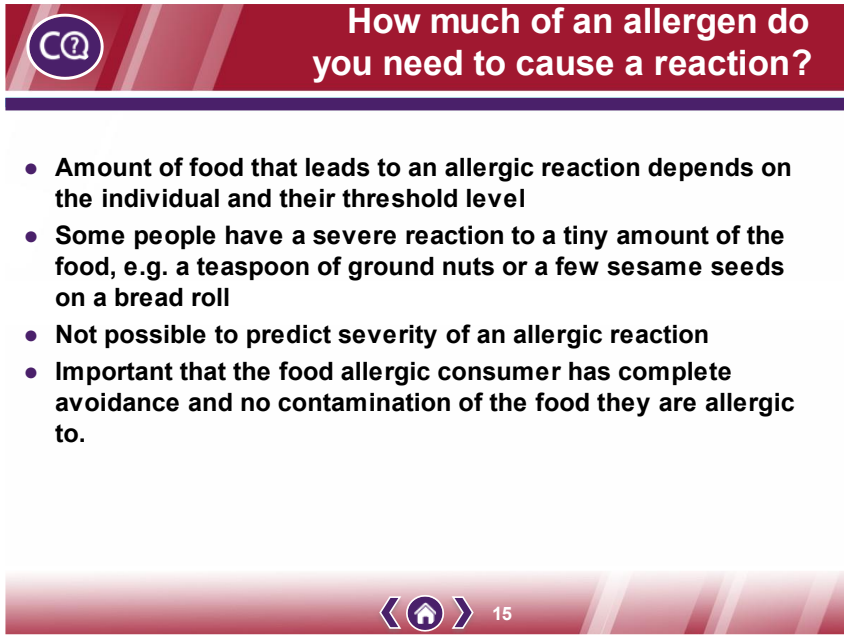


Level 3 Allergens PPT

Ed. 2 August 2021

Date of update:
October 2021

The following main updates have been made to the 2nd edition of the training presentation.

Page No	Update comments
Slide 15	<p data-bbox="204 577 817 609">Tutor notes have been updated (no changes to the slide)</p> <div data-bbox="204 640 1051 1272"><p data-bbox="225 651 304 719">CQ</p><h2 data-bbox="512 640 1023 719">How much of an allergen do you need to cause a reaction?</h2><ul data-bbox="225 790 1002 1081" style="list-style-type: none">• Amount of food that leads to an allergic reaction depends on the individual and their threshold level• Some people have a severe reaction to a tiny amount of the food, e.g. a teaspoon of ground nuts or a few sesame seeds on a bread roll• Not possible to predict severity of an allergic reaction• Important that the food allergic consumer has complete avoidance and no contamination of the food they are allergic to.<p data-bbox="584 1227 719 1272">15</p></div> <p data-bbox="204 1308 331 1339">Tutor notes</p> <p data-bbox="204 1339 1422 1402">Protein structure in some foods is denatured by heating/processing and makes food less allergenic but can some products more allergenic. Cooking cannot be relied on to make food safe.</p> <p data-bbox="204 1402 1007 1433">Class question: How much of an allergen do you need to cause a reaction?</p> <p data-bbox="204 1433 735 1464">This slide puts a name to a real event and shows:</p> <ol data-bbox="252 1464 1251 1563" style="list-style-type: none">1. How serious an allergy can be2. How little is required to cause catastrophic consequences for the food allergic customer3. How easy it is to transfer allergies <p data-bbox="204 1599 1410 1662">The slide is not meant to scare learners, but it is meant to demonstrate that the consequences of not taking the possibility carefully can be life-threatening.</p> <p data-bbox="204 1697 1442 1953">Optional Additional activity: tutor to source current or local examples of additional real-life incidents and ask the group to discuss a) how the person's family would feel and b) how they would feel if it happened on their shift due to a lack of concern regarding allergens. 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>

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.

This is more than discussing the consequences, it is about developing a positive culture around allergen control and persuading learners of its importance.

Slide 43

Slide and tutor notes updated

Food Information Regulations

- **Origin labelling – mainly meat**
- **Legibility on labels**
- **Allergen labelling on both pre-packed and pre-packed for direct sale (PPDS).**

Any food business operator supplying food to the public and mass caterers, or intended to be sold to the public and mass caterers, will be covered to some degree by these regulations.



