



Training Module:

Kursus Latihan Pengendali Makanan



(Food Handler Course)



Certified Training Provider Since 2009.
SLPM Code: A/B/025



**WE SET THE
STANDARD**

**...OTHERS
FOLLOW**

We always take care to ensure we comply with global standards. This also means ensuring consistent compliance with our principle, which is the basis of all we do

ABOUT US

Everything we do is driven by our purpose to change the way world experiences.

Since 2009, our mission is to develop the country's halal industry by providing Halal and Food Safety Training & Guidance to the local food producer mainly Micro & Small scale enterprise.

POWERED BY:



TAKE THE RIGHT SOLUTION FOR YOUR BUSINESS



TRAINING COURSES

- Halal Related Training
- Food Safety Related (GMP, HACCP)
- Food Handling Course (MOH)

SERVICES

- Halal, MeSTI, GMP, HACCP Consultant
- Typhoid Injection
- Premise Layout Advisory
- Halal Internal Audit

SCAN ME TO VIEW
OUR WEBSITE




 KEMENTERIAN KESIHATAN MALAYSIA
 MINISTRY OF HEALTH MALAYSIA

**KURSUS LATIHAN
 PENGENDALI MAKANAN
 (FOOD HANDLER COURSE)**





KANDUNGAN KURSUS (COURSE CONTENT)

Merangkumi 4 seksyen iaitu (Comprising 4 section):

- Pengenalan (Introduction)
- Kebersihan Makanan (Food Hygiene)
- Keselamatan Makanan (Food Safety)
- Faktor - Faktor Kritikal Keracunan Makanan (Critical Factor of Food Poisoning)

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SEKSYEN 1 (SECTION 1) :

PENGENALAN (INTRODUCTION)

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SYARAT KURSUS (COURSE REQUIREMENT)


 SLPM diiktiraf KKM
(PHTC certified by MOH)


 Tempoh : 3 jam
(Duration: 3 hours)


 Tenaga Pengajar diiktiraf KKM
(Instructor certified by MOH)


 Yuran : RM 50.00
(Fee: RM50.00)
(Administration fee: RM10)


 Peserta : 30 orang
(Participant: 30 Pax)

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Sebarang pertanyaan/aduan sila hubungi:
(For enquiries, please contact):

BAHAGIAN KESELAMATAN DAN KUALITI MAKANAN
 Kementerian Kesihatan Malaysia, Aras 3, Blok E7, Parcel E,
 Pusat Pentadbiran Kerajaan Persekutuan, 62590 Putrajaya.
 Tel. : 03-8883 3888 E-mail: fsq-division@moh.gov.my

AL-BARAKAH TRAINING CENTRE PLT (LLP-0005932LGN)
 5B, PUSAT PERDAGANGAN SURI PUTERI, JALAN SINGA F20/F,
 SEKSYEN 20, 40300 SHAH ALAM, SELANGOR DARUL EHSAN
 HOTLINE: 017-328-4947 / 017-647-9247 / 013-319-4447
 EMAIL: frontdesk@al-barakah.com.my
 LAMAN WEB: WWW.AL-BARAKAH.COM.MY

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KUASA PERUNDANGAN (LEGISLATIVE POWER)

- Akta Makanan 1983 (Food Act 1983)
- Peraturan-Peraturan Makanan 1985 (Food Regulations 1985)
- Peraturan-Peraturan Kebersihan Makanan 2009 (Food Hygiene Regulations 2009)
- Akta Kawalan Penyakit 1988 (Control of Infectious Diseases Act 1988)




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KEPENTINGAN KEBERSIHAN DAN KESELAMATAN MAKANAN (IMPORTANCE OF FOOD HYGIENE AND SAFETY)



KESIMPULAN TOPIK (TOPIC CONCLUSION)

Di akhir topik ini, pengendali makanan (By the end of this topic, food handlers will be able to) :

1. Boleh menjelaskan betapa pentingnya latihan pengendali makanan (Explain the importance of food handler training)
2. Memahami kebaikan latihan pengendali makanan (Explain the importance of food handler training)

SEKSYEN 2 (SECTION 2): KEBERSIHAN MAKANAN (FOOD HYGIENE)

KEBERSIHAN MAKANAN (FOOD HYGIENE)



KESIHATAN DIRI (PERSONAL HEALTH)



Pemeriksaan Kesihatan
(Health Check)



Suntikan anti-tifoid
(Anti-Typhoid Vaccination)

SAKIT/CEDERA ILLNESS/INJURY



Sakit
(Feeling ill)



Mendapatkan Rawatan
(Seek treatment)



Luka
(Wound)



Pembalut Kalis Air
(Waterproof plaster)

FIZIKAL (PHYSICAL)



Mandi (Bath)

Kuku pendek dan bersih (Short and clean fingernails)

Memakai aksesori (Wearing jewellery)

Kuku panjang dan diwarnakan (Long and varnished fingernails)

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Pakaian (Attire)



Penutup Kepala (Head Cover)

Topi (Caps)

Pakaian Bersih (Clean Clothing)

Apron (Apron)

Kasut (Foot wear)

Sarung Tangan (Gloves)

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KESALAHAN!! (OFFENCES!!)



