Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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Food & Beverage Operations
BMIH4002

Week 8: Allergens & Ratings

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Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales

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Food Allergies vs. Intolerances

Food Allergies and Intolerances

A food allergy is **when the body's immune system reacts unusually to specific foods**. Although allergic reactions are often mild, they can be very serious (NHS, 2019).

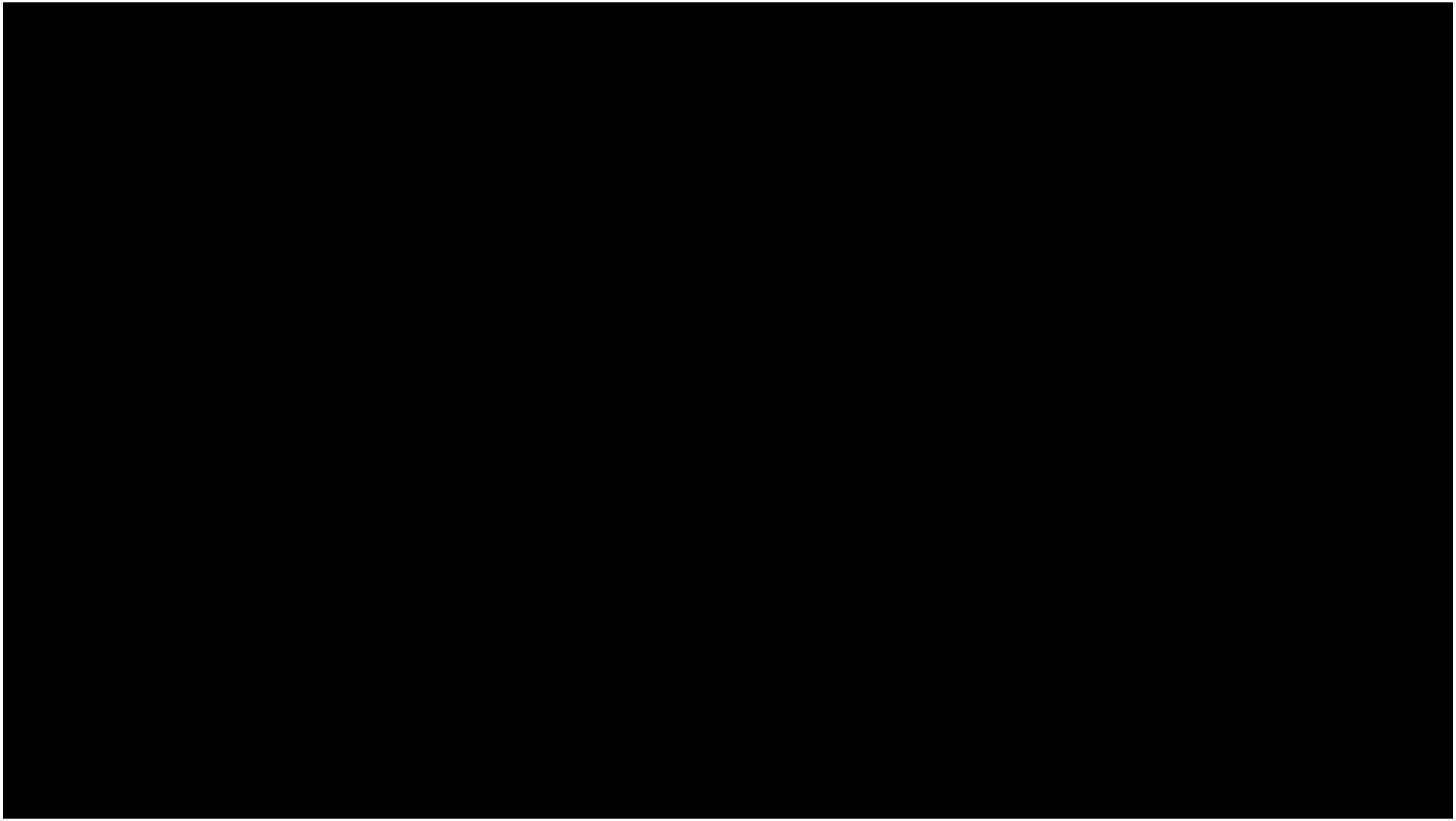
More than 160 foods can cause allergic reactions, but...there are fourteen different foods types which are identified as **major** allergens and these are the ones which consumers must be made aware of if they are present in foods.

