

FOOD LABELLING REGULATIONS

COURSE CONTENT OVERVIEW

	100ml contains	250ml contains	%GDA*
Energy	199kJ 47kcal	500kJ 120kcal	6%
Carbohydrate	0.5g	1.3g	
Sugars	10.5g	26.3g	
Saturated fats	10.5g	26.3g	
Sodium	trace	trace	
Salt equivalent	trace	trace	
Vitamins/Minerals	trace	trace	

0333 006 7000

www.highspeedtraining.co.uk



HIGH SPEED TRAINING™

This online Food Labelling Regulations course has been designed as an introduction to help learners understand how to label food products legally and correctly. Food labelling regulations exist to guarantee a customer's right to information so that they can make informed choices about what they are buying.

Having an understanding of what can and cannot be said on food packaging is essential, whether you are a large manufacturer or a small-scale bakery. This course will aid learners to understand the guidance provided by the FIC Regulation on mandatory allergen labelling, nutritional labelling, plus additional vertical regulations.

Module One: Introduction to Food Labelling Regulations

This module introduces the mandatory labelling requirements for pre-packed and loose foods and looks at how food labels should be presented.

- Informed choices
- Labelling requirements for packaged foods
- Labelling requirements for loose products
- Vertical regulations
- Labelling presentation

Module Two: The Food Labelling Regulations Explained

This module outlines each of the mandatory food labelling requirements and explains how to ensure your food labels are complying with the law.

- Name of the food
- Allergens
- Durability date
- QUID
- List of ingredients
- Net quantity
- Special storage conditions
- Name and address of the food business operator
- Country of origin
- Instructions for use

Module Three: Nutritional Information, Claims and Traceability

This module explains which nutritional information must be included on food labels by law and highlights the importance of ensuring any nutritional claims made on food packaging are accurate. The module also looks at how food products can be used for traceability.

- Nutritional information
- Claims
- Alcoholic strength
- Traceability

Module Four: Vertical Regulations – Part One

This module provides details on some of the additional regulations that apply to specific food products, known as vertical regulations, as well as some of the voluntary information you may wish you include on food labels.

- Animal products
- Basmati rice
- Cocoa and chocolate
- Condensed and dried milk

- Fat spreads
- Fish
- Fruit juice
- Food additives and colours
- Traffic light nutrition
- Country of origin
- Marketing terms
- Ecolabel
- Voluntary declarations

Module Five: Vertical Regulations - Part Two

This module looks further at some of the regulations applying to specific products and processes, detailing what can and cannot be said on food packaging in relation to each one. The module also explains when to use the terms 'organic', 'vegan' and 'vegetarian'.

- Gluten
- Honey
- Jam
- Infant formula
- Meat products
- Milk
- Molluscs
- Olive oil
- Sugar and sweeteners
- Wine
- Lot marking
- Organic
- Vegetarian and vegan
- Bar codes
- Symbols

Aims of the Training

By the end of this course, learners will:

- Understand the basic food labelling requirements, essential for all pre-packed food products.
- Understand the importance of labelling allergens correctly.
- Have knowledge of what can and cannot be printed on food packaging in relation to nutritional and health claims.
- Understand the different vertical regulations that must be applied to specific food product labels.