Tidak Memakai Penutup Kepala (Not Wearing A Head Cover)

Pemakaian Penutup Kepala yang tidak kemas (Improper Wearing of Head Cover)

Apron Kotor (Dirty Apron)

Selipar (Slippers)

Sakit-Seisema (Sick - Flu)

Merokok (Smoking)

Aksesori (Jewelry)

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AMALAN BURUK PENGENDALI MAKANAN (BAD FOOD HANDLING PRACTICES)



Merasa makanan dengan tangan (Tasting by dipper finger)

Merokok (Smoking)

Menggaru (Scratching)

Menyentuh Makanan dengan tangan (Touching food with bare hands)

Mengorek hidung dengan tangan (Clearing nostril with finger)

Batuk kearah makanan (Coughing over food)

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AMALAN BAIK PENGENDALI MAKANAN (GOOD FOOD HANDLING PRACTICES)



Memakai sarung tangan (Wearing gloves)

Mencuci peralatan di sinki (Washing utensil in the sink)

Menggunakan penyepit (Using tong)

Mencuci tangan (Washing hand)

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Bakteria apakah yang tedapat di tangan anda? (WHAT GERMS ARE ON YOUR HAND)



Germ Farm

Scrub'em!

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7 STEPS TO PROPER WASHING OF HANDS

- 1 Wash hands with sufficient amount of soap
- 2 Scrub the palms
- 3 Scrub each finger and between fingers
- 4 Use fingernails to scrub palms
- 5 Scrub the backs of hands
- 6 Rinse hands completely under running water
- 7 Dry hands with clean towel or tissue

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PERALATAN BERSIH DAN SEMPURNA (EQUIPMENT WHICH IS CLEAN AND IN GOOD CONDITION)

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PERALATAN YANG TIDAK SESUAI (INAPPROPRIATE UTENSILS)

Patah (Broken) Berkarat (Rusty) Peralatan Kayu (Wood Utensil) Berkarat (Rusty)

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PENGGUNAAN PERALATAN (USE OF UTENSILS)

Berasingan (Separate) Tidak Berasingan (Not Separate)

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LANGKAH PENCUCIAN PERALATAN (STEPS IN WASHING UTENSILS)

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Perangkap Minyak (Grease Trap)

All of the baffles of a grease trap should be scrubbed, and the drainage lines should be scoured to remove accumulated grease. Efficiency will be lost if a grease trap is not cleaned regularly. (Perangkap minyak perlu di cuci bersih bagi membuang kesan kotoran gns/ minyak)

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Amalan Pencucian (Washing Practice)



Pencucian di tempat yang sesuai
(Washing at a proper place)



Pencucian diatas lantai
(Washing on the floor)

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Premis Bersih (Clean Premise)



Siling (ceiling) Dinding (wall) Lantai (Floor)

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PREMIS KOTOR (DIRTY PREMISE)



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Kemudahan Asas (Basic Facilities)



Tandas yang bersih (Clean Toilet)



Sinki yang bersih (Clean wash basin)



Sistem saliran yang bersih (Clean Drainage system)

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KEMUDAHAN ASAS YANG KOTOR (DIRTY BASIC FACILITIES)



Sinki yang kotor (Dirty sink)



Tandas Kotor (Dirty Toilet)

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PREMIS DI TEPI JALAN RAYA (ROADSIDE PREMISE)



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TIADA MAKHLUK PEROSAK (NO PEST)



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LUAR PREMIS: SISTEM PERPARITAN (OUTSIDE PREMISE: DRAINAGE SYSTEM)



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PEMBUANGAN SAMPAH (DISPOSAL OF REFUSE)



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PENCUCIAN YANG KERAP DIPERLUKAN (REGULAR CLEANING REQUIRED)



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PEMBUANGAN SAMPAH YANG SALAH (INCORRECT DISPOSAL OF REFUSE)



