

Step by step instructions for completing Online Elementary (Level 2) Food Hygiene (V6)

Step 1: Download, enter your name and save this [study logsheet](#). Or print the logsheet and fill in your name by hand.

Step 2: Read through each of the chapters below, in order, and fill in your study logsheet as you complete each chapter. The course chapters are available to download as pdfs from the links below.

Each chapter has one or more self-assessment question (SAQs). Write down your answers to these SAQs in a notebook as you may want to show them at the start of your exam. After you have answered a set of SAQs you can compare your answers with ours which [are here](#).

[INTRODUCTION](#)

[Watch hygiene video 01](#)

1. [HYGIENE VERSUS BACTERIA](#)
2. [A MORE DETAILED LOOK AT BACTERIA](#)

[Watch hand washing video](#)

3. [PEOPLE CAUSE PROBLEMS](#)

[Watch PPE video](#)

4. [AVOIDING CONTAMINATION](#)

5. [KEEP IT CLEAN](#)

[Watch cleaning video](#)

6. [CONTAMINATION](#)

7. [YOU AND THE LAW](#)

[Watch temperature control video](#)

8. [HACCP](#)

- When you get to this point tell your employer or email Seafish at onshore@seafish.co.uk and tell them that you are almost ready for your exam.
- You should aim to be ready for your exam about one week from this point.
- Seafish will appoint someone to invigilate your exam and they will contact you with the exam arrangements.

9. [ESSENTIAL FOOD HYGIENE FOR FISH FRIERS \(For people working in fish and chip businesses only.\)](#)

10. [SELF-ASSESSMENT ANSWERS](#) How well do you think you did?

11. Read the [APPENDIX – Summary of Key Points](#) .

Also:

- Complete a practice test or two, by logging on to our [online testing portal](#). You must record your best test score and date taken on the study logsheet.
- Study the Food Standards Scotland [allergen summary sheet](#) .

Step 3: Watch the [hygiene training videos](#) again before you take your exam.

Step 4: Read the [APPENDIX – Summary of Key Points](#) again before you take the exam.

Step 5: Email your exam invigilator your completed logsheet **and** [this GDPR form](#) before you sit the exam.

Step 6: Sit your online invigilated exam using Zoom or Microsoft Teams (or other video conferencing packages). As this can lead to a nationally recognised qualification, you must have your photo ID available for your invigilator to check before you start the exam.