Tutor notes

- The name of the food must be accurate and not misleading
- The ingredients must be listed in weight order, from greatest to smallest
- The list must be preceded by a heading that includes the word 'Ingredients'
- Any allergens contained in the recipe must be highlighted within the ingredients list. This is often achieved by using a bold or italic font, but could include capital letters etc.
- Only allergens contained in the recipe are controlled by legislation. Where other allergens may have contaminated the food during the production process, manufacturers may choose to add 'May contain...'
- It is no longer acceptable to supply allergen information only in an allergy advice box

More information can be found at:

https://www.food.gov.uk/sites/default/files/media/document/fsa-food-allergen-labelling-and-information-requirements-technical-guidance_0.pdf#page=29

'Food business operator (FBO): defined in EU Regulation No. 178/2002 (Article 3(3)) (General Food Law) as 'the natural or legal persons responsible for ensuring that the requirements of food law are met within the food business under their control'. A food business (as referred to in Article 3(2)) is also defined in the same Regulation, as 'any undertaking, whether for profit or not and whether public or private, carrying out any of the activities related to any stage of production, processing and distribution food'.

'Food businesses, such as retailers, restaurants, takeaways, bakeries and institutional caterers, which provide non-prepacked food, need to provide information on allergenic ingredients to customers.'

Food information Regulations Guidance (DEFRA)

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/82663/consult-fic-guidance-20121116.pdf

'Private individuals preparing and providing food for an event are not covered unless they are preparing that food in the course of their business activities as an FBO. So, the occasional handling, preparation, storage and serving of food by private persons at events such as church, school or village fairs are not covered unless the activity is being carried out in the course of the person's business as an FBO. Foods supplied by catering services provided by transport undertakings when the place of departure is on the territories of one of the Member States are also covered.'

Additional optional activity (extension task): tutor to promote discussion using a high-profile case that will resonate with the learner such as the Natasha Ednan-Laperouse - Pret a Manger Case. This has led to a consultation on food labelling of foods packed for direct sale and has led to an update of UK legislation for all packaged food to contain labels which will apply from) October 2021.

While there are a number of slides, this module is more for information, so tutors should not spend too long on this aspect of the course.

Slide 20

Tutor notes have been updated (no changes to the slide)

What are the symptoms of a mild to moderate allergic reaction?

Allergic reactions can be mild, moderate or severe (life-threatening anaphylaxis)

Symptoms of a mild to moderate allergic reaction include:

- **swelling to the lips, face or eyes**
- **itchy/tingling mouth**
- **itchy and/or red skin rash (hives)**
- **abdominal pain/vomiting**

There is no cure for food allergy so avoidance of the food allergen is KEY!

20

Tutor notes

Class question: What are the symptoms of a mild to moderate allergic reaction?

Learners should work in small groups to identify typical symptoms.

You do not have to have all symptoms to have a reaction!

Some people have mild symptoms and some very serious.

It is possible to develop a food allergy in early childhood (as a baby) and then grow out of it.

They may have an allergy all their lives.

They may suddenly get an allergy part way through their lives.

Allergies may be serious from the start, be mild all the time or get worse each time the person eats a food containing the allergen they react to.

It is anticipated this activity will take approximately 5 minutes.



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 tables 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.

C?
What are the 14 allergens that must be identified in ingredients?

- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk (including lactose)
- Tree nuts
- Celery
- Mustard
- Sesame seeds
- Sulphur dioxide and sulphites

- Lupin
- Molluscs

and products containing or made from any of these ingredients.



⏪ 🏠 ⏩ 29

Tutor notes

Class question: What are the 14 allergens that must be identified in ingredients?

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.

Optional additional extension task: tutors to promote discussion as to why shellfish has been split into 2 distinct groups for labelling purposes.

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.

Additional information

'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.

- Cereals containing gluten, (i.e. wheat, rye, barley, oats, spelt, kamut or their hybridized 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 – protein most likely to cause allergy in milk is alpha S1- casein
- Nuts i.e. 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 two 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/>

Slide 44

Slide and tutor notes updated

The slide features a dark red header with the text "Labelling requirements for pre-packed food" in white. Below the header is a white rounded rectangle containing a bulleted list of three points. To the right of the list is a circular red icon with a white wheat stalk and the text "GLUTEN FREE". At the bottom of the slide is a dark red footer with navigation icons (back, home, forward) and the number "44".

