



# **Level 2 Award in Identifying and Controlling Food Allergy Risks**

**7 Guided Learning Hours**

Credit Value 1

Ofqual Qualification Number 601/4296/0

## **Description:**

Increasing numbers of individuals suffer adverse reactions every year from the ingestion of allergens in food. This number could be greatly reduced if more people involved in the production, preparation and serving of food were aware of the risks to people from food allergens and how to control these risks.

This qualification will provide learners with an understanding of why food allergens need to be controlled and strategies for control, such as keeping and making available information about allergen ingredients, reducing cross contamination, improving communication and providing advice to consumers.

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## **Unit: Identify and control food allergy risks**

Credit Value: 1

Guided Learning Hours: 7

Unit Level: 2

Unit reference number: K/506/6836

### **Summary of Learning Outcomes:**

**To achieve this qualification a candidate must:**

- 1. Understand why food allergens need to be controlled, *by being able to meet the following assessment criteria:***
  - 1.1 Identify symptoms produced by ingestion of allergens in food
  - 1.2 Outline why Food Business Operators need to identify and control food allergens
  - 1.3 Identify foods that commonly cause adverse reactions.
  
- 2. Know how to protect people with food allergies and intolerances from adverse reactions, *by being able to meet the following assessment criteria:***
  - 2.1 Identify food allergens in dishes and products
  - 2.2 Identify routes of food allergen cross contamination and methods of control
  - 2.3 State how communication can reduce the risk of adverse reactions.

**Content:**

**1 Understand why food allergens need to be controlled**

- 1.1 *Symptoms produced by ingestion of allergens in food:* Mild, moderate and severe symptoms caused by ingestion of allergens; examples of each; link between symptoms and related conditions; onset time of symptoms after ingestion of food allergen; factors that may increase the severity of symptoms such as exercise, non-steroidal anti-inflammatory drugs (eg diclofenac, ibuprofen), alcohol, asthma, infection and fever; obstacles to early recognition of symptoms; symptoms and longer term consequences of coeliac disease; symptoms of food intolerances, timing of onset of these symptoms relative to those of food allergies; number of annual deaths and hospitalisations due to ingestion of food allergens; current trends in deaths and hospitalisations (Appendix 1).
- 1.2 *Why Food Business Operators need to identify and control food allergens:* Relevant UK and EC legislation concerning food safety, labelling / description of foods, and health and safety; legal requirement to have information about food allergens and to make it available, control the risk from food allergens and inform customers about the presence of food allergens; consequences of non-compliance with legislation such as risk of civil action from people affected by food allergens, loss of reputation and recall of food products; advantages to the Food Business Operator of 'getting it right' regarding food allergens by providing effective labelling / notification of food allergens, managing cross contamination effectively, giving advice and guidance and providing alternative dishes and products.
- 1.3 *Foods that commonly cause adverse reactions:* Food allergens contained in Annex II of Regulation (EU) 1169/2011 on the provision of information to consumers (Appendices 2 and 3); other common UK food allergens (Appendix 4); reasons why some food allergens are considered 'more important'; prevalence of food allergens, threshold and severity of reactions; how caterers, food servers and food retailers should respond to and advise customers with a food allergy, intolerance or coeliac disease.

**2 Know how to protect people with food allergies and intolerances from adverse reactions**

- 2.1 *Food allergens in dishes and products:* Examples of dishes and products that may contain food allergens (Appendix 5); foods that contain 'hidden' allergens such as satay, praline, pesto and hummus; how the presence of food allergens in dishes and products can be identified by reference to recipes, ingredient lists, delivery notes, product labels and specifications; importance of holding and making this information accessible.
- 2.2 *Routes of food allergen cross contamination and methods of control:* Sources of contamination such as hand contact surfaces, food contact surfaces and food packaging; contamination vehicles such as hands, cloths, utensils and

equipment; contamination routes; cross contamination during delivery, storage and service of food (including self-service buffets); contamination risk from spillages of food; control methods such as inspection of deliveries, spillage management, hygiene controls and hand washing.

- 2.3 *How communication can reduce the risk of adverse reactions:* Importance of written and oral communication to obtain and provide information about food allergens and their presence in dishes and products; food chain information and lines of communication 'from farm to fork'; need to make information available to customers / consumers and to advertise the availability of this information; importance of having correct and accurate information and regularly updating this; how to encourage communication between customers and staff; information that all front line staff should know; what staff should do if they cannot answer a customer's question; induction training.