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KESIMPULAN TOPIC (TOPIC CONCLUSION)

Di akhir topik, pengendali makanan dapat (By the end of this topic, foods handlers will be able to):

- Memahami bahawa kebersihan makanan bermula daripada diri pengendali makanan itu sendiri dan persekitaran (Understand that food hygiene starts with themselves and the environment)
- Menjadi lebih peka terhadap kebersihan diri, peralatan yang digunakan dan keadaan premis. (Be more sensitive to personal hygiene, the equipment used and state of the premises)
- Menjelaskan pakaian yang sepatutnya dipakai sewaktu mengendalikan makanan (Explain the proper clothing that should be worn during food handling)
- Melakukan amalan yang baik semasa mengendalikan makanan (Carry out good practices when handling food)

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SEKSYEN 3 (SECTION 3): KESELAMATAN MAKANAN (FOOD SAFETY)

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KESELAMATAN MAKANAN (FOOD SAFETY)

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PEMILIHAN BAHAN MENTAH (BASAH) SELECTION OF RAW FOODS (WET)

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PEMILIHAN BAHAN MENTAH (KERING) (SELECTION OF RAW FOODS-DRY)

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PEMILIHAN BAHAN MENTAH-MAKANAN TELAH DIPROSES SELECTION OF RAW FOOD-PROCESS FOOD

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BEKALAN AIR DAN AIS (WATER SUPPLY AND ICE)

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JENIS-JENIS PENYIMPANAN BAHAN MENTAH (WAYS OF STORING RAW FOODS)

Sejuk beku (Frozen)

Sejuk (Chiller)

Kering (Dry)

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PENYIMPANAN SEJUK (REFRIGERATION)

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ZON BAHAYA PENYIMPANAN (STORAGE DANGER ZONE)

Suhu zon bahaya adalah antara **5 – 63°C**
(Danger zone temperature is **5 – 63°C**)

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PENGENDALIAN BAHAN MENTAH YANG BETUL (CORRECT HANDLING OF RAW FOODS)

Mencuci bahan mentah (Wash raw foods)

Memakai sarung tangan (Wear gloves)

Menggunakan peralatan yang berbeza mengikut jenis Makanan (Use separate utensils for different food types)

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PENGENDALIAN BAHAN MENTAH YANG SALAH (INCORRECT HANDLING OF RAW FOODS)

Menggunakan peralatan yang sama bagi memotong sayur dan daging (Using the same utensils for cutting vegetables and meat)

Di atas lantai (On the floor)

Tidak memakai peralatan yang sesuai (Not using appropriate utensils)

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PENYAHBEKUAN YANG BETUL (SAFE WAYS TO DEFROST FOOD)

Ketuhar (Microwave)

Di bahagian penyimpanan sejuk (In the chiller)

Di bawah air yang mengalir (Under running water)

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PENCEMARAN SILANG SEMASA PENGENDALIAN MAKANAN (CROSS-CONTAMINATION DURING FOOD HANDLING)

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PENYEDIAAN MAKANAN (FOOD PREPARATION)

JANGAN MASAK TERLALU AWAL (DON'T COOK FOOD TOO FAR AHEAD OF TIME)

JANGAN MEMANASKAN MAKANAN TERLALU KERAP (DON'T RE-HEAT FOOD TOO MANY TIMES)

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MASAK TIDAK SEMPURNA (UNDERCOOKED FOOD)

Telur separuh masak (Partially cooked eggs)

Daging yang masih merah (Meat that is still pink)

Ayam yang masih berdarah (Chicken still pink in the middle)

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PENYIMPANAN MAKANAN SELEPAS MASAK (STORING COOKED FOOD)

Makanan Disejukkan Dan Tertutup (Cooled and Then Covered)

Makanan Panas Dan Terdedah (Steaming Hot and Uncovered)

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PEMBUNGKUSAN MAKANAN (PACKING OF FOOD)

Makanan dibungkus dengan pembungkus yang sesuai (Food packed in proper containers)

Makanan dibungkus dengan kertas surat khabar (Food wrapped in newspaper)

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PENYEDIAAN MAKANAN (SERVING OF FOOD)

Tutup makanan dengan penutup makanan (Place food in covered container)

Hidangkan makanan di atas rak bertutup dan mempunyai pemanas (Place food in covered racks with heater)

Guna Penyepit semasa mengambil makanan (Use tongs when taking food)

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PENGHIDANGAN MAKANAN (SERVING OF FOOD)



Jangan hidang makanan secara bertindih
(Don't serve food by stacking plate on top of one another)

