

Level 2 Food Allergen Awareness and Control in Catering PPT

Ed.3 August 21

Date of update:
October 2021

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

Slide No	Update comments
Slide 18	<p>New slide and tutor notes</p> <div data-bbox="204 712 1045 817"><p>How much of an allergen do you need to cause a reaction?</p></div> <div data-bbox="236 943 1018 1167"><p>Natasha Ednan-Laperouse aged 15, went into cardiac arrest on a flight after buying a sandwich at Heathrow Airport from Pret a Manger in 2016. She had apparently been "reassured" by the lack of specific allergen information on the packaging. She died later the same day.</p></div> <div data-bbox="204 1272 1045 1339"><p>Navigation icons: back, home, forward, 18</p></div> <p>Tutor notes</p> <p>This slide puts names to real events and shows:</p> <ol style="list-style-type: none">1. How serious an allergy can be2. How little is required to cause catastrophic consequences for the sufferer3. How easy it is to transfer allergies <p>An example of this is the tragic case of Natasha Ednan-Laperouse aged 15, who went into cardiac arrest on a flight after buying a sandwich at Heathrow Airport from Pret a Manger in 2016. She had apparently been "reassured" by the lack of specific allergen information on the packaging (as per the Coroners findings). Natasha, from Fulham, west London, ate an artichoke, olive and tapenade baguette bought from a Pret shop at about 07:00 BST in Terminal 5 at Heathrow Airport on 17 July 2016, West London Coroner's Court heard.</p> <p>She began to feel ill during the British Airways flight and suffered a cardiac arrest. She died later the same day. The inquest heard the baguette contained sesame which Natasha was allergic to, but the ingredient was not listed on the packaging. At the time non pre-packaged fresh food made on the premises did not need to be individually labelled with allergen or ingredient information by law.</p>



What treatments are available?

- **Anaphylaxis is a life-threatening medical emergency. An ambulance should be called without delay (999)**
- **Those who have a food allergy may carry an adrenaline autoinjector and/or other allergy medications and should be encouraged to use them**



Food handlers must follow their company procedure

There is currently NO CURE.



Tutor notes

Class question: What treatments are available?

It is not expected that learners will have comprehensive knowledge of how adrenaline works, or how to use an adrenaline injector pen. That information should be provided by suitably trained personnel. This slide is intended to prompt learners to obtain further information if they need to.

If the group includes delegates from school meals, nurseries and other similar food provision, then it is a good idea to prompt discussion about where adrenaline injector pens are kept – is this near to the area where they are most likely to be required?

It is important that learners are made aware of the following in any event:

- the food allergic customer may carry allergy medication (e.g. adrenaline pens, asthma pumps, and antihistamine tablets or solution), if they do they should be encouraged to use this.
- they should call the emergency services straight away and ensure they indicate the person is having anaphylaxis
- do not wait for them to get better – they won't!
- try to keep the person calm and not panicked, encourage them to sit or lie down and not move around/go to the toilet in case they become unwell/collapse while unaccompanied.

Not all food allergic customers will have an adrenaline auto-injector (adrenaline pen) some will have antihistamines and may also have asthma pumps. There are 2 types of adrenaline pens they all look different but contain the same medication (adrenaline):

- Epi-Pen
- Jext

People having an anaphylactic reaction may seem confused, and panicky, try to keep them as calm as possible.

Additional considerations

Please note: it is important that it is made clear to learners that this course does not cover first-aid treatment.



What hidden allergenic ingredients may be in these foods?



Example food	Possible allergenic ingredient
Worcestershire sauce	Fish, nuts.
Soy sauce	Soya and gluten
English mustard	Wheat flour (gluten)
Beer, lager, stout, ale	Barley (gluten)
Cider and wine	Sulphites
Tofu	Soya
Houmous	Sesame seeds
Sauce or gravy thickener	Wheat (gluten), milk.

Tutor notes

Class question: What hidden allergenic ingredients may be in these foods?

This helps to identify common hidden allergens – tutors could alter this exercise or add to it to include allergens in the products learners sell at their workplace. It is unlikely learners will get all of these right and there are some other possibilities. Tutors should explain this to the group and ensure they understand that again this relates back to ensuring they have the correct information and making sure they never just guess.

It is envisaged this activity will take approximately 10 minutes, the activity complements other activities regarding not guessing allergens, but also shows how some ingredients will contain unexpected allergens.

Eggs may be used in some ice cream recipes, wafers often contain milk powder etc.

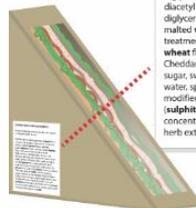
Food which is pre-packed for direct sale

Pre-packed for direct sale products are required to be labelled in the same way as prepacked foods

- label products with the name of the food
- have a full ingredients list, with allergenic ingredients emphasised within the list (**bold, italics, capital letters etc.**)

Ingredients must be:

- clear to see (not hidden, obscured or detracted from by pictures or other writing on the label)
- in a prominent place
- clearly legible
- robust information that does not rub off or fall off when handling the food packet
- all information given must be accurate.



CHEESE AND PICKLE SANDWICH

Mature Cheddar cheese, pickle and butter in sliced malted bread

INGREDIENTS: Malted bread **wheat** flour, calcium carbonate, iron, niacin, thiamin), water, malted **wheat** flakes, **wheat** bran, **wheat** protein, yeast, malted **barley** flour, salt, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), spirit vinegar, malted **wheat** flour, rapeseed oil, flour, treatment agent (ascorbic acid), palm fat, **wheat** flour, palm oil, **wheat** starch), mature Cheddar cheese (**milk**), pickle (carrots, sugar, swede, onion, **barley** malt vinegar, water, spirit vinegar, apple pulp, dates, salt, modified maize starch), rice flour, colour (**sulphite**-armonia caramel), onion powder, concentrated lemon juice, spices, spice and herb extracts), butter (**milk**).

Tutor notes

Tutors should work through this to provide a brief explanation this requirement applies from October 2021. Where required tutors should refer learners to <https://www.food.gov.uk/business-guidance/introduction-to-allergen-labelling-changes-ppds>, for more detailed information regarding labelling requirements.

Slide 83

This slide has been updated

How can we make sure everyone can find out about allergens in foods?

Staff	Customers
<ul style="list-style-type: none">• Labelling on ingredients• Training• Procedures• Allergy file• Keep labels• Briefings (especially regarding changes and daily specials)• Ask key trained person	<ul style="list-style-type: none">• Refer to key person on duty• Allergy file• Keep labels• Display notices• Place signs telling people to ask• Put information on menus• Label prepacked for direct sale products accurately.

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Tutor notes

Group exercise

These are ways to provide information to both staff and customers. Staff should know what measures the business has introduced and it is a good idea to show them notices, the allergen file etc. so that they are familiar with them. If a key trained person is used as opposed to everyone knowing everything, then it is important that they are always available, so most business will need more than one person to cover for different shifts, holidays and days off.

An additional discussion may be with regards to the pros and cons of informing everyone or having a dedicated person. As above you need enough dedicated persons, but if everyone is responsible it is easy for some people not to fully understand and provide incorrect information, or for them not to be updated when menu items change etc.

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