

# Allergen Awareness

*CPD Approved*

## **Course Description**

Allergies occur when the body's immune system reacts to a usually harmless substance as though it is harmful. Why this happens, isn't clear. However, most sufferers come from families that have a history of allergies, or related problems. Every year, the number of people with allergies is increasing so having an awareness of potential allergens and why they can be harmful is becoming more important, particularly if you work in the service industry.

This course covers general allergies, food allergies and food intolerances and explain the differences between them. It covers the 14 allergens controlled by legislation along with food additives and how they can trigger allergic reactions. It takes a detailed look at the symptoms of food allergies and takes in the wider picture discussing the current theories of why rates are increasing. It then finishes off by covering practical steps that can be taken to reduce the risk from allergens and also what steps can be taken both internally and externally to monitor the control measures.

## **Target Audience**

This course is aimed at anyone working within the food industry and can be sold to individuals or pitched to businesses who might want to put all of their staff through the training.

## **Advantages**

Allergic reactions can have serious consequences so knowing which substances can cause them and how to avoid cross contamination is vital to anyone working in the food industry

CPD approval means that this course can be used by those that need to prove they are continually developing themselves.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life

## **Further Progression**

Our Food Safety level 2 courses go hand in hand with Allergen Awareness as they provide detailed information on food safety and hygiene practices. They are industry specific so more relevant than generic courses and should be completed by anyone who is handling food.

For supervisors and managers in the food industry our Introduction to HACCP Level 2 course provides an in depth introduction to Hazard Analysis and managing critical control points so that food remains safe for consumption from farm to fork.

As with many of our Health and Safety courses if candidates are undertaking this training it is likely that other subjects such as Fire Safety or Slips Trips and Falls will also be relevant to them.

Course	Module Number	Module Name	Pass % Required
Allergen Awareness	1	Food Intolerance and Allergens: the Basics	70
Allergen Awareness	2	Food Intolerances - Causes and Symptoms	70
Allergen Awareness	3	Allergies - Causes and Symptoms	70
Allergen Awareness	4	Allergen Facts	70
Allergen Awareness	5	Food Allergens and the Law	70
Allergen Awareness	6	Food Allergens - Practical Steps	70
Allergen Awareness	7	Allergen Information for Consumers	70
Allergen Awareness	8	Internal Monitoring and Review	70
Allergen Awareness	9	External Monitoring and Review	70

#### **Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 100 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)