### **Assessment:**

Assessment can be by a multiple-choice examination, work-book or portfolio of evidence.

The multiple choice examination is provided by RSPH. Centres wishing to assess their candidates by workbooks or a portfolio of evidence should contact RSPH before confirming this method of assessment with their candidates.

### **Learner Guidance:**

#### **Suggested Reading and resources:**

Food Allergy & Intolerance  
Guidance for the Catering Industry

Safe Food

<http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Professional/Training/Safefood-20Food-20Allergy-20and-20Intolerance-20Catering-20Guide.pdf>

Food allergen risk assessment for caterers

Derbyshire County Council

[http://www.derbyshire.gov.uk/images/Allergen%20Risk%20Assesement%20Version%20FINAL\\_tcm44-159357.pdf](http://www.derbyshire.gov.uk/images/Allergen%20Risk%20Assesement%20Version%20FINAL_tcm44-159357.pdf)

Allergen information for loose foods - Advice on  
the new Food Information Regulations for small  
and medium food businesses leaflet

Food Standards Agency

<http://www.food.gov.uk/multimedia/pdfs/publication/loosefoodsleaflet.pdf>

Allergy: what to consider when labelling food – Food Standards Agency  
A guide for small and medium businesses that  
make or sell pre-packed food

<http://www.food.gov.uk/multimedia/pdfs/publication/allergy-labelling-prepacked.pdf>

### **Useful Websites**

Allergy Action	<a href="http://www.allergyaction.org">www.allergyaction.org</a>
Allergy UK	<a href="http://www.allergyuk.org">www.allergyuk.org</a>
Anaphylaxis Campaign	<a href="http://www.anaphylaxis.org.uk">www.anaphylaxis.org.uk</a>
Food Standards Agency	<a href="http://www.food.gov.uk">www.food.gov.uk</a>
NHS Choices	<a href="http://www.nhs.uk">www.nhs.uk</a>
Safe Food	<a href="http://www.safefood.eu">www.safefood.eu</a>

### **Recommended prior learning:**

There are no recommended prior learning requirements for this qualification.

### **Centre Guidance:**

#### **How to apply to offer this qualification:**

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website [www.rsph.org.uk](http://www.rsph.org.uk). Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at [centreapproval@rsph.org.uk](mailto:centreapproval@rsph.org.uk) if you need any assistance.

#### **Special Needs:**

Centres that have candidates with special needs should consult The Society's *Regulations and Guidance for Candidates with Special Assessment Needs*; this is available from The Society and The Society's web site ([www.rsph.org.uk](http://www.rsph.org.uk)).

#### **Recommended Qualifications and Experience of Tutors:**

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Centres should be registered with The Society

