



LEVEL 4 – Student Journal (750 words)

You are required to complete a journal entry to capture the learning experience and knowledge you have acquired 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 **reflections** on the subject? Why is this **topic important within the industry**? Provide **evidence of further reading**. Include a minimum of 5 references.

Student Name: Kabita Mitua Parvin
Student Number: 2012449

Module: Food and Beverage Operations BMIH4002

Lecturer: Ryan Peters

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

Date Completed: 10/02/2022

Food allergy occurs when a person eats something that they are allergic to. The majority of the time, it happens rapidly. An allergic reaction can be triggered by as little as a speck of food or allergen dust. Swollen lips and throats and nausea are all possible symptoms of an allergic response on the skin. A life-threatening allergic reaction known as anaphylactic shock can occur in certain people with food allergies, according to Sicherer (2017). Even deadly in some situations, it has a devastating effect on the body as a whole. "Food intolerance" refers to a condition in which the body's response to specific foods or their constituents is delayed. In contrast to a true food allergy, food intolerance is often far less severe and mild.

Aside from stomach issues, other symptoms include skin conditions and headaches. If people are intolerant to a meal, they may be completely unaffected by even a tiny amount of the offending food. However, asthma and allergies are two different (Race, 2019). To avoid long-term symptoms of food intolerances, it is essential to seek treatment. What causes allergies and intolerances is now clear to me, aside from the symptoms I have experienced in the past. Some studies suggest that people are more likely to acquire allergies to things that their immune systems are not used to because of their lack of exposure to those things.

In a sensitive area of the body, it is possible to develop an allergic reaction to an allergen quickly. In many cases, a severe allergy is discovered only after the first reaction occurs, and no obvious explanation can be found (Brostoff and Gamlin, 2017). A food digesting enzyme deficiency may be to



blame for the symptoms experienced by those affected. Lactose intolerance is common because many people lack a gene for an enzyme that breaks down lactose. Food preservatives can cause allergic responses. Toxins can harm people's health in food in some situations.

Food colouring and sulfones, used to preserve fruit, are two examples. Gluten sensitivity occurs due to impaired gluten digestion in celiac disease patients. Psychological reasons may also cause food intolerances. Some people have difficulties swallowing certain foods for no apparent medical cause (Joneja, 2019).

We learned about food allergies and intolerances in our last class, which we were able to identify and manage. After watching many food allergy videos on YouTube this week, I realised that recognising them is not an issue. Those who have had a severe allergic reaction should consult a doctor right away to perform an allergy test on them.

It is more difficult and less harmful to suffer from food intolerances than food allergies. Since the immune response is unlikely, there is no conclusive testing. When a food allergy is severe, dietitians may recommend avoiding many foods at once. Before planning a menu for guests with food allergies or intolerances, the hospitality industry must consider these difficulties. Food allergies and intolerances were something I was aware of but had little understanding of, and I had no idea of the full extent of the problem. My understanding of food allergies and intolerances has improved due to this course.

This information will come in handy when I begin working in the hospitality business and am tasked with creating menus or making recommendations to those in charge, as not all foods are suitable for everyone. Because the term was new to me, learning the concept was tough at first, but my teachers and classmates were a huge help in making the complex concepts simple for me to understand.

Food allergies and intolerances are critical issues in the hospitality sector since food allergies are a global concern. Food allergy and food intolerance are the two most common types of unpleasant reactions to food; one is an immune response; the other is a non-immune response with allergy-like symptoms. According to current statistics, an estimated 6–8% of children and 14% of adults suffer from food allergies. Between 0.3% and 20% of newborns and early infants are affected by food intolerance, while between 5% and 6% of adults are affected (Bartuzi