

COURSE CONTENT OVERVIEW

Food Allergen Awareness



All food handlers have a legal responsibility to ensure that they understand which foods may trigger a reaction in customers with food hypersensitivities, how these foods should be correctly labelled and declared, and what can be done to prevent allergenic cross-contamination.

This Food Allergen Awareness course is designed to help food handlers understand their responsibilities further and provides information on the 14 food allergens named in law that must be declared in food items, and the EU Food Information for Consumers (FIC) Regulation in regards to food labelling. This course also gives best practice guidance, including how to communicate with the food hypersensitive customer and how procedures and processes can help control the risks from allergenic cross-contamination in the workplace.

Module One: Introduction to Food Allergens, Allergies and Anaphylaxis

This module introduces food hypersensitivity, outlines the differences between allergy, intolerance, anaphylaxis and coeliac disease and describes the symptoms of each. The module also explains your responsibilities as a food handler and details the 14 food allergens.

- What is a food allergen?
- Key definitions
- Coeliac disease and symptoms
- Symptoms of an allergic reaction
- Symptoms of anaphylaxis
- Food handler responsibilities
- The 14 food allergens
- Hidden allergens
- What's my role?

Module Two: Food Allergen Law and the Food Labelling Regulations

This module explains the legal requirements for allergen labelling and declaration. It will also inform learners how to engage positively with food hypersensitive customers and provide accurate and reliable allergen information.

- Food safety legislation
- Food labelling regulations
- Foods prepacked for direct sale (PPDS)
- Allergen labelling
- Natasha's Law
- Near miss reporting
- Precautionary allergen labelling
- Ingredients lists
- Loose foods
- Distance selling
- Law enforcement
- Staff training
- Communicating with the food hypersensitive customer

Module 3: Controlling Allergenic Cross-Contamination

This module looks at how food handlers can control allergenic contamination by carefully identifying the risks and then storing, handling and serving food safely. It will also explain how procedures and following best practices can help control allergenic cross-contamination and what to do in an emergency.

- Key terms
- HACCP
- Prerequisites
- Cleaning the workplace
- Food deliveries and transportation
- Food storage
- Food preparation
- Food service
- Allergen policy
- Emergency situations

Aims of the training

By the end of this course, learners can:

- Explain the term 'food hypersensitivity'.
- Recognise the common symptoms of allergic reactions, anaphylaxis, coeliac disease and food intolerances.
- Identify the 14 food allergens which must be declared if they are used as an ingredient.
- Explain their legal responsibilities in regard to allergen labelling and declaration.
- Apply communication techniques to engage positively with the food hypersensitive customer.
- Describe how to convey accurate allergen information in food items to the customer.
- Implement procedures and practices to control allergenic cross-contamination.
- Determine how to respond in an emergency where a customer has symptoms of a severe allergic reaction.