**Contact Details:**

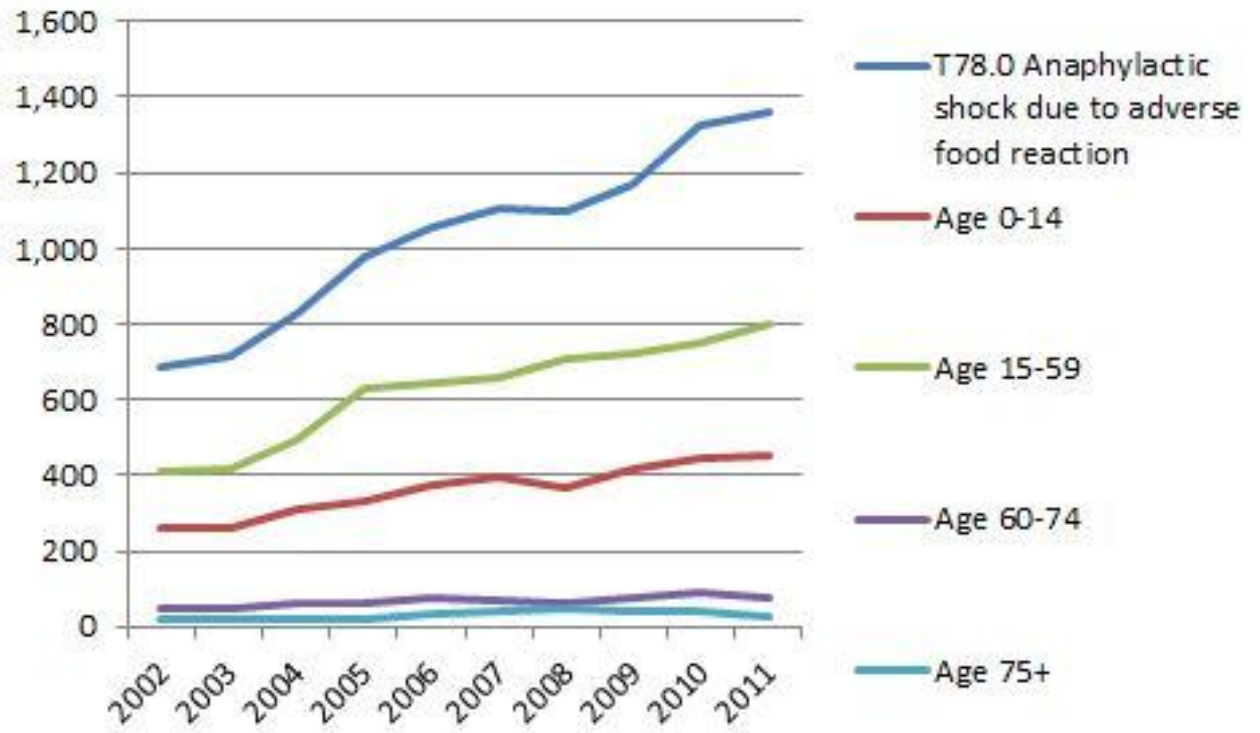
Any enquiries about this qualification should be made to:

The Qualifications Department,  
Royal Society for Public Health,  
John Snow House,  
59 Mansell Street  
London E1 8AN  
Tel. 020 7265 7300  
Fax. 020 7265 7301  
Email [rsph@rsph.org.uk](mailto:rsph@rsph.org.uk)