Over the last 15 years, hospital admissions for food allergies have increased by **500%**.

10 people in the UK die every year from allergic reactions to food.

Food Safety Standards Agency (2021) estimate that there were 2.4 million cases of foodborne disease in the UK in 2018.

A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them. It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food (NHS 2019).



(Unilever Food Solutions UK, 2014)

Allergens

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More than 160 foods can cause allergic reactions, but…

...there are **14** different food types which are identified as **major allergens** and these are the ones which consumers must be made aware of if they are present in foods, here in the UK.

(Food Standards Agency, 2021)

What are the 14 major allergens?

- Cereals containing gluten such as wheat, rye, barley, oats, spelt or khorasan
- Crustaceans for example prawns, crabs, lobster, crayfish
- Eggs
- Fish
- Peanuts (which are legumes)
- Soybeans
- Milk (including lactose)
- Nuts such as almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
- Celery (including celeriac)
- Mustard
- Sesame seeds
- Sulphur dioxide
- Lupin
- Mollusc for example clams, mussels, whelks, oysters, snails and squid

Allergens

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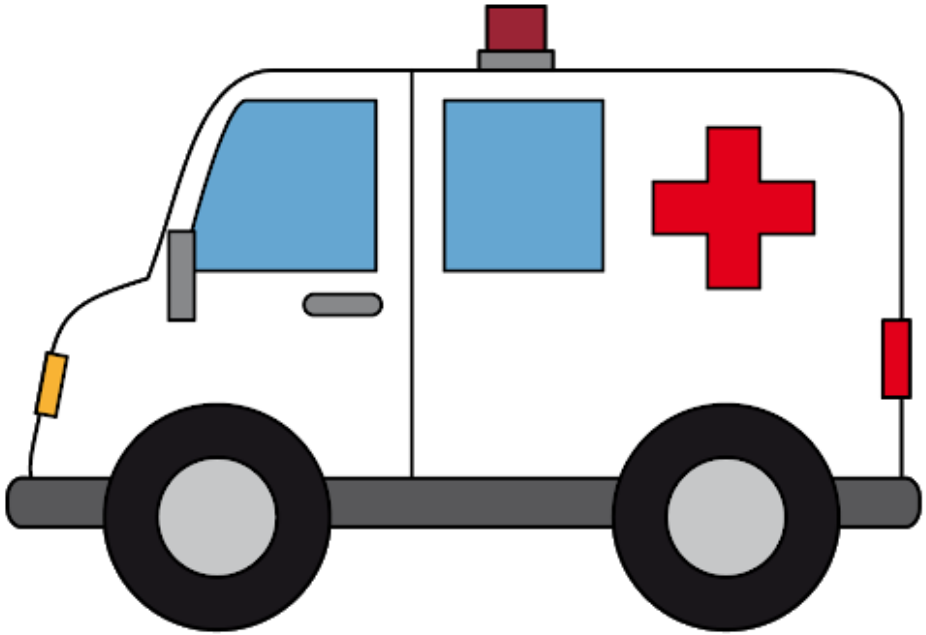
Anaphylaxis should always be treated as a medical emergency.



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Case Studies

Food Allergy vs Food Intolerance

A food allergy:

- can be life-threatening
- is a reaction by your immune system (your body's defence against infection). Your immune system mistakenly treats proteins found in food as a threat
- can trigger allergy symptoms, such as a rash, wheezing and itching, after eating just a small amount of the food (these symptoms usually happen quickly)
- is often to particular foods.

Common food allergies in adults include fish and shellfish and nut allergies. Common food allergies in children include milk, eggs, fish, peanuts and other nuts.

A food intolerance:

- does not involve your immune system – there is no allergic reaction, and it is never life-threatening
- causes symptoms that happen gradually, often a few hours after eating the problem food
- only results in symptoms if you eat a substantial amount of the food (unlike an allergy, where just traces can trigger a reaction)
- can be caused by many different foods

Common intolerances include lactose and gluten.

(NHS, 2019)

Food Hypersensitivity – Coeliac Disease

What about Coeliac disease?

