



LEVEL 4 – Student Journal (750 words)

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Topic of choice: Allergies and Intolerances and the Importance within the industry	
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Week's(2) session with Ryan was interesting because I'm working in food and beverage. I learned about the seriousness of allergies and intolerances, what I need to do to manage allergenic foods, and what I could do to achieve a safe food preparation and area for allergic food options. I learned about food law and what the government put in place to prevent improper sale of food due to poor labelling. Hence the importance of allergies and intolerances within the restaurant industry. People that have a reaction to something they have eaten could be linked to a condition called food hypersensitivity. (T Haeusermann 2014) Which consist of three main categories Food Allergies, Food Intolerances, and Coeliac Disease. A Food allergy is when your immune system which helps your body fights infections mistakes the proteins and foods that entered the body for a threat. I find out that symptoms could range from mild to very serious even life threatening and are different with each person. there is enough protein in a single peanut to kill up to six people. Signs of an allergic reaction I would need to look for are Itchiness, hives, vomiting, swelling of the eyes lips and airways that make it difficult to breathe. the most severe reaction to food allergies is called anaphylaxis which even leads to death. By watching the videos in class I learn how to respond to someone that may look like they are having an allergic reaction. always keep adrenaline auto-injectors on-site and by watching the video I learn how to administer the injection by simply removing the safety cap and injecting it into the individual thigh for the amount of time stated on the injector after put them in the recovery mode then dial 999, this could help an allergic reaction from becoming life-threatening. (Allergy 2019). Food Intolerance is different from Food Allergies because it does not involve the immune system, and it's not life-threatening, the symptoms that are associated with Food Intolerance are Diarrhoea, Skin rashes, itching and it occurs hours after eating food that someone is intolerant to. I'm aware of gluten-free bread but not the actual disease that's found in wheat. Now I know of Coeliac disease and I can educate my fellow team



members in my future endeavours. It is a disease that causes the body's immune system to attack its own tissue when gluten is consumed, this damages the lining of the gut and makes it difficult for the body to absorb nutrients from foods. (Coeliac Uk 2019) About 1% of people in the UK have Coeliac Disease. Learning about this topic makes me want to exercise good allergic practices. Knowing that my actions could save someone's life makes my job more meaningful. I always feel happy that I could eat anything but learning that anybody could develop allergies I will be more aware of any likely symptoms. Food allergies and Intolerance is important within the industry for the mere fact that they could be life-threatening and career-ending. but I sympathise more with the fact that it must be taken seriously and I understand the risk that is associated with it. So I think that this topic is important in the industry because it needs to be managed on a day-to-day basis, all ingredients need to be monitored, and ensure that supplies point out any allergy changes. It's also important because all products need to be reviewed for allergens on the packaging and the industry needs to take the appropriate steps to ensure the safety of all customers. It's also important within the industry because it requires its own area in the kitchen away from mains products, separate knives and cutting boards need to be used to prevent cross-contamination and or limit gathering of any traces of allergens. Hence within the industry managers need to educate their employees on the seriousness and proper steps to take when preparing foods that people may be allergic to. under current laws for non-prepared foods, food businesses must tell customers if their dishes contain the (14) most common allergens which are; Gluten, Sesame, Nuts, Crustacean, Eggs, Fish, Mustard, Milk, Celery, Peanuts, Soya, shellfish, Lupino, and Sulphite. Food business operators in the retail and catering sector also are required to provide allergen information and follow the labelling rules as set out in food law. (European Parliament and of the Council 2011) I was introduced to a new law called Natasha's Law in class with Rayan. We watched videos about how the law came into effect as of 1st of October 2021. This law is to protect people suffering from the lack of detail being displayed about allergies on food packaging among all large and small businesses. the decision was made (5)years after teenager Natasha Ednan- Laperouse "died as a result of an allergic reaction to a Pret a Manger Baguette" as resulted from its mandatory all food business to display full ingredients list and allergies details on meals pre-packed for direct sale in England, Wales, Scotland, and Northern Ireland. (Farrell. S 2021) Allergen folders need to be displayed so everybody could see the allergens in each meal that is for sale. Natasha's law will help a lot of people live better lives and enjoy the world like everybody else when it comes to eating right. the food industry should educate all levels of people about the seriousness of allergies and labelling to reduce the chance of bad practises and save lives.



REFERENCE LIST (not included in word count)

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