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Food & Beverage Operations

BMIH4002

Student Journal

Topic of Choice – Allergies &

Intolerances

Since I have started my sessions with my tutor I have come to understand the importance of Allergies and Intolerance awareness within any food and beverages business's.

I did not understand how serious this must be taken in order to safeguard customers as well as business.

As per the food standards agency, It's critical to have the information you need to make safe food choices if you have a food allergy or intolerance. There are allergen labelling and information rules that compel food businesses to give you with information about what is in your food if you are eating out or cooking your own food. If you become ill or have an adverse response after eating, seek medical attention right once. (Food allergy and intolerance, 2022)

Food establishments in the United Kingdom are required by law to notify you if they use any of the 14 allergens as ingredients in the food and drink they provide. Food legislation has identified this list as the most strong and common allergies.

There is difference between Food Allergy and Food Intolerances, which not many people know or understand. I have come to understand the below;

A food allergy occurs when the immune system of the body reacts abnormally to certain meals. Although allergic reactions are frequently modest, they can be fatal. Food allergies can cause symptoms in multiple parts of the body at the same time. Among the most common symptoms are stinging sensation in the mouth, throat, or ears

swelling of the cheeks, around the eyes, lips, tongue, and roof of the mouth.

Food intolerance is the inability to digest certain foods and the resulting in unpleasant bodily reaction. It produces symptoms including bloating and stomach-ache that appear a few hours after eating the item. The number of people who believe they have a food intolerance has increased considerably in recent years, but it's difficult to estimate how many are genuinely affected. Many people believe they have a food intolerance when their symptoms are caused by something else. (Food allergy, 2022)

Every year, the number of persons in the UK who suffer from allergies increases by 5%. The 'first wave' of allergy disease happened 50 years ago, when asthma and hay fever were at epidemic levels. We are presently in the midst of a second wave of allergic disease, marked by an uptick in persons with life-threatening food allergies. According to statistics from 2012, at least one in every 40 youngsters in the UK has at least one severe allergy.

An alarming surge in anaphylactic admissions has been reported in hospital A&E emergency departments in the previous decade. More youngsters, as well as a growing number of adults, are being identified with food allergies to foods that were

previously considered harmless. (Why are Allergies on the Rise? Allergy Statistics — Natasha Allergy Research Foundation, 2022)

This is why we must take this very seriously in our daily lives as well as ensuring our establishments are following the correct way of using the ingredients and ensuring the consumers are aware of them.

There are 14 known allergies which must be declared clearly to the consumer These are as follows;

Cereals containing gluten, Crustaceans, Eggs, Fish, Peanuts, Soybeans, Milk, Nuts, Celery, Mustard, Sesame seeds, Sulphur dioxide and sulphites, Lupin and Molluscs.

Foods that haven't been packaged

If you sell non-packaged foods, you must label each item containing one of the 14 allergens with allergen information. Non-pre-packaged allergy information laws can be applied to loose goods sold over the counter, bakeries, and butcher shops, as well as restaurants and takeout food.

Foods in Packages

On the packaging of pre-packaged food, an ingredient list must be present. Every time an allergen appears in the product's ingredients list, it must be marked.

My own experience has taught me that peanut causes a severe allergic reaction in my skin, causing it to swell and turn red. As a result, I fully appreciate the significance of this and how it can influence so many others.

To prevent this from happening again, I must make sure that none of my foods contain any peanuts. The lesson, combined with my personal experience, has taught me to be cautious when it comes to food allergies and safety.

Reference

Food Standards Agency. 2022. *Food allergy and intolerance*. [online] Available at: <<https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance>> [Accessed 12 May 2022].

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