Coeliac disease is an autoimmune condition. This is where the immune system (the body's defence against infection) mistakenly attacks healthy tissue. Coeliac disease is caused by an adverse reaction to gluten, which is a dietary protein found in 3 types of cereal: wheat, barley, rye

In coeliac disease, the immune system mistakes substances found inside gluten as a threat to the body and attacks them. This damages the surface of the small bowel (intestines), disrupting the body's ability to take in nutrients from food.

Eating foods that contain gluten can trigger a range of gut symptoms, such as: diarrhoea, which may smell particularly unpleasant, stomach aches, bloating and farting (flatulence), indigestion, constipation

There's no cure for coeliac disease, but following a gluten-free diet should help control symptoms and prevent the long-term complications of the condition.

Coeliac disease affects at least 1 in every 100 people in the UK.

Gluten is found in any food that contains those cereals, including: pasta, cakes, breakfast cereals, most types of bread, certain types of sauces and some ready meals. In addition, most beers are made from barley.

(NHS, 2019)

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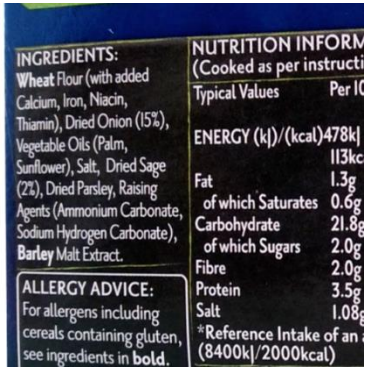
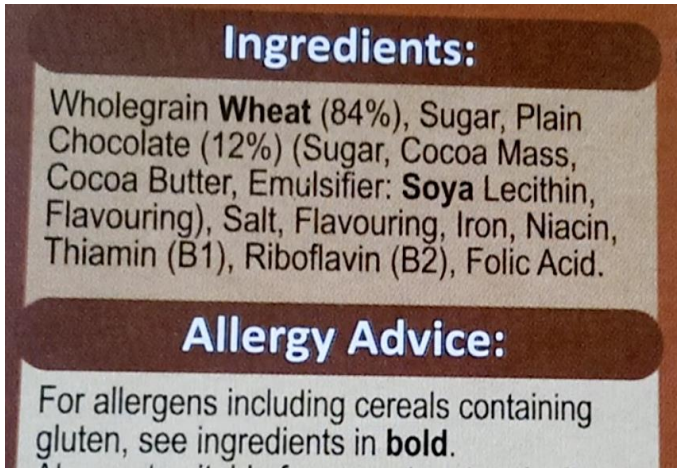
Reading Labels

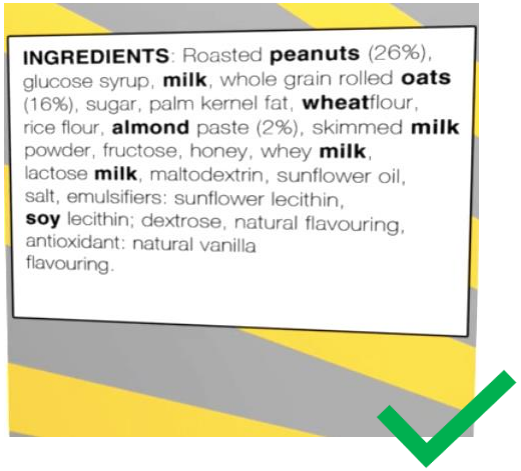
Labels

It is a **legal requirement** that, if any of the 14 major allergens are present in foods that are sold,
this information should be easily visible, **clearly** stated and legible.
And the Law ensures that the way food products are labelled is consistent across ALL food products.
Allergenic ingredients MUST be **highlighted** in the **INGREDIENTS LIST** on the label.