Jangan biarkan makanan/ minuman terdedah
(Don't leave food/drinks uncovered)

Jangan sentuh makanan / minuman dengan tangan
(Don't touch food/drinks with bare hands)

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PENERIMAAN PRODUK (RECEIVING OF PRODUCT)



Elakkan meletakkan produk makan di atas lantai
(Upon receiving, Food should not placing on the ground)

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PENGANGKUTAN MAKANAN TRANSPORT OF FOOD



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KESIMPULAN TOPIK TOPIC CONCLUSION

Di akhir topik, pengendali makanan dapat (By the end of this topic, food handlers will be able to):

- Memilih bahan mentah yang baik sebelum menyediakan makanan (Select the best raw foods prior to preparing food)
- Mengendalikan makanan dengan cara yang betul (Handle food the correct way)
- Menjelaskan cara penyediaan bahan mentah dan makanan yang bersih dan selamat (Explain how to handle and prepare raw foods in a clean and safe manner)

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SEKSYEN 4 : FAKTOR-FAKTOR KRITIKAL KERACUNAN MAKANAN SECTION 4: CRITICAL FACTORS OF FOOD POISONING

Lagi keracunan di SK Gua Nangka

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Sentuh Makanan Secara Langsung Dengan Tangan Touching Food With Bare Hands



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Pencemaran Silang Daripada Bahan Mentah ke Makanan Sedia Dimakan

(Cross-Contamination from Raw to Ready-to-Eat Foods)

Bahan Kimia ke Makanan
(Chemicals to food)

Bahan Mentah ke Makanan
(Raw to Cooked Food)

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Masak Terlalu Awal (Hidang Lebih Daripada 4 Jam)

Cooking Too Far Ahead of Time (Served after More than 4 Hours)

3.00 A.M

MAKANAN TENGAHARI

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Makanan Tidak Cukup Masak

(Undercooked Foods)

Mentah
(Raw)

Berdarah
(Middle still pink)

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Memaskan Dan Mencampurkan Makanan Lama Dengan Makanan Baru Dimasak

(Re-Heating Mixture of Leftovers and Freshly Cooked Food)

MAKANAN LAMA (LEFTOVERS) + **MAKANAN BARU (FRESHLY COOKED FOOD)**

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Bahan Mentah Rosak Atau Tercemar

(Spoilt or Contaminated Raw Foods)

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Bahan Mentah Tidak Dinyahbeku Dengan Sempurna

(Incomplete Defrosting of Raw Foods)

Ikan tidak digoreng dengan sempurna kerana tidak dinyahbeku terlebih dahulu
Fish is undercooked due to frying without defrosting it first

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Penyimpanan Bahan Mentah Dan Makanan Pada Suhu dan Tempat Yang Salah (Raw and Cooked Foods Stored at Incorrect Temperatures and Places)




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Pengendali Makanan Berpenyakit dan Tidak Mengamalkan Kebersihan Diri Yang Baik (Sick Food Handlers with Poor Personal Hygiene)




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Makanan Terdedah Kepada Makhluk Perosak (Food Exposed to Pests)




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Peralatan Yang Kotor dan Tidak Sempurna (Equipment which is Dirty and in Poor Condition)





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Keadaan Premis Yang Kotor Dan Tidak Diselenggara Dengan Baik (Dirty and Poorly Maintained Premises)




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KESIMPULAN TOPIK TOPIC CONCLUSION

Di akhir topik, pengendali makanan dapat (By the end of this topic, food handlers will be able to):

- Menyenaraikan faktor-faktor kritikal keracunan makanan (List down the critical factors of food poisoning)
- Mengetahui tindakan yang patut diambil untuk mengawal faktor-faktor kritikal keracunan makanan. (Know what actions to take to control the critical factors of food poisoning)

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KESIMPULAN KURSUS
(COURSE CONCLUSION)

ATAU
OR




Clean Food Stall Operator

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Terima kasih. Untuk maklumat lanjut, lawati:
Thank you. For more information, visit:

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@kursuspengendalianmakananputrajaya

017-3284947 / 017-6479247 / 013319-4447/019-4406280

frontdesk@al-barakah.com.my

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Thank you

Tarikh (Date): _____

Nama Peserta (Participant's Name): _____

No. Kad Pengenalan / No. Pasport (IC No / Passport No): _____

No Telefon (Mobile No.): _____ E-Mel (E-Mail): _____

Dari mana anda mengetahui tentang kami? (from where you heard about us?)

