

Food Allergies



Course Overview

Rates of food allergies have risen over the past 20 years, affecting 1-2% of adults and 4-6% of children. Additionally, food intolerances are thought to affect 10% of people. While relatively rare, food allergies and intolerances can have severe, even life-threatening consequences. This course explores how to alert consumers to potential allergens, take measures to prevent accidental contamination, and act swiftly if someone has an allergic reaction. The course is relevant to all employees who work with food in the UK, including food preparation and other kitchen staff as well as staff who may serve or deliver food in the hospitality, care, education, and other sectors.

Key Learning Points

- Be able to recognise the symptoms and effects of food allergies and intolerances.
- Be able to identify the 14 allergens that must be declared in the UK and EU.
- Understand how to communicate allergen information correctly.
- Understand and be able to avoid cross-contamination.
- Understand the appropriate actions to take if someone is having an allergic reaction.

Learn More



Technical Requirements



Guide Pricing

1+ Licenses	£29 per learner
11+ Licenses	£25 per learner
21+ Licenses	£20 per learner
51+ Licenses	£15 per learner
101+ Licenses	£10 per learner

*guide prices are per learner, per year

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