- **Emphasised through the typeset that clearly distinguishes them from the rest of the ingredients**
- **Better legibility – minimum text size**
- **Rules also extended to include food prepacked for direct sale to final consumer.**

Tutor notes

Food Information for Consumer Regulations require a minimum font size of 1.2mm, or 0.9mm where the largest surface area of the packaging is less than 80cm.

Font size in allergy box, allergen advice or statements must be at least as big as the font used for the ingredient list. The source of allergens for each ingredient needs to be declared even if there are several ingredients from the same allergenic food. For example: 'Partially Reconstituted Skimmed Milk Concentrate, Sugar, Vegetable Oil (sunflower), Whey Powder (milk), Dextrose, Emulsifier (Mono- and DiGlycerides of Fatty Acids), Flavouring, Stabilisers (Guar Gum, Sodium Alginate), Colours (Beetroot Red, Beta-Carotene)'.

All packaged food will need to contain labels which will apply from October 2021 (including PPDS)

While there are a number of slides, this module is more for information, so tutors should not spend too long on this aspect of the course.

Food which is Pre Packed for Direct Sale

Food which is prepared on site and packed before it is offered for sale ***before*** the customer selects or orders it must have labelling on it that clearly details any allergens it contains.

The difference between prepacked and prepacked for direct sale foods (PPDS) is that prepacked for direct sale foods have been prepared, packaged and sold directly to consumers all on the same site (or company vehicle goods to a temporary site, for example a market stall)



Tutor notes

This requirement applies from October 1st, 2021. The next slide provides more detailed information.

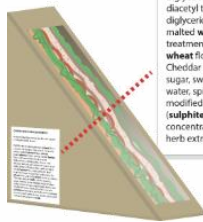
Food which is Pre Packed for Direct Sale

Prepacked 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, swedes, onion, **barley** malt vinegar, water, spirit vinegar, apple pulp, dates, salt, modified maize starch, rice flour, colour (**sulphite** ammonia caramel), onion powder, concentrated lemon juice, spices, spice and herb extracts), butter (**milk**).



Tutor notes

This requirement came into place as a direct consequence of a fatal food anaphylaxis following the death of teenager Natasha Ednan-Laperouse from an allergic reaction caused by a prepacked baguette which, at the time, did not require allergen labelling, it is often referred to as 'Natasha's Law', it has been introduced to protect allergy sufferers and give them confidence in the food they buy.

A statement published on the Government news page (5th September 2019) included the following statement: 'Following the tragic death of Natasha Ednan-Laperouse, the teenager who died after suffering an allergic reaction to a Pret a Manger baguette, the government confirmed stronger laws would be implemented to protect those with allergies and give them greater confidence in the food they buy.'

Slide 47 & 48

New activity slide and tutor notes

Pre-packed for direct sale?

1	A bakery packs 6 freshly baked bread rolls into plastic wrapping and places them on a counter for customers to select and purchase	✓
2	A customer selects a custard tart made on the premises and the sales assistant puts it into a paper bag before handing it to the customer	✗
3	A customer calls a café and asks them to make a cheese and onion toastie for them to pick up in 10 minutes, when they arrive the toastie has been placed in a container for them	✗
4	A business supplies packs of sausage rolls to a café. When a customer purchases the sausage roll is it considered prepacked for direct sale?	✗
5	A farm shop kitchen makes cakes and biscuits sells them at a takeaway counter, placing them into bags as the customer selects them	✗
6	A farm shop kitchen makes cakes and biscuits and places them in bags ready to sell at a farmers market in the next town	



Show all answers

Pre-packed for direct sale?

1	A bakery packs 6 freshly baked bread rolls into plastic wrapping and places them on a counter for customers to select and purchase	✓
2	A customer selects a custard tart made on the premises and the sales assistant puts it into a paper bag before handing it to the customer	✗
3	A customer calls a café and asks them to make a cheese and onion toastie for them to pick up in 10 minutes, when they arrive the toastie has been placed in a container for them	✗
4	A business supplies packs of sausage rolls to a café. When a customer purchases the sausage roll is it considered prepacked for direct sale?	✗
5	A farm shop kitchen makes cakes and biscuits sells them at a takeaway counter, placing them into bags as the customer selects them	✗
6	A farm shop kitchen makes cakes and biscuits and places them in bags ready to sell at a farmers market in the next town	✓

Remember, even if products do not need to be labelled, accurate ingredient information must always be available and communicated to customers when asked, notices encouraging people to ask should be clearly displayed.



