



LEVEL 4 – Student Journal (750 words)

You are required to complete a journal entry to capture the learning experience and knowledge you have acquiring during a particular lecture. You may choose from the following topics:

- Allergies and Intolerances and the importance within the industry
- Ratings, Inspections and Reporting Procedures

Consider the appropriate lectures. What was the topic and what have you learnt? Provide a **brief summary**. What **new skills / knowledge have you acquired**? How will you **apply your knowledge in the future**? What are your **personal reflections** on the subject? Why is this **topic important within the industry**? Provide **evidence of further reading**. Include a minimum of 5 references.

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Topic of choice:	Allergies and Intolerances and the importance within the industry
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Allergy is a disproportionate and exaggerated reaction of an organism's immune system to exogenous antigens (from the external environment) that are well tolerated by healthy people. Food allergies are anaphylactic reactions that occur quickly after ingestion of the allergenic food (McConnell, 2007).

Food allergies and food intolerance can be easily confused but their reactions are different.

A food allergy generates a powerful immune response that affects multiple organs. An allergic reaction to one or more meals can be severe or life-threatening in some situations. Food intolerance, on the other hand, has milder symptoms and frequently causes stomach issues.

The percentage of people with food allergies has risen dramatically over the last 15 years and it is estimated that around 10 people in the UK die each year from food allergies.

Food allergies are more frequent in babies and children, although they can strike anyone at any age. Food allergies can develop in foods that have been consumed without incident for years.



Food allergies can cause moderate to severe symptoms.

Anaphylaxis is the most severe allergic reaction, a life-threatening reaction that affects breathing and heart rate.

Allergic reactions can cause symptoms in the skin, gastrointestinal tract, cardiovascular system, and respiratory system.

Although any food can cause an adverse reaction, 14 types of food are responsible for almost all reactions: cereals, eggs, molluscs, peanuts, lupin, mustard, milk, fish, celery, crustaceans, soybeans, sesame, sulfur dioxide, and sulfites.

According to an NHS investigation, it is believed that over two million people in the UK suffer from food allergies; nevertheless, major cases of mortality from allergens are relatively rare, with a rate of fewer than ten persons per year (Wighton, 2021).

In 2014 in the EU, rules were implemented to inform the population about allergens, so all food manufacturers (including stalls and vehicles) that prepare and serve food were required to include clear information on the packaging label about the allergens that food may contain. Restaurants and pubs display written signs on the menu informing customers that they can ask staff to confirm the contents of the food (Campdenbri, 2021).

According to the regulation, packaged food must contain the categories of allergies indicated in the ingredient list, and food provided without packaging must alert the customer (Food Standards Agency, 2021).

October 1, 2021, Natasha's Law is implemented requiring all food establishments to provide a complete list of ingredients with a clear label of the 14 important allergens on pre-packed for direct sale (PPDS) food. The law was imposed following the efforts and insistence of parents who lost their daughter after she ate a packaged food product that did not have clear allergen information and she was allergic to a certain type of food.

Cross-contamination means the transfer of bacteria and micro-organisms from one surface to another, but also includes the transfer of food allergens.



The transfer of food allergens is primarily done by not respecting hygiene regulations, i.e., equipment is not properly washed and is used for contaminated and non-contaminated food, storing products with allergens and without allergens improperly or from people to food.

Cross-contamination can be avoided by washing hands for at least 20 seconds with warm water and soap, using clean equipment for different types of food, and storing them separately. (Castle, 2020).

This was a topic that I found both intriguing and significant.

I recognised how critical it is to properly label food and tell people about allergies, and I appreciate the rules in place to do so. These things are extremely important for people, especially for those who are food allergic.

I realised how difficult it is for allergic individuals; they must be extremely cautious about what they always consume so that they do not endanger their lives, and this is dependent on the information contained in food packaging. Everyone, in my view, should be aware of the indications of allergic reactions and how to administer first aid.

Knowing this issue is essential whether working in a hotel restaurant or any other sort of restaurant, to prevent putting clients' lives in danger, the staff must have the requisite understanding of how to use this information.

To summarise, allergies are extremely harmful and can endanger people's lives. I'll keep in mind how important it is to realize how dangerous an allergic reaction can be and how important it is for allergic people to stay away from foods that cause allergic reactions.

Avoiding cross-contamination such as in the kitchen and informing people about the contents of food can save lives.



REFERENCE LIST (not included in word count)

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