Web site: [www.rsph.org.uk](http://www.rsph.org.uk)

Appendix 1

Hospital episodes England 2002 – 2011 Anaphylactic shock due to adverse food reaction.



Deaths due to severe reactions to food allergens currently average 10 per year.



## Appendix 2

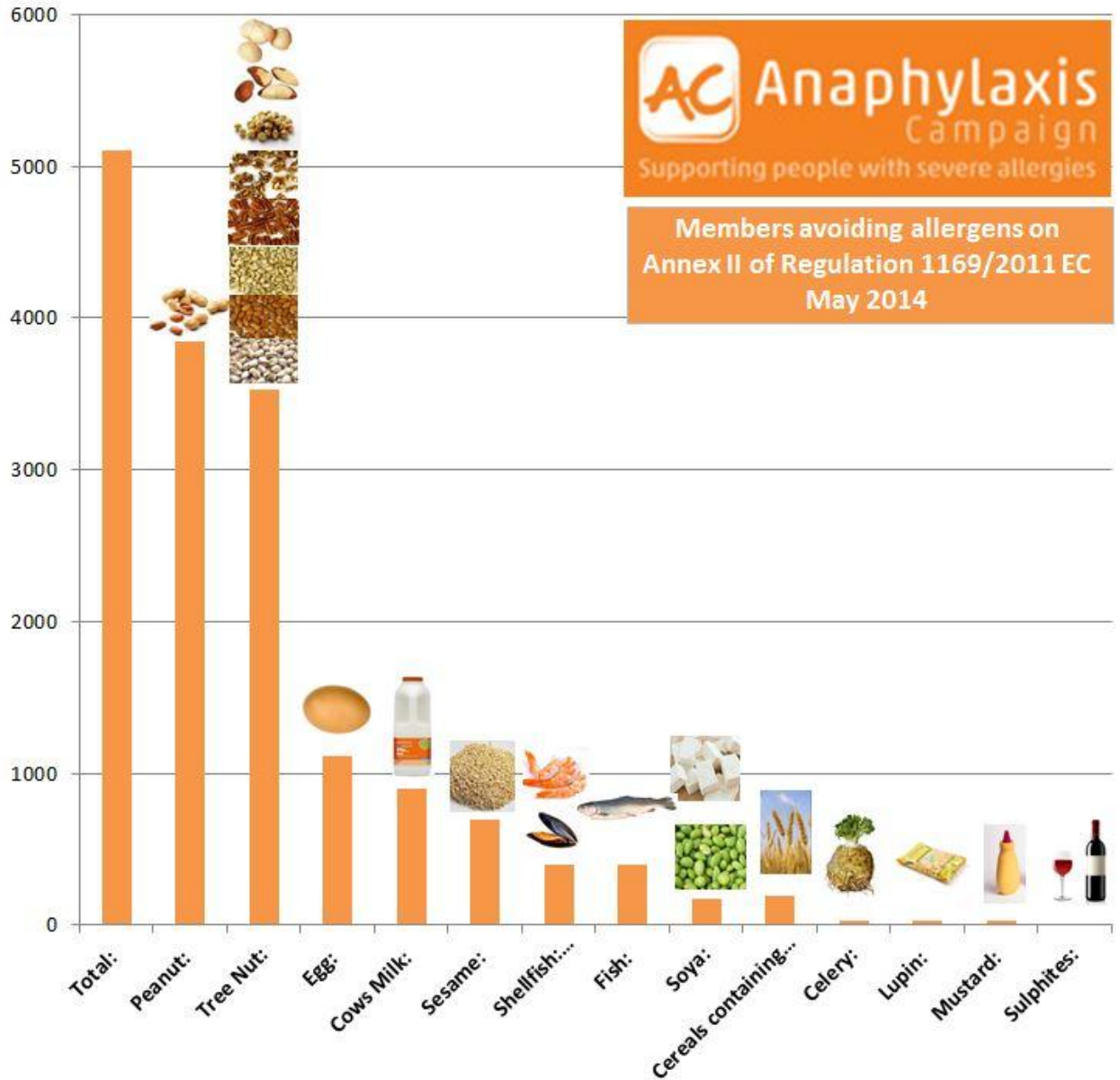
### Food allergens in Annex II of Regulation (EC) No.1169/2011