Tutor notes

Class question: Pre-packed for direct sale?

This activity helps learners to identify what is and what is not considered to be prepacked for direct sale.

Reasons for the answers are as follows:

1. As the rolls were baked on site and packed before the customer asked for them, they are PPDS products
2. As the customer asked for the tart before it was packed it is not PPDS and it does not need to be labelled
3. As the customer ordered the toastie before it was packed, even though it was packed ready for them when they arrived, it is not considered PPDS as it was packed after the food was ordered and does not need to be labelled
4. The product is prepacked and so should be labelled, but is not PPDS
5. Products are not packed until selected and so are not PPDS and do not need to be labelled
6. Products are PPDS as they are sold at a temporary premises, they are not considered prepacked.

Note: even if products do not need to be labelled, accurate ingredient information must always be available and communicated to customers when asked, notices encouraging people to ask should be clearly displayed.

Slide 52

New activity slide and tutor notes

Which of the following must be included on the label of pre-packed food?

<input checked="" type="checkbox"/>	The name of the food
<input checked="" type="checkbox"/>	A heading including the word 'ingredients'
<input checked="" type="checkbox"/>	The ingredients in the product
<input checked="" type="checkbox"/>	Allergy advice box
<input checked="" type="checkbox"/>	Allergens highlighted in the list of ingredients
<input checked="" type="checkbox"/>	A precautionary allergen statement

Coffee & Walnut Cake

INGREDIENTS:
Sugar, fortified wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), dark brown soft sugar, rapeseed oil, pasteurised **egg**, **milk**, humectant (vegetable glycerol) palm oil, butter (**milk**), pasteurised **egg** white, **walnuts** (2.0%), cornflour, partially inverted refiners syrup, sweetened condensed milk, coffee, raising agents (diphosphates, sodium hydrogen carbonate), palm stearine, salt.

Allergy Advice
For allergens, including cereals containing gluten, see ingredients in **bold**.
May contain peanuts and other nuts.

52

Tutor notes:

The introduction of EU FIC regulation in December 2014 made it a legal requirement for the 14 regulated allergens to be clearly identified within the ingredients list of pre-packed foods. Previously, some manufacturers listed allergens in a separate 'allergy advice' box. It is no longer acceptable to only identify allergens in this way.

The packaging of prepacked food made with more than 2 ingredients must include:

- the name of the food
- the ingredients contained in the product, listed in weight order, preceded by the heading 'ingredients'
- allergens highlighted in the body of the list

The legislation only covers ingredients that are included in the recipe. Where other substances may have contaminated the food during the production process, manufacturers may choose to add 'May contain...' statements.

Class question: Which of the following must be included on the label of pre-packed food?

Answers revealed on the next click

The name of the food

The name of the food product must be accurate and not misleading.

A heading including the word 'INGREDIENTS'

The list of ingredients must be preceded by a heading that includes the word 'Ingredients'.

The ingredients in the product

The ingredients must be listed in weight order, from greatest to smallest.

Allergy advice box

It is no longer acceptable to supply allergen information only in an allergy advice box.

Allergens highlighted in the list of ingredients

Any allergens contained in the recipe must be highlighted within the ingredients list. This is often achieved by using a bold or *italic* font or underlining the allergen.

A precautionary statement

Only allergens contained in the recipe are controlled by legislation. Where other allergens may have contaminated the food during the production process, manufacturers may choose to add 'May contain...' statements but this is not a legal requirement.

---End---



See below for the updates made to the level 3 Allergens In-house course training presentation.

Level 3 Allergens In-house Training Course PPT

Ed. 2 August 2021

This in-house training presentation is included in the level 3 allergens training presentation package.

The following main updates have been made to the training presentation.

