

COURSE CONTENT OVERVIEW

Food Allergens in Manufacturing

This Food Allergens in Manufacturing course is designed to provide factory workers with a better understanding of the allergens that they work with.

For people with a food allergy, even the smallest trace of an allergenic ingredient can be life-threatening, which is why it's so important for manufacturers to label their products correctly and prevent cross-contamination in the factory. This course helps learners to understand which foods commonly trigger allergic reactions and how to work safely with allergenic ingredients.

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
- Emergency situations
- The 14 named food allergens
- Hidden allergens

Module Two: Food Allergen Law and Food Labelling Regulations

This module explains the legal requirements for allergen labelling on food packaging. By law, your food manufacturing business must be able to give allergen information for both prepacked and loose food and drink.

- General food safety legislation
- The Food Information for Consumers (EU FIC) Regulation
- Food labelling regulations
- Prepacked foods
- Peanuts & cereals containing gluten
- Foods prepacked for direct sale (PPDS)
- Loose foods
- Distance selling allergen regulations
- Law enforcement
- Product recalls
- Traceability
- Calculating allergens
- Rework

Module Three: Preventing Allergenic Cross-Contamination in the Factory

This module looks at how food handlers can control allergenic contamination by carefully identifying the risks and then storing and handling ingredients carefully. The module also explains what is included in a factory allergen policy.

- HACCP
- Allergen policy
- Food deliveries and distribution
- Food storage
- Factory design and layout
- Hand washing
- Personal hygiene
- Cleaning the factory
- Cleaning in place

Aims of the training

By the end of this course, learners 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 manufactured in the factory.
- Have an awareness of the legal responsibilities of food manufacturers in regards to allergen labelling and declaration.
- Recognise the importance of adhering to the company allergen policy.
- Understand how to prevent allergenic cross-contamination in a factory through good hygiene procedures and proper food handling practices.