



LEVEL 4 – Student Journal (750 words)

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Topic of choice: Allergies and Intolerances and the importance within the industry.

Human survival largely depends on adequate consumption of balanced food and this is why the life's race basically revolves around accumulating enough food to serve the hunger as well as basic nutrition need. However, this vital factor for ensuring human existence can either be a major danger, apart from the nutrition facts sometimes life threatening depending on the allergic reaction contained by the food served or the way it has been taken by the person who is allergic to that specific sort of food. This is why, the international codes of food and beverage serving have been considering the allergy and intolerance issue more ever critically to educate people and spread the awareness to avoid life danger.

Food allergy basically refers to the counter-attack, a sort of reaction posed by that specific food that is caused due to the weak immunological state of the person that consuming the food (Pitcher, 2019). These reactions can primarily be notified with the symptoms that may vary at their degree depending on how the immune system of the person consuming is responding to the food. I got to learn about some of the reactions including the itching problem on skin, Stomach infection, dehydration, dysentery, urticaria, chest tightness as well as hypoxia et-cetera. The time period of allergic reaction varies depending on the degree of contamination carried by the food heavily dangerous for the person. Also, the types of food carry the allergic reaction are vast as stated that more than 150 foods and beverages can be allergic to anyone depending on the state of immune system of the consumer (Leonard, 2020). Although the WHO has listed 14 vital foods noted to have most allergic reaction. Most important realization by me from this module is that the consumers and also the suppliers of the food have to be aware of the foods being served to determine whether they contain allergy or intolerance reactions or not.

However, food intolerance refers to the problem associated with the digestive system by any particular person which can consequently result in various reactions on health (Brostoff and Challacombe, 2012). The symptoms for such inconvenience can range from gastrointestinal discomfort and vomiting et-cetera which would be notified within hours of consuming foods. Varshney and Pongracic, (2020) listed among three most prevalent food intolerances include galactose, soy protein, and celiac. I was alarmed again and again by the contents that the concerned stakeholders must have to be cautious about the potential

foods that are likely to cause intolerance in order to avoid the short time as well as long-time health danger.

I came to learn other ways foods can be deadly dangerous for human including adulteration, rotten foods, expired foods or any other sorts of manufacturing default that cause poisonous impact on food. However, the study basically aimed at earning the concern of consumer about the issue that some foods may be quite favourable while those same foods could be deadly dangerous for others having vital allergic reaction on the same person. I could see that, foods non-favourable for anyone are quite easy to avoid while the real problem arises where the same food is good for someone and very allergic for someone else. The statistics shows that the number of patients having admitted to the hospitals in UK reporting an allergic reaction in past decade has risen up-to more than 20000 and this is why this discipline carries vital importance for the future study in order to ensure safer food consumption (Shreffler, 2020).

The standard code of practice to address the allergic and intolerance reactions in food and beverage industry suggests that business delivering the food must be aware of the ingredients contained by the food and also, notify the consumer prior to his experience upon the issue so that he could be conscious of the elements and decide whether those are going to have any reaction on his health. I have learnt many other new lessons alongside these basic guidelines throughout this module and also, gained the skill to be cautious enough to sharpen my food consumption as well as make my acquaintances notified upon this issue. This will definitely help me in future upon the event that I join hospitality industry. I will be aware of the allergic and intolerances facts and will help my business to make it more sustainable by adopting most recent global practices which make the food consumption safer and healthier.

In light of the sensitivity of the topic, this discipline of study holds a very critical role to make the food and beverage industry more consumer-friendly. Therefore, both the consumers and service delivery businesses should be aware of the allergic and intolerances issues.

REFERENCE LIST (not included in word count)

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