

# FOOD ALLERGEN AWARENESS

COURSE CONTENT OVERVIEW



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TRAINING

All food handlers have a legal responsibility to ensure that they understand which foods may trigger an allergic reaction, how these foods should be correctly labelled and declared, and what can be done to prevent contamination from allergenic ingredients. This Food Allergen Awareness course is designed to help food handlers understand their responsibilities further and provides information on the 14 named allergens, the Food Labelling Regulations 1996, the European Provision of Food Information to Consumers Regulation 2011, and how the risks from allergenic cross contamination can be controlled in the workplace.

#### **Module One: Introduction to Allergens**

This module explores the differences between allergies, intolerance and coeliac disease, explains the common symptoms of each and introduces the 14 named food allergens that must be declared by food businesses.

- Key definitions: food allergy, food intolerance and anaphylaxis
- Coeliac disease
- Gluten
- The 14 named allergens
- Hidden allergens
- Symptoms of allergic reactions
- Symptoms of anaphylaxis
- Food handler responsibilities

#### **Module Two: Allergens and the Law**

This module looks at the responsibilities food handlers have under the Food Safety Act and up-to-date food labelling legislation, plus details what may happen if you don't comply with the law. The module also explains some common allergen-related mistakes that businesses make.

- Food safety law
- Food labelling laws
- Putting the law into practice
- Legal penalties
- Legal defence
- Common mistakes
- Common mistakes - an example

#### **Module Three: Controlling Allergenic Contamination - Ingredients**

This module explains why training staff in allergen awareness is important and lists what needs to be considered for an allergen-free workplace. The module outlines how allergenic contamination can be controlled at the food delivery and storage stages.

- Hazard analysis
- Staff training
- Creating an allergen-free environment
- Food purchase and delivery
- Food storage
- Transportation

#### **Module Four: Controlling Allergenic Contamination - Hygiene**

This module looks at how allergenic contamination can be controlled through good hygiene practices, including personal hygiene and premises cleanliness. The module uses a video to show the correct hand washing procedure and explains how contamination can be controlled during food preparation and service, plus what to do in an emergency situation.

- Personal hygiene
- Hand washing video
- Cleaning the premises
- Cleaning food handling equipment
- Food preparation
- Food service
- Emergency situations

## Aims of the Training

By the end of this course learners will:

- Understand the differences between food allergies, food intolerance, anaphylaxis and coeliac disease.
- Be aware of the common symptoms of allergic reactions.
- Know the 14 named allergens that must be declared in food products.
- Have knowledge of the legal responsibilities of food handlers in regards to allergen labelling and declaration.
- Understand how to prevent allergenic contamination through attention to food deliveries and food storage.
- Understand how to prevent allergenic contamination through good hygiene practices.