Food & Beverage Manufacturing Industry – 5 hours
2. Employer and Employee Expectations – 2 hours
3. Introduction to Emotional Intelligence – 2 hours
4. Good Manufacturing Practices - GMP's – 2 hours
5. Introduction to SSOPs and SOPs- 2 hours
6. Food Safety Culture & You – 2 hours
7. Food Spoilage & Food Safety – 4 hours
8. Sanitation Level 1 – 2 hours
9. Workplace and Industrial Safety – 1 hour
10. Lock-Out Tag-Out (LOTO) – 1 hour
11. Distribution and Warehouse Food Safety – 4 hours
12. HACCP Fundamentals – 3 hours
13. Workplace Essentials – Oral Communications – 2 hours

Optional Electives

1. Introduction to Cheesemaking – 4 hours
2. Food Safety Fundamentals for Industrial Meat Cutters – 8 hours

#	Course Title	Description	Hours	LRF Stream
1	I AM FOOD – Introduction to the Canadian Food & Beverage Manufacturing Industry	I AM FOOD introduces participants to the Canadian Food & Beverage Industry and the greatest strength of the industry, the people who work within it. The Canadian food industry is the largest manufacturing sector in Canada. With enormous natural resources from coast to coast. Participants embark on a journey of discovery of how important the food industry is to Canada and all Canadians.	5	Foundation Level 1 ●
2	Employer and Employee Expectations	Workplace expectations differ in every country. Canadian workplace culture expects individuals to be competent in speaking, listening, and socializing with other people; to know the etiquette of working harmoniously with co-workers and supervisors; and to understand and respect cultural differences in the workplace. Employees are also expected to know general business etiquette, how to dress for the production floor and the office environment, and their rights and obligations in the Canadian workplace. Being familiar with and meeting these expectations are important to job success and career advancement in Canada.	2	Workplace Essentials ●
3	Introduction to Emotional Intelligence	This course will introduce the concepts, skills, and tools you need to develop to be more successful in the workplace. Emotional Intelligence skills are shown to contribute to 80% of your success with your career and life. People with high emotional intelligence are aware of their emotions and can manage feelings, impulses, communicate effectively with others, solve problems, and build rapport in tense situations. Emotionally smart individuals remain optimistic in the face of adversity, bounce up quickly from setbacks and strive to perform.	2	Workplace Essentials ●
4	Good Manufacturing Practices - GMP's	This course will provide you with the knowledge and skills to understand how GMPs support the safe manufacturing of food and how to implement GMPs.	2	Workplace Essentials ●
5	Introduction to SSOPs and SOPs	<p>This course covers the background and understanding of what a standard operating procedure (SOP) and sanitation standard operating procedure (SSOP) are. Participants will be able to learn and identify how these are set up and why they are important to the food industry.</p> <p>This course is applicable to all industry personnel in a food processing plant: owners, supervisors, production personnel, sanitation team, labelling and packaging, plant manager, health and safety team, food safety team, etc.</p>	2	Foundation Level 1 ●

6	Food Safety Culture & You	<p>This course discusses the importance of following food safety procedures and practices when working in Canadian food companies, as these are part of food safety culture. It outlines the role of governments and food companies in protecting the food supply and identifies how consumers can be negatively affected by improper practices. It covers the important role food workers have in following procedures and telling supervisors and coworkers of food safety problems.</p> <p>Participants will learn the important role of food workers have in supporting their workplace food safety culture. By following food safety practices, food workers help their employer to protect the consumer, meet government regulations and address business needs</p>	2	Foundation Level 1 
7	Food Spoilage & Food Safety	<p>This course describes the components of food safety, how food spoilage occurs, and how to prevent it. The course is designed to help new food workers understand their role and responsibilities in prevention and management of food spoilage and food safety. This knowledge is key to a successful career in the food industry. Knowing what causes food spoilage, when food is bad, how to prevent economic loss due to food spoilage and learning about employee's role in keeping food safe is the most important skill to have when working with food.</p>	4	Foundation Level 1 
8	Sanitation Level 1	<p>This topic provides food processing industry workers with the basic knowledge related to cleaning and sanitation. It defines the terms used; introduces how to handle, prepare, and store chemicals; briefly describes the cleaning and sanitizing steps; and highlights the importance of complying with regulations and policies.</p>	2	Foundation Level 1 
9	Workplace and Industrial Safety	<p>The course reviews regulatory responsibilities for employees and employers, and the many proactive strategies employed to identify hazards, mitigate their impact and the associated Canadian federal and provincial regulatory requirements.</p>	1	Foundation Level 1 
10	Lock-Out Tag-Out (LOTO)	<p>This course provides guideline for Lock out-Tag out or lock and tag. LOTO is a safety procedure which is used in industry and research settings to ensure that dangerous machines are properly shut off and not able to be started up again prior to the completion of maintenance or servicing work.</p>	1	Foundation Level 1 
11	Distribution and Warehouse Food Safety	<p>This course provides guidelines on food safety procedures and responsibilities for workers in distribution systems and warehouse facilities. Allergen control, contamination, food security, traceability practices and individual roles are examined. The warehouse and distribution systems are often overlooked as the first line of defence in a manufacturing facility.</p>	4	Foundation Level 1 

12	HACCP Fundamentals	This course provides foundation level understanding of what HACCP stands for, the importance of HACCP, how HACCP is applied in the workplace and the role of every worker in a food safety culture. You will review the causes of food contamination with emphasis on the prevention of biological contamination and identifies and explains the seven HACCP principles.	3	Foundation Level 1 ●
13	Workplace Essentials – Oral Communications	This course provides guidelines for oral and general communication, active listening, providing feedback, fostering teamwork, and promoting a positive work environment. Lifelong learning and workplace skills training are closely linked to productivity, adaptability, and innovation.	2	Workplace Essentials ●
Optional Electives				
14	Introduction to Cheesemaking	This course examines techniques, terminology and recognized standards used in commercial cheesemaking.	4	Foundation Level 1 ●
15	Food Safety Fundamentals for Industrial Meat Cutters	This interactive, online course that focuses on Industry Legislation & Regulation, Workplace Policies & Procedures, Food Processing Equipment, Workplace Health & Safety, Meat Types and Cuts 101, Knife Sharpening, Food Safety, Cleaning, and sanitation including waste, Product Quality, Food Traceability and Communication & Leadership Skills.	8	Foundation Level 1 ●