Page No	Update comments
Slide 12	<p data-bbox="204 566 651 600">Slide and tutor notes have been updated</p> <div data-bbox="204 629 1066 1272"><p data-bbox="518 629 1038 712">How much of an allergen do you need to cause a reaction?</p><p data-bbox="252 882 756 1077">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> <p data-bbox="592 1227 730 1272"> 12</p> <p data-bbox="204 1308 331 1335">Tutor notes</p> <p data-bbox="204 1339 719 1366">This slide puts names to real events and shows:</p> <ol data-bbox="252 1370 1094 1464" 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 data-bbox="204 1503 1437 1659">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 data-bbox="204 1697 1437 1823">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 are the symptoms of a mild to moderate allergic reaction?

Allergic reactions can be mild, moderate or severe (life-threatening anaphylaxis)

Symptoms of a mild to moderate allergic reaction include:

- **swelling to the lips, face or eyes**
- **itchy/tingling mouth**
- **itchy and/or red skin rash (hives)**
- **abdominal pain/vomiting**

There is no cure for food allergy so avoidance of the food allergen is KEY!



Tutor notes

Class question: What are the symptoms of a mild to moderate allergic reaction?

Learners should work in small groups to identify typical symptoms.

You do not have to have all symptoms to have a reaction!

Some people have mild symptoms and some very serious.

It is possible to develop a food allergy in early childhood (as a baby) and then grow out of it.

They may have an allergy all their lives.

They may suddenly get an allergy part way through their lives.

Allergies may be serious from the start, be mild all the time or get worse each time the person eats a food containing the allergen they react to.

It is anticipated this activity will take approximately 5 minutes.

Slide 15

New slide and tutor notes



What are the symptoms of a severe allergic reaction?

A severe allergic reaction may affect the breathing, circulation and level of consciousness and can be life threatening

Symptoms include:

- difficulty breathing
- persistent cough
- change in voice (hoarse voice)
- difficulty swallowing
- swelling to the tongue
- pale, floppy, suddenly sleepy (babies and children)
- collapse/unresponsive.



15

Tutor notes

Class question: What are the symptoms of a severe allergic reaction?

The following 2 questions have been included to demonstrate that reactions differ significantly.

Slide 16

Slide has been updated

Treatments

- Follow the company procedure
- Call 999 for an ambulance telling the call handler anaphylaxis (pronounced ana-fil-lax-is)
- Ask the person if they have an adrenaline auto injector and encourage them to use it
- Keep the person calm.



16

Tutor notes

Tutors should include the procedure to be followed for their company here.



Hidden allergenic ingredients



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
Prawns	Sulphites
Spaghetti bolognese	Celery, wheat (gluten)
Houmous	Sesame seeds.

Tutor notes

Class question

This helps to identify common hidden allergens – tutors could alter this exercise or add to it to include allergens in the products they sell.

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

- Appoint a trained key person
- Maintain an allergen file
- Keep labels
- Display notices
- Place signs telling people to ask
- Put information on menus
- Label food.



Tutor notes

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.

Service & display: hazards

- You don't understand what it is the customer is asking for
- Serving staff forget to check with the kitchen or the kitchen fails to tell serving staff when a recipe has changed (in particular if there are specials or last minute changes)
- Menus are not up-to-date with regards to ingredients
- Hidden allergens are not identified in the product description (for example a cheesecake base may contain nuts, but the menu description does not highlight this)
- Foods with allergens contaminate those without allergens
- Food which is prepacked for direct sale is not suitably labelled with allergenic ingredients.



Tutor notes

All of this relates to communication.

Do not guess what the customer is asking for. If you don't understand get someone else to try to help.

It is important that the kitchen and front of house staff communicate effectively regarding allergens, no matter how stressful the service may be. Remember someone's life could be at stake.

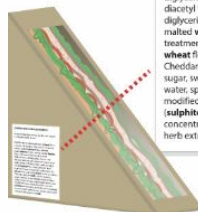
Food which is pre-packed for direct sale

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, seeds, onion, **barley** malt vinegar, water, spirit vinegar, apple pulp, dates, salt, modified maize starch, rice flour, colour (**sulphite** ammonia caramel), onion powder, concentrated lemon juice, spices, spice and herb extracts), butter (**milk**).



Tutor notes

If no prep-packed for direct sale is sold there is no need to display this slide
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.

--- End ---