

Level 3 Allergen Management for Caterers PPT

Ed 3. June 2025

Date of update:
June 2025

The following updates have been made to the 3rd edition of this training presentation.

Slide No	Update comments
	<p>General</p> <p>The Food Standards Agency (FSA) have recently updated its allergens guidance for food businesses. You can find more information here Allergen guidance for food businesses Food Standards Agency.</p> <p>This training presentation has been updated to include these updates.</p> <p>A new and improved design.</p>
32	<p>The term 'nuts' has been updated to 'tree nuts' and new allergen icons published by the FSA.</p> <p> What are the 14 allergens that must be identified in the ingredients list?</p> <ul style="list-style-type: none">• Cereals containing gluten• Crustaceans• Eggs• Fish• Peanuts• Soybeans• Milk (including lactose)• Tree nuts• Celery• Mustard• Sesame seeds• Sulphur dioxide and sulphites• Lupin• Molluscsand products containing or made from any of these ingredients.  <p>32 </p> <p>Tutor notes</p> <p>Class question: What are the 14 allergens that must be identified in ingredients?</p> <p>This activity should take approximately 5 minutes depending on the size and ability of the group. Groups should be encouraged to feedback their answers. Often learners do not split shellfish into crustaceans and molluscs.</p> <p>Optional additional extension task: tutors to promote discussion as to why shellfish has been split into 2 distinct groups for labelling purposes.</p> <p>Tutors should use this exercise to help learners identify the allergens, which must be identified as ingredients in dishes. It must be remembered that the most important allergen to an individual is the ingredient which they are allergic to and, therefore, while these allergens are the ones which must be identified on a label, it is important that all ingredient information is accurate. Remember people can be allergic to anything so learners may well identify items that are not required by legislation (EU Food Information for Consumers Regulation No.1169/2011), but which may often cause food allergies.</p> <p>Additional information</p> <p>'Products thereof' is included in legislation. This means that if a process which an allergen has undergone has not removed the allergenicity of the ingredient then it must be included in allergen information.</p>

- Cereals containing gluten, (for instance, wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof
- Crustaceans and products thereof
- Eggs and products thereof
- Fish and products thereof
- Peanuts and products thereof
- Soybeans and products thereof
- Milk and products thereof (including lactose) – lactose is a sugar and this normally causes an intolerance – the protein most likely to cause allergy in milk is alpha S1- casein
- Tree nuts, for instance, almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts, Queensland nuts and products thereof
- Celery and products thereof
- Mustard and products thereof
- Sesame seeds and products thereof
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO₂
- Lupin and products thereof
- Molluscs and products thereof

Additional questions to ask:

Why do you think crustaceans and molluscs are divided into 2 groups, instead of just being called 'shellfish'?

Do you know any products where lupin is used?

Sulphites and sulphur dioxide are not foods, they may be added as a preservative and occur naturally in some foods.

It is very unlikely that a group will be able to correctly identify all of the 14 major allergens correctly, but by working in groups and pooling knowledge, they are likely to identify most of them.

For further information about the rules and legislation relating to allergens visit:
<https://allergytraining.food.gov.uk/english/rules-and-legislation/>

57

New slide and tutor notes.

Allergen information for non-prepacked foods

Non-prepacked foods include:

- meals in cafes and restaurants
- loose meat and cheese at a deli counter
- loose cakes and biscuits sold at a market stall
- drinks made to order at a coffee shop
- takeaway or delivered food that has not been prepacked
- tasting counters and promotions at retailers

Research has indicated that customers prefer information to be in writing and supported by a conversation.



Tutor notes

Foods identified here are just examples. Tutors should encourage learners to consider which food they provide will fall into this category. They can then use this information during the course to complete activities and questions.

This is just an introduction to the guidance. More details and examples of the content of this guidance are included in modules 5 and 7 of this course.

Allergen information cycle

1. Consumers encouraged to relay any allergen information, for instance, asked verbally or messaging displayed in the premises or webpage
2. Consumers able to access written allergen information either via hard copy or digitally
3. Consumers discuss requirements with staff in person or via telephone
4. Consumers made aware of allergen ingredients and risk of unintentional allergen presence (for example, may contain and potential cross-contact in the kitchen).

58



Tutor notes

This is the allergen information cycles identified in the FSA Allergen guidance for non-prepacked food. It is not a legal requirement to follow this cycle, but it is strongly suggested that businesses do follow this.

It is extremely important that consumers receive the information they need about the presence of allergens in food. For consumers to receive a safe meal, it is just as important that food businesses are aware of consumers allergen requirements and act on these appropriately.

Continued on the next slide.

Allergen information cycle (cont.)

5. Consumers able to make an informed choice about what to eat
6. Consumers place their order and their allergen requirements are noted. For digital orders, there could be a clearly defined space for consumers to input information
7. Person preparing the food is made aware of the order and allergen requirements
8. Action taken meets the requirements when preparing the meal e.g. leaving out ingredients or minimising cross contact (if possible and has been agreed with the consumer).

59



Tutor notes

Communication is essential throughout the process. The guidance provides examples, as does this presentation. All the points are covered during the training presentation.

60

New slide and tutor notes.

Allergen information cycle (cont.)

- 9. Meal is easily identifiable by staff
- 10. Meal is served to the consumer
- 11. Consumer receives confirmation that allergen requirements have been met. I.e. flag in the meal, verbally, sticker on takeaway/home delivery meal.

Tutor notes

Communication is essential throughout the process. The guidance provides examples, as does this presentation. All the points are covered during the training presentation.

87

The term 'nuts' has been updated to 'tree nuts' and the images have been updated in line with the FSA guidance.

An example of written information included in an allergy file

Dishes	Celery	Gluten	Crustaceans	Egg	Fish	Milk	Molluscs	Mustard	Tree nuts	Peanut	Sesame	Soybean	Sulphur Dioxide
Tuna salad	✓			✓	✓	✓		✓					
Cheese sandwich		✓				✓							
Fishcakes		✓		✓	✓			✓					

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