- eggs
- milk (buffalo, cow, goat, sheep, horse)
- fish
- crustaceans (for example crab, lobster, crayfish, shrimp, prawn)
- molluscs (for example mussels, oysters, squid)
- peanuts
- tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts)
- sesame seeds
- cereals containing gluten, namely wheat (such as spelt and Khorasan wheat), rye, barley, oats, or their hybridised strains.
- soya
- celery and celeriac
- mustard
- lupin
- sulphur dioxide and sulphites (at concentration of more than ten parts per million)

Source: Food Standards Agency

Appendix 3

The number of Anaphylaxis Campaign members avoiding the food allergens in Annex II of Regulation (EC) No.1169/2011 in 2014.

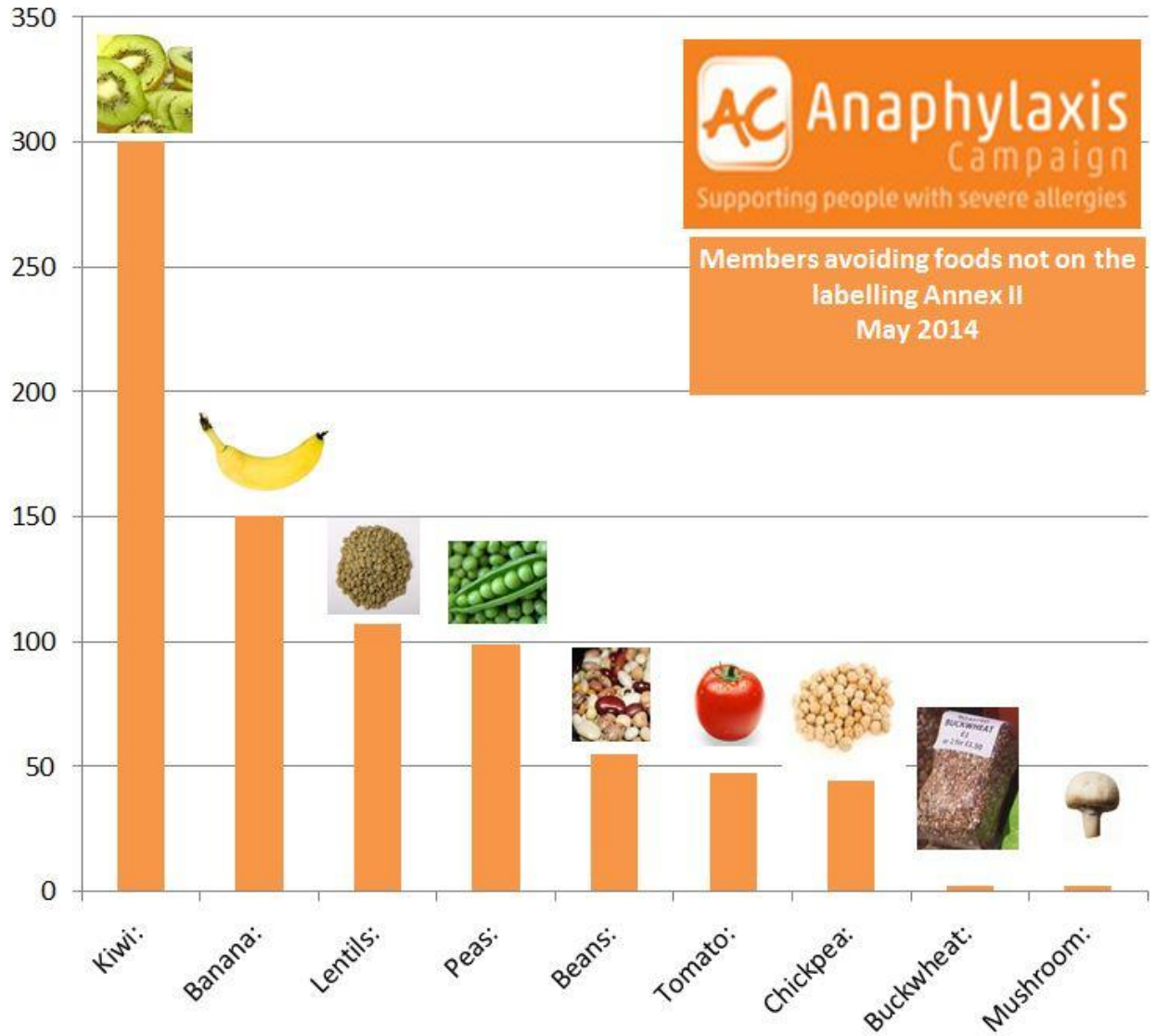


NB: In this graph, molluscs and crustaceans are grouped together as shellfish.

Data on Anaphylaxis Campaign members who avoid wheat (gluten) is not currently available.

Appendix 4

Foods which are not in Annex II above but which are also avoided by Anaphylaxis Campaign members (May 2014).



## Appendix 5

Examples of dishes and products that contain or can contain food allergens

Dish / food product	Allergens which may be present as ingredients
Pesto	Pine nuts (not on the labelling annex but likely to carry cross contamination) cashew, peanut and milk (Parmesan)
Satay	Peanut
Marzipan	Ground almond
Hummus	Sesame - also chick peas (not on the labelling annex)
Praline	Hazelnut paste
Taramasalata	Fish - breadcrumbs (wheat) soya may also be present
Cous Cous	Wheat
Worcester sauce	Range of ingredients including fish (anchovies), walnut in some cases, also soya, wheat etc. Check the label
Royal icing (egg)	Egg
Tahini (sesame)	Sesame
Mayonnaise	Egg, milk, mustard, celery, other
Glazes	Egg, milk, other
Garnishes	Could be any allergen
Sauces	Cream / milk, ground nuts or peanuts, wheat, soya, other
Stock / cubes	Milk, celery, wheat, other
Pancakes	Milk, egg, wheat, also lupin and soya in manufactured versions
Batter	Milk, egg, wheat, also lupin and soya in manufactured versions
Mozzarella	Buffalo milk - other cheeses eg Ricotta, Parmesan need to make the presence of milk clear
Gravy granules	Celery, mustard, milk, soya, wheat
Liquorice sweets	Nut oils, possibly wheat.
Mincemeat	Sulphites in dried fruit, possibly wheat, other
Coronation chicken	Traditionally almonds, and more recently peanuts. Sometimes synthetic almond flavouring which is not allergenic but can cause alarm in those allergic to nuts
Waldorf salad	Walnuts and walnut oil - also maybe egg, milk, celery, other
Aqua libra	Sesame

NB These ingredients have been found in these products but may not always be used.

**ALWAYS CHECK THE LABEL**