



### **LEVEL 4 – Student Journal**

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
- Food Safety Fundamentals (The 4 C's)
- 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?

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| <b>Student Name: bindu bangar</b><br><b>Student Number: 1914636</b> | <b>Module: food and beverage operations</b><br><b>Lecturer: Ryan Peters</b> |
| <b>Topic of choice: student journal</b>                             | <b>Date Completed: 20/10/21</b>                                             |



Allergens and intolerances and the importance within the industry allergies are caused by your immune system mistaking a harmless substance for something harmful. Common triggers include pollen, food and animals. (Ref1) Allergies occur when your immune system reacts to a foreign substance such as pollen, bee venom or pet danders- or a food that doesn't cause a reaction in most people. Your immune system produces substance known as antibodies. (Ref2) More than 160 foods can cause allergic reaction, 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. The 14 major allergens are egg, fish, peanuts, soybean, milk, crayfish, oats and cereals contain gluten such as wheat rye. Physical responses to particular meals are frequent all through the majority of them are due to a food intolerance rather than an allergy. Because some of the signs and the symptoms of a food intolerance are similar to those of a food allergy, people sometimes mistake the two. A genuine food allergy triggers an immunological response that affects several organs throughout the body. It can manifest itself in a variety of ways. An allergic food response can be severe or even fatal in rare circumstances. Food intolerance symptoms, on the other hand, are usually milder and restricted to stomach issues. You might be able to eat tiny amounts of the problematic food if you have a food intolerance, for example, you may be able, to get lactose-free milk or lactose enzyme tablets to help with digestion. Food intolerance can be caused by a variety of factors, including an enzyme that is required to thoroughly digest a meal is missing. (ref3) A common example is lactose intolerance irritable bowel syndrome is a kind of irritable bowel syndrome. Cramps, constipation and diarrhoea are all symptoms of these chronic disease. Intolerance to dietary additives sulphite which are used to preserve dried fruit, canned products and wine, for example, might cause asthma attack in those who are allergic to them. Stress or psychological issues that recur. The mere notion of a food might make you feel ill. the cause behind the unknown. Celiac disease is a kind of gluten intolerance. Because it affects the immune system, celiac disease has some of the characteristics of a food allergy. Whether you have a response after eating a certain meal, consult your doctor to check if you have a food intolerance or allergy. Even if previous reactions were minor if you have a food allergy you may be at risk of a life threatening allergic reaction (anaphylaxis). (ref4) Learn how to spot a severe allergic response and what to do in the event that one happens. For emergency, self treatment you may need to carry an emergency epinephrine shot. If you have a food intolerance your doctor may suggest that you take actions to help you digest specific foods or address the underlying illness that is causing your response. Natasha's law and allergen labelling on 1st October 2021 the UK food information amendment also known as Natasha's law will come into effect in England, Scotland and Northern Ireland to help better safeguard food allergy sufferers. This means if you offer food or drink pre packaged for direct sale then you'll need to include full ingredients

declarations on pack with allergens highlighted in bold. (Ref5)



## REFERENCE LIST

- 1) [nhs.co.uk](https://www.nhs.uk)
- 2) <https://www.thegrocer.co.uk/food-safety/recalls-of-food-products-due-to-undeclared-allergens-drop-by-10/660631.article>
- 3) <https://www.healthline.com/health/allergies>
- 4) <https://firstaidforlife.org.uk/anaphylactic-shock-acute-allergic-reaction/>
- 5) <https://www.food.gov.uk/business-guidance/labelling-guidance-for-prepacked-for-direct-sale-ppds-food-products>
- 6) <https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>