Food safety

Seafood: Freshness, Histamine, EU Requirements

One day for companies that process or export seafood: assess freshness, control the histamine risk and meet European Union health requirements. From landing to dispatch, the course links cold chain, receiving checks, testing and parasites to European hygiene rules and ONSSA controls, using your species and your products.

Duration : 1 day

Objectives

1. Assess the freshness of a fish by sensory examination and know the chemical indicators used
2. Explain how histamine forms, the species concerned and the conditions that favour it
3. Build receiving checks and the histamine testing plan according to European criteria
4. Identify European Union requirements for establishments exporting fishery products
5. Apply parasite and cold chain control from receiving to dispatch

Programme

Day 1 — morning

• Fish spoilage: enzymes, bacteria, oxidation; the decisive role of temperature

• Freshness assessment: sensory examination, scoring, chemical indicators

• Histamine: at-risk species such as tuna, sardine, mackerel or anchovy, producing bacteria, cold chain breaks

• Receiving checks: temperature, glazing, time since catch, sampling for histamine

Day 1 — afternoon (workshop)

• Histamine in Regulation (EC) No 2073/2005: sampling plan and interpretation of results

• Hygiene rules specific to fishery products in Regulation (EC) No 853/2004: parasites, visual inspection, freezing treatment

• Exporting to the European Union: establishment approval, listing among authorised establishments, health certificate, role of ONSSA

• Workshop: freshness and histamine control plan for one species at your site

Teaching methods

• Sensory workshop on fish from your receiving, with a scoring grid

• Reading your histamine test reports and your temperature records

• Case study of a histamine alert on an exported batch

• Final test on a batch file to release or to block

Assessment and documents

Knowledge test and a sensory scoring exercise, reaction survey at D+1. Numbered certificate verifiable online for each participant; training report and the control plan drawn up in the workshop handed to the company.

Bilingual materials for every participant; each classroom course comes with its digital twin on OmniLearn.

Good to know

For fish canneries, the two-day course “Canning Technology: Seaming and Sterilisation” complements this module. The chain of custody of MSC-certified products is covered in “MSC Chain of Custody and Organic Farming”.

Practical information

Duration	1 day
Audience	Quality, receiving, production, laboratory and export staff of seafood companies
Prerequisites	No prerequisites
Group size	Groups of 6 to 12 participants, in-company
Format	In-company, face to face on your site
Language	French, Darija or English; bilingual materials
Funding	OFPPT special training contracts (TFP), GIAC, Maroc PME: we prepare the applications with you, at no extra cost.
Programme customisation	Programme adapted to your procedures, your equipment and your audience

Frequently asked questions

Does cooking or sterilisation destroy histamine?

No. Histamine resists heat: once formed, it stays in the product, even in a can. Control therefore takes place upstream, through temperature, from catch to processing.

Which sites are concerned?

Fish wholesaling, freezing, semi-preserved and canned products sites. Examples are taken from your species: sardine, mackerel, anchovy, tuna, cephalopods or shrimp.

Does it cover markets other than the European Union?

The common thread is the European Union, a frequent destination for Moroccan exporters. The principles of freshness and histamine control apply to all markets; for the United States, see also the courses on FDA requirements.