Sila tandakan pada mana-mana yang berkenaan / Please tick whichever is applicable

- | | | | |
|----------------------------------------|------------------------------------|-----------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Email | <input type="checkbox"/> Kawan/Friends | <input type="checkbox"/> www.kursuspengendalian makanan.com |
| <input type="checkbox"/> Google Search | <input type="checkbox"/> Instagram | <input type="checkbox"/> Risalah/Flyers | <input type="checkbox"/> Lain-lain/others _____ |

Sila tandakan atau X / Please tick or X

JAWAPAN BAGI SOALAN PRA / ANSWER SHEET FOR PRE-TEST

1		6		11		16		21		26	
2		7		12		17		22		27	
3		8		13		18		23		28	
4		9		14		19		24		29	
5		10		15		20		25		30	

MARK: ____ / 30

Sila tandakan atau X / Please tick or X

JAWAPAN BAGI SOALAN POS / ANSWER SHEET FOR POST-TEST

1		6		11		16		21		26	
2		7		12		17		22		27	
3		8		13		18		23		28	
4		9		14		19		24		29	
5		10		15		20		25		30	

MARK: ____ / 30

Selain daripada kursus pengendalian makanan, apakah jenis latihan atau perkhidmatan yang anda perlukan?
Other than food handling course, what kind of trainings or services that you require?

- | | |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Latihan berkaitan halal / Halal- related training | <input type="checkbox"/> Pengurusan kewangan untuk individu / Individual financial management |
| <input type="checkbox"/> Khidmat nasihat dan perundingan halal / Halal advisory and consultation service | <input type="checkbox"/> Pengurusan kewangan untuk usahawan / Entrepreneur financial management |
| <input type="checkbox"/> Latihan MESTI/GMP/HACCP / MESTI/GMP/HACCP Training | <input type="checkbox"/> Khidmat pendaftaran perniagaan seperti PBT dan fosim / Business registration service at local council and fosim |
| <input type="checkbox"/> Khidmat nasihat dan Perundingan MESTI/GMP/HACCP / MESTI/GMP/HACCP advisory and consultation | <input type="checkbox"/> Lain-lain perkhidmatan (nyatakan) / Other service (please state) |

Maklum balas latihan / Feedback of training

Sila bulatkan pilihan jawapan anda / Please circle your choice

i	Kurikulum / Curriculum	Tidak setuju <i>Disagree</i>			Setuju <i>Agree</i>	
	Latihan ini menepati jangkaan saya <i>The training meets my expectations</i>	1	2	3	4	5
	Saya boleh menggunakan pengetahuan yang dipelajari <i>I am able to apply the knowledge learned</i>	1	2	3	4	5
	Objektif latihan jelas dan diikuti <i>The training objectives for each topic are clear & achieved</i>	1	2	3	4	5
	Isi kandungan latihan teratur dan mudah diikuti <i>The curriculum contents are organized and easy to follow</i>	1	2	3	4	5
	Bahan yang diedarkan jelas dan berguna <i>The materials distributed are pertinent and useful</i>	1	2	3	4	5
ii	Tenaga Pengajar / Trainer					
	Tenaga pengajar berpengetahuan <i>The trainers are knowledgeable</i>	1	2	3	4	5
	Kualiti pengajaran bagus <i>The quality of instructions is good</i>	1	2	3	4	5
	Alat bantuan pengajaran dan audio visual digunakan <i>Good training aids and audio-visual aids are used</i>	1	2	3	4	5
	Penglibatan dan interaksi peserta digalakkan <i>Class participation and interaction are encouraged</i>	1	2	3	4	5
iii	Keseluruhan Penyampaian Latihan / Overall Training Delivery					
	Bagaimana anda menilai latihan ini secara keseluruhannya? <i>Overall, how do you rate the training?</i>	1	2	3	4	5
	Latihan ini membantu saya melakukan kerja dengan lebih baik <i>The training will help to perform my job better</i>	1	2	3	4	5
	Latihan ini bermanfaat dan perlu dihadiri oleh orang lain <i>This training is worthwhile, and should be attended by others</i>	1	2	3	4	5

Pada skala 1-10, berapakah rating anda sekiranya anda ingin mencadangkan latihan ini kepada yang lain?

On a scale of 1-10, how likely would you recommend this training to others?

1 2 3 4 5 6 7 8 9 10

Komen atau cadangan anda terhadap pengurusan keseluruhan latihan ini?

Your comments or suggestions on the overall management of this training?

.....

.....

Komen anda terhadap Tenaga Pengajar?

Your comments on the trainer?

.....

.....