

# Course Syllabus

## Level 2 Award in Allergy Awareness

(Catering/Early Years)

### Safer Allergy Awareness (Level 2)

#### A. Allergens and UK/EU law

Candidates should understand the changes in UK and EU law that went live December 2014, affecting all food sold loose or served out of home, plus associated labelling information that must be supplied with all food products. They should also be aware legal penalties for non-compliance, and the need to develop a robust Due Diligence defence to cover the scenario of a serious food allergy related incident. They should be able to:

- Describe the implications of the Food Information for Consumers Regulation 1169/2011(EU FIC) with regard to allergenic ingredients or foodstuffs
- Give examples of potentially unsafe practices concerning allergenic food ingredients
- Explain the term Due Diligence in the context of the use of allergenic ingredients
- State the potential consequences for not following the legal guidance on food allergens on safety and in terms of penalties

#### B. Introduction to allergens

Candidates should be able to explain the concept of food allergens, including the difference between a food allergy and food intolerance, and symptoms of a food allergy related attack. They should also be able to explain the terms anaphylaxis, Coeliac disease, and the threat of hidden allergenic ingredients. Candidates should be able to:

- Define the terms food allergy, food intolerance, Coeliac disease, and anaphylaxis
- Describe the symptoms of a serious allergic reaction (anaphylactic attack)
- Explain the existence and potential dangers of hidden allergenic ingredients
- Give examples of hidden allergenic ingredients in common foods and dishes

### C. The 14 named allergens

Candidates should be aware of the 14 common food allergens as listed by the FSA and FIC Regulation 1169/2011 (EU FIC) legislation that come into force December 2014.

They should be able to state examples of food where the allergens are commonly found, and suggest non-allergenic replacements as alternative ingredients. Candidates should be able to:

State the 14 named allergenic ingredients listed by regulation 1169/2011 (EU FIC)

State the potential hazards associated with these 14 ingredients to allergy sufferers

Demonstrate an awareness of food allergies not listed by regulation 1169/2011 (EU FIC)

Give examples of foods/dishes where named allergenic ingredients are commonly found

Suggest a range of alternative ingredients to the use of named allergenic ingredients

### D. Recipe writing and ingredient panels

Candidates should understand the importance of appropriate communication regarding allergenic ingredient content, in the form of recipes and ingredient panels or ingredient declarations. They should be able to offer simple recommendations for adapting recipes for allergy sufferers. Candidates should be able to:

Understand the vital importance of clear written communication in regard to all aspects of the use of allergenic ingredients in food production and service with the end customer

Describe how to create a simple system to manage the use of allergenic ingredients

Describe the need for and process of creating recipe and customer ingredient information sheets

Be aware of considerations for adaptation of recipes for allergy sufferers

### E. Prerequisites (preventing allergenic contamination)

Candidates should understand the importance of prerequisites that must be in place to limit allergenic cross-contamination before any cooking or food service takes place, including appropriate management systems, cleaning, suppliers, delivery methods, and food storage. They should be able to:

Explain the importance of appropriate management systems and operational procedures

State the consequences of failing to apply prerequisites for allergy sufferers

Describe appropriate approaches to cleaning and hand-washing that will reduce or eliminate cross-contamination of allergenic ingredients

Explain the importance of appropriate suppliers, delivery and storage regimes to limit the threat of food allergens

## F. Service considerations (preventing allergenic contamination)

Candidates understand how to identify and control allergenic ingredient threats during the food preparation, cooking and serving or sale processes. They should be able to:

Describe the allergenic considerations and appropriate processes to control allergenic threats during food storage, preparation, cooking and assembly of the dish

Understand the potential implications of a failure in processes during food storage, preparation, cooking and assembly of the dish

Describe appropriate allergenic ingredient and communication considerations for front-of-house staff with the kitchen, and communication with the customer

State the potential consequences of a failure in communication on allergenic ingredients between staff members, or between a staff member and a customer

## G. Emergency first aid

Candidates should understand and describe an appropriate emergency first aid response to a suspected food allergy related incident, varying in severity from a mild reaction to full anaphylaxis. They should be able to:

Identify the symptoms of a potential allergenic attack (anaphylaxis)

Describe an appropriate response to a potential allergenic attack (anaphylaxis)

Understand how and when to use an EpiPen (intravenous adrenaline injection)

Be aware of the potential consequences of failing to take action in the event of an allergenic attack

## Accreditation

Level 2 Award in Allergy Awareness (Catering)  
 QUALIFI Accredited Endorsed Level 2 Award  
 AFACC2SFG14 (default online examination)  
 QUALIFI is an OFQUAL regulated Awarding Organisation.

For more information about this syllabus, accreditation, or examination options please contact The Responsible Officer for Awards & Examinations at The Safer Food Group (East GB Ltd).

The Safer Food Group  
 0800 612 6784  
[www.thesaferfoodgroup.com](http://www.thesaferfoodgroup.com)  
[info@thesaferfoodgroup.com](mailto:info@thesaferfoodgroup.com)  
[www.qualifi.net](http://www.qualifi.net)



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