

Understanding my responsibilities...

Working within food service you have a responsibility under recent food labelling regulations (FIR 1169/2011) to understand the major allergens contained within the food you prepare and serve.

This booklet will give you details of your responsibilities and how you need to manage the food allergy, coeliac and intolerant customer safely and offer a positive inclusive dining experience to all customers.

There are quizzes throughout the booklet to test your knowledge of each section and a final quiz on completion of the booklet.

On **page 42** you will find a blank page where you can add personal notes.

At the end of the booklet you will be obliged to sign to show you have read and understood the content of this booklet. Your manager will take a copy and you should retain the booklet for reference purposes.

Name:

What is my job title?

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Section 1 – Essential information – Food Allergy

Food Allergy Reaction: A severe reaction caused by a sudden release of chemical substances including histamine. An allergic reaction affects the body's immune system and in severe cases can be fatal.

Anaphylaxis: *“A reaction when consuming and/or contact with specific allergen causing a sudden release of chemical substances, including histamine. The release is triggered by the reaction between the bodies allergic antibody (IgE) and the substance (allergen) causing a reaction.”* anaphylactic shock is the most severe reaction and **can result in death**.

Note: reactions can be instant or sometimes delayed from two to 24 hours after consuming the allergen to which a person is allergic. In some circumstances a secondary reaction can happen hours after the first.

There are thought to be over 250 foods globally which can trigger an allergic reaction. Currently we must be aware of the 14 major allergens which are most common in Europe and the UK.

Allergy sufferers should not consume **ANY** of their diagnosed allergens and if you believe that they have in error it is important that they are informed immediately and that the appropriate emergency action is taken.

Section 1 – Essential information

Myths

Allergens can be diluted by drinking water

- True
- False

Allergens are destroyed by cooking

- True
- False

Approximately 7/10 allergic reactions happen when eating out




- True
- False

It is not possible to be allergic to more than 1 food

- True
- False

Section 2 – 14 Major allergens

- **Celery** including celery stalks, leaves and seeds plus celeriac, in salads, soups, celery salt and some meat products 

Don't forget the Mirepoix – a vegetable base for sauces and stock which is thrown away after adding its flavour, still counts as an ingredient and should not be forgotten
- **Gluten containing cereals** – such as wheat, rye and barley and foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs and foods dusted with flour 
- **Eggs** – can be found in cakes, mousses, sauces, pasta, quiche, some meat products, mayonnaise, some ice creams and egg custard desserts. Also be aware of foods brushed with egg 
- **Fish** – in some salad dressings, pizzas, relishes, fish sauce and some soy and Worcestershire sauces 
- **Milk** – milk can be made into yoghurt, cream, cheese, butter, milk powders, foods glazed with milk and ghee 
- **Lupin** – Found in lupin seeds, made into flour used in some types of bread, biscuits and pastries 
- **Crustaceans** – such as prawns, lobster, scampi, crab, shrimp paste 

Section 2 – Quiz

4. Which of the following is a crustacean?

- Tuna
- Mussel
- Prawn

5. Fish can be found in?

- Caesar dressing
- Tomato Ketchup
- Olive Oil

6. A food handler uses mustard and cress as a garnish. Should this be stated in the recipe?

- No, it is not an allergenic ingredient
- No, it is only garnish
- Yes, it is an allergenic ingredient

Fact: Celery can be found in many tomato ketchups, have you checked labels carefully?



Verbal information provided to the customer must be checked, confirmed, consistent and correct.

All staff should receive food allergy awareness training and ideally there should be an 'allergen expert' on site for all shifts. Training should be recorded and records kept on site.

- You can't say "I don't know"
- Never guess, if in doubt call your manager
- It is an offence to give inaccurate or incomplete information about allergens on your menu

Section 4 – Control and cross contamination

Allergenic Hazards

Can you list the Allergenic Hazards which could occur in a food service operation.

1

2

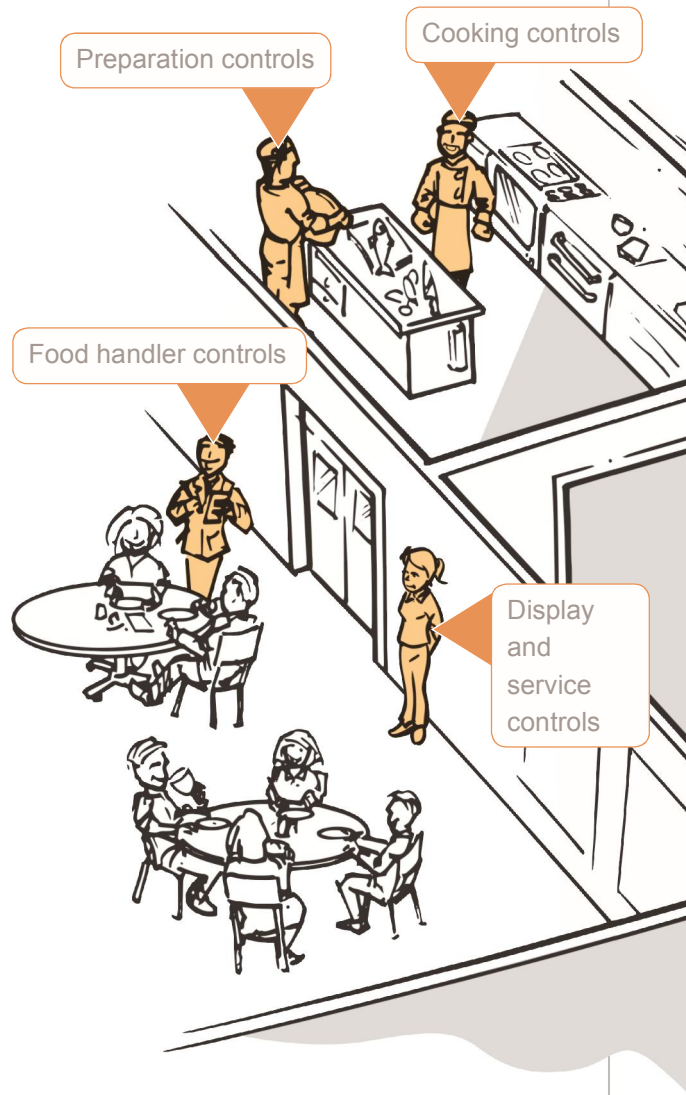
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4

5

6

Section 4 – Control and cross contamination



Congratulations!

You have completed the **'Know my Responsibilities'** for Food Allergy Awareness.

It is now time for you to put into practice what you have learnt! Remember if you are unsure or do not know, refer back to the information in this booklet or speak with your allergy expert or your manager to confirm requests for the customer.

To clarify that you have read and understood the information in this booklet you are required to take a 20 question quiz, which requires an 80% pass rate.

Please sign below as acknowledgment of your induction training for food allergy awareness within a food service operation.

- One 2 one training with manager
- Independent learning

Completed on: _____ (date)

Quiz mark: _____ / 20 (Pass rate 80%)

Colleague signature: _____

Manager signature: _____

Note: This page should be copied and placed within the employees training record for future reference