Labels



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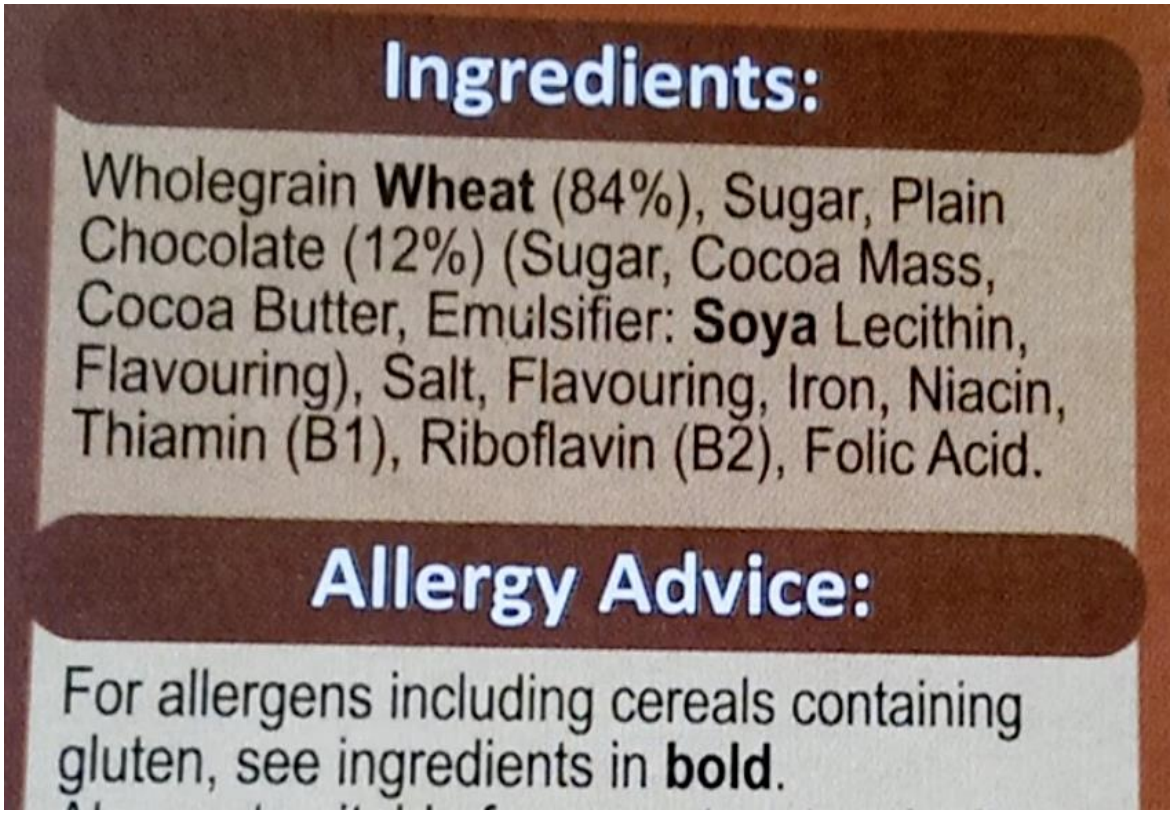
Change in law



Ingredients:

Wholegrain **Wheat** (84%), Sugar, Plain Chocolate (12%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Flavouring), Salt, Flavouring, Iron, Niacin, Thiamin (B1), Riboflavin (B2), Folic Acid.

Allergy Advice:

For allergens including cereals containing gluten, see ingredients in **bold**.

