

## **Course Content - Allergen Awareness**

### **Chapter 1: Introduction to Allergens**

Candidates will describe the increasing incidence of allergenic contamination and the rising numbers of people who now have a Food Allergy and will be able to:

- Describe the growing threat to consumers and the food industry
- State the statistics behind the headlines
- Give examples of potentially unsafe practices concerning allergenic food ingredients
- State the possible consequences of non-compliance with food safety law
- Explain what is a Due diligence defence

### **Chapter 2: Introduction to Allergens**

Candidates will define the concept of allergens, the difference between a food allergy and a food intolerance. Symptoms of an allergenic reaction, anaphylactic shock and how to recognize an attack, and will be able to:

- Describe the terms food allergy, food intolerance and Celiac disease
- State how gluten affects a sufferer
- Explain what the term anaphylaxis means
- Detail how to recognize the symptoms of an allergic reaction (an anaphylactic attack)
- State basic emergency procedures if someone is having an attack
- Describe the 4-step response to a potential allergenic attack (anaphylaxis)

### **Chapter 3: The 8 Named Allergens**

Candidates should define the 8 most common Food Allergens listed by the FDA, the importance of being able to identify “hidden allergens” and of clear food labeling and will be able to:

- State the 8 named allergenic ingredients listed by the FDA
- Give examples of foods/dishes where named allergenic ingredients are commonly used
- Give examples of alternative ingredients to the named allergenic ingredients
- Give examples of hidden allergenic ingredients in common foods and dishes
- Detail the importance of clear food labeling
- Detail how to help a sufferer avoid an allergenic reaction
- Give examples of potentially unsafe practices concerning allergenic food ingredients

## **Chapter 4: Recipe Creation to Storage**

Candidates will consider safe and appropriate practices such as communication methods, recipe creation, developing a system, adapting a recipe for an Allergy sufferer, suppliers and storage and will be able to:

- Detail how to create a simple system to manage the use of allergenic ingredients
- State the importance of clear communication in the use of allergenic ingredients
- Explain how to create recipe and customer ingredient information sheets
- Give examples of how to adapt a recipe or dish for an allergy sufferer
- Describe procedures required for dealing with foods that may cause allergic reactions
- State the importance of appropriate suppliers and delivery
- Detail dry, chilled and frozen storage procedures to reduce the risks of cross contamination

## **Chapter 5: Preparation through to Service**

Candidates will explain the main dangers involved at the following key stages, Food Preparation – Cook – Assembly of Dish, Front of House Service and will be able to:

- Explain the importance of good management systems and clear communication
- Detail the importance of clear communication with all staff
- Describe appropriate communication between front-of-house staff and kitchen
- Give examples of the steps required to avoid cross contamination
- Give examples of the main danger points in a self-service area
- Give examples of the communication required with a customer
- Describe the important role front of house staff can play in preventing cross contamination

## **Chapter 6: Cleaning & Personal Hygiene**

Candidates will state the importance that cleaning, and personal hygiene play in helping to reduce cross contamination and will be able to:

- Explain the importance of cleaning, and handwashing in helping to reduce cross-contamination
- State the importance of personal hygiene in food handling
- Detail the required cleaning procedures for a kitchen
- Explain how and when to wash
- Detail the required cleaning procedures for front of house areas such as work-stations and self-service areas
- State the importance of cleaning schedules
- Describe how thorough cleaning of Front of House can reduce the risks of cross contamination.