

COURSE CONTENT OVERVIEW

# Food Allergen Awareness



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 food allergens, the EU Food Information for Consumers(FIC) Regulation in regards to food labelling, and how the risks from allergenic cross-contamination can be controlled in the workplace.

#### **Module One: Introduction to Food Allergens, Allergies and Anaphylaxis**

This module outlines the differences between an 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 named food allergens.

- What is a food allergen?
- Key definitions
- Coeliac disease
- Symptoms of an allergic reaction
- Symptoms of anaphylaxis
- Food handler responsibilities
- The 14 named food allergens
- Hidden allergens
- Case studies

#### **Module Two: Food Allergen Law and the Food Labelling Regulations**

This module explains the legal requirements for allergen labelling and helps learners to understand how they should provide allergen information to customers, both on food labels and verbally.

- General food safety legislation
- The Food Information for Consumers (FIC) Regulation
- Food labelling regulations
- Prepacked foods
- Foods prepacked for direct sale (PPDS)
- Natasha's Law
- Loose foods
- Distance selling (takeaways)
- Putting the law into practice
- Staff training
- Law enforcement
- Case studies

#### **Module Three: Preventing 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.

- HACCP
- Allergen policy
- Food deliveries and transportation
- Food storage
- Food preparation
- Food service
- Hand washing
- Cleaning the workplace
- Emergency situations

## Aims of the training

By the end of this course, you will:

- Understand the differences between food allergy, food intolerance, anaphylaxis and coeliac disease.
- Be aware of the common symptoms of allergic reactions and anaphylaxis.
- Know the 14 named food allergens that must be declared if they are used as an ingredient in any of the food products sold and served.
- Have an awareness of the legal responsibilities of food handlers in regards to allergen labelling and declaration.
- Know how to respond to a customer query about the allergen content of a food.
- Understand how to prevent allergenic cross-contamination through good hygiene procedures and proper food storage, preparation and handling practices.