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Small Packaging

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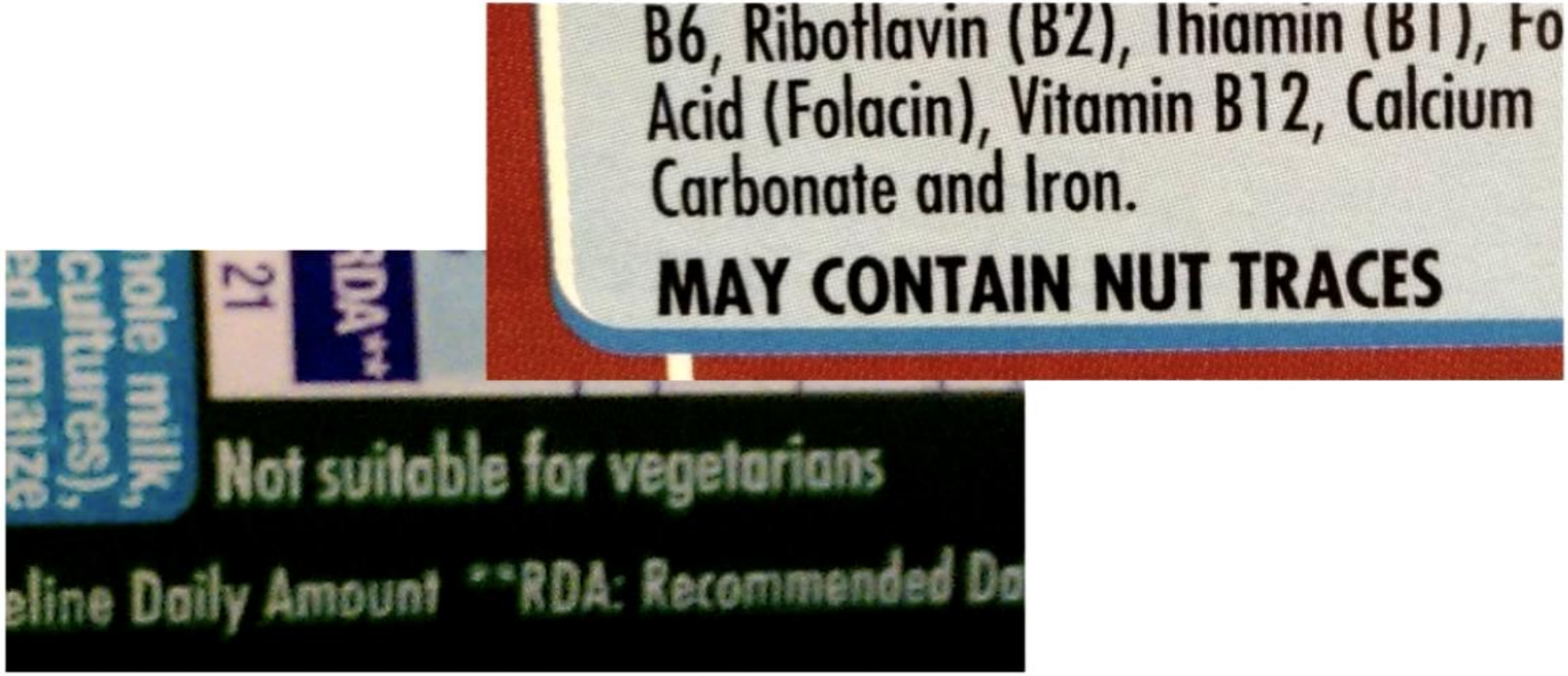
Cross-contamination



PPDS

Prepacked for direct sale PPDS

Prepacked for direct sale or PPDS is food that is packaged at the same place it is offered or sold to consumers and is in this packaging before it is ordered or selected.

It can include food that consumers select themselves (e.g. from a display unit), as well as products kept behind a counter and some food sold at mobile or temporary outlets.

Natasha's Law

https://www.gov.uk/government/news/natashas-legacy-becomes-law

A Label Saves a Life
#NatashasLaw

What is Natasha's Law? — Natasha Allergy Research Foundation (narf.org.uk)

Food that isn't PPDS

Any food that is not in packaging or is packaged after being ordered by the consumer. These are types of non-prepacked food and do not require a label with name, ingredients and allergens emphasised. Allergen information must still be provided but this can be done through other means, including orally.

Food packed by one business and supplied to another business. This is prepacked food and already must have full labelling, including the name of the food and a full ingredients list, with allergenic ingredients emphasised within it.

How can we communicate allergen information to our guests

1. Who are dining in
2. Who are ordering for collection/delivery?

FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

Thank you.

Dishes and their allergen content

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					

Food and Beverage Operations

Restaurant Example – Allergy Folder

Main Meals -1

Allergen Menu Checker

Main Meals -1

Item	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide
Spaghetti Bolognaise		✓			✓									
Fish & Potato Pie		✓			✓		✓		✓					
Chicken & Vegetable Curry										✓				✓
Broccoli & Cauliflower Cheese							✓							
Pork Meatballs in tomato & basil sauce		✓		✓			✓							
Mixed Bean Chilli														
Chicken Fajitas		✓												
Shepherd's Pie							✓							

www.mindingkids.co.uk

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Allergens

Record Keeping

- Gluten wheat
- Peanuts
- Soya
- Molluscs
- Nuts
- Sesame
- Crustaceans
- Celery
- Lupin
- Eggs
- Lactose
- Sulphur dioxide
- Fish
- Mustard

Allergen Information Data Sheet

Dish	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Example: Lincolnshire sausages and mustard mash	✓ Wheat						✓		✓	✓				
Dish	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

Cereals and nuts must be named by ingredient in the chart above

Remember…

Allergens can cause serious problems, so it's important to:

- Monitor all ingredients used in food
- Ensure that suppliers notify any allergy changes
- Review each menu item to ensure that all allergens are described
- Store allergenic-containing ingredients away from non-allergenic containing ingredients
- Minimise the risk of cross contamination by using separate areas for non-allergen containing dishes and
- Ensure everyone is allergen aware

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Food Hygiene Ratings

Food Hygiene Ratings:
What does this say about the business?

If you serve or supply food direct to the public, you may be covered by the [Food Hygiene Rating Scheme](#).

Your rating will be based on what is seen on the day of inspection and you may be given a hygiene rating from 5 to 0, based on the food hygiene standards found at the time.

What does the rating cover?

Ratings are a snapshot of the standards of food hygiene found at the time of inspection. It is the responsibility of the business to comply with food hygiene law at all times.

This includes:

- handling of food
- how food is stored
- how food is prepared
- cleanliness of facilities
- how food safety is managed

The food hygiene rating scheme does not provide information on the following factors:

- quality of the food
- customer service
- culinary skill
- presentation
- comfort

Environmental Health Officer (EHO)

Environmental Health Officers are authorised officers from your local council who visit your premises to check if your business is complying with food law and producing food that is safe to eat.

To do this, they will look at:

- your premises
- how you work
- your food safety management system
- the types of food you make and prepare

They have the right to enter and inspect your premises at any reasonable time. Authorised officers will usually arrive without making an appointment.

How often your business is routinely inspected will depend on the type of business and its previous record.

Some premises might be inspected at least every six months, others much less often. Authorised officers will offer help and advice on food safety.

They can take action if they find that your standards of food hygiene are not good enough. In serious cases, action might include closing the premises or prosecution

What enforcement can EHO carry out?

Authorised officers can take enforcement action to protect the public,

including:

- Seizing foods suspected to be unfit for human consumption
- Writing a letter following an inspection or outlining issues with compliance and asking you to correct these
- Serving a formal legal notice that sets out certain things you must do or forbidding you from using certain processes, premises or equipment
- Recommending a prosecution in serious cases

Authorised officers will allow you enough time to make changes unless there is an immediate risk to public health.

Following an inspection, a business can appeal their rating and have a 'right to reply' and can request a re visit from their local council.

Frequency of Inspections

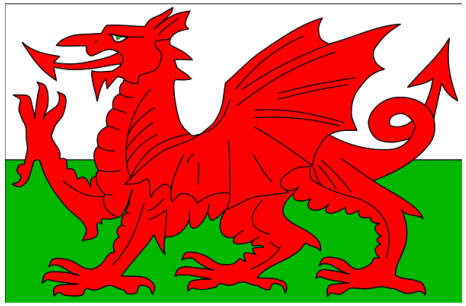
A new rating is given each time a business is inspected by a food safety officer from the business's local authority.

Each local authority plans a programme of inspections every year. The frequency of inspections depends on the potential risk to public health.

The assessment takes account of the following factors:

- type of food that is handled
- the number and type of customers, for example vulnerable groups
- types of processes carried out before the food is sold or served
- hygiene standards seen on the day of the last inspection

Food Hygiene in Wales: Spot the difference



Displaying the rating sticker is **mandatory in Wales and Northern Ireland**.

It is **voluntary in England**.

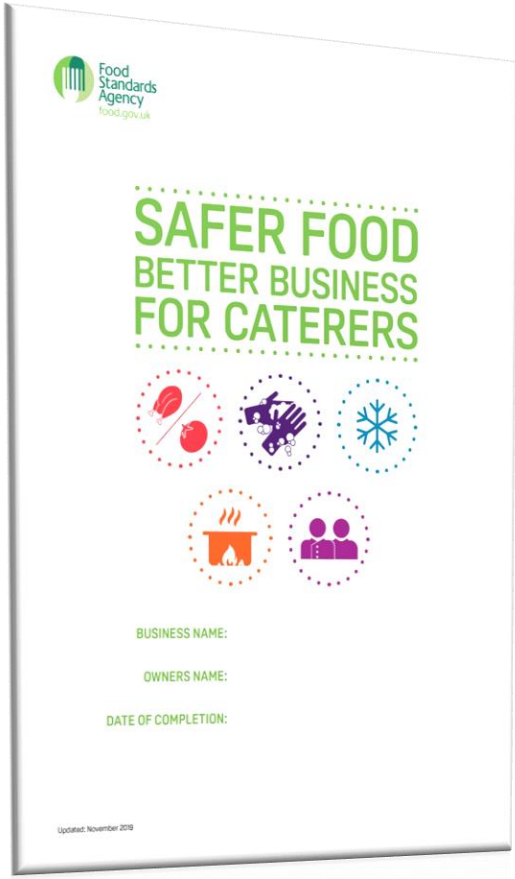
By putting it on display, you can show your customers how good your hygiene standards are.

In Scotland, they run their Food Hygiene scheme slightly differently….

[Food hygiene ratings: 'A zero isn't down to paperwork']

Safer Food, Better Business

(*and the associated full document pack that can be found on Moodle)*



Why Should We Use SFBB?

To comply with the Regulation (EC) No. 852/2004

This requires food businesses to put in place, implement and maintain documented food safety management procedures based on Hazard Analysis Critical Control points (HACCP) principles.

Why use SFBB?

- Easy to understand
- Flexible enough to fit any business
- Practical & time efficient
- Jargon free
- Can be used to train staff
- Protects your business' reputation
- Improves your business, e.g. by wasting less food

SFBB also helps with

- Identifying hazards and risks
- Implementing control measures
- Monitoring control measures
- Taking corrective action
- Reviewing the system regularly
- Achieving higher 'scores on the doors' rating from the EHO's

Starting Your Own Food Business

When starting a food business you must register it with the Environmental Health team at your local council at least 28 days before you start food operations.

If you purchased the business from someone else, you need to register as a new owner.

Getting Ready to Open a Business

Safer Food, Better Business
Record Keeping and Responsibility

The person who is responsible for the day-to-day running of the kitchen/business.

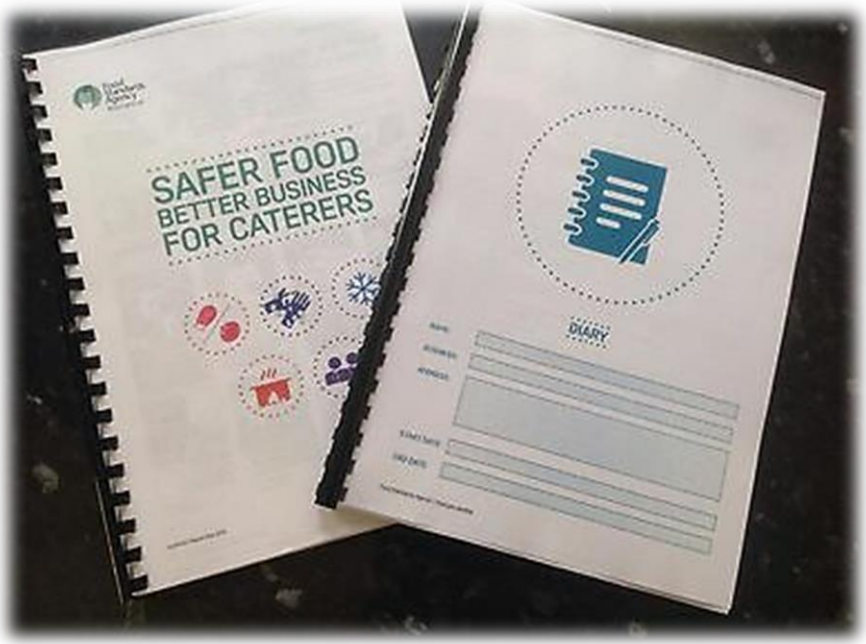
Each kitchen must have its own SFBB pack/diary. The Diary must be signed and dated at the end of each shift. It is signed to show that you have completed the opening and closing checks.

When you sign the diary, you are confirming that you have supervised your staff in following your safe methods and that any problems are being solved and recorded in the diary.

Each head chef must complete the safe methods.

But also... you as a food handler have an important role in complying with the safe methods carried out in your catering workplace.

Take a look at the SFBB pack and diary on Moodle



HACCP, SFBB and Food Safety are all interlinked and contribute to the overall food hygiene score we receive.

The SSBB pack will be useful to assist you in your revision.

Next Week

Next week we will have an interactive revision session for your exam.

Remember your exam is on **Wednesday 8th of March at 2PM. Invites have been sent out previously.**

You will need to be at a computer and in a quiet room to take the exam. Your camera will need to be on for the full duration.

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Reference List

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