

Course Overview

Allergic reactions and intolerances to all substances, but particularly foods, are increasing in the population. It is estimated that 6-8% of children and 3-4% of adults have a food allergy, which is an abnormal reaction of the body's immune system. The severity of an allergic reaction ranges from annoying and uncomfortable, to the extreme from, anaphylaxis which can cause death.



This course provides for all the core aspects of Food Allergens and Labelling and covers all the main training outcomes such as:

- ✓ Recognise the symptoms linked with food allergies
- ✓ Recognise the symptoms and the effects of food intolerances
- ✓ Have an insight into food service Understand the importance of food preparation, knowledge of ingredients and labelling foods
- ✓ Understand what to do in an emergency

Why is this Training Important?

This course is aimed at raising awareness and educating all members of staff on the dangers of food allergies. Changes to food labelling will be applied from December 13th 2014, the allergens must appear in bold on all labels to enable customers to make clear choices about the foods they eat. This legislation also applies to food not pre-packed and therefore affects those preparing meals, restaurants, hotel, cafes and bars.

Learning Outcomes

- ✓ What are Allergens
- ✓ Introduction to Food Allergies
- ✓ Food Intolerance
- ✓ Food Service
- ✓ Food Preparation
- ✓ Emergency action
- ✓ Labelling Awareness (FIR)



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Head Office
CoLab
Port Road
Letterkenny
Co. Donegal
Ireland

Telephone
UK: 0844 774 3978
Ireland: 07491 16000
International: +353 7491 16000

Email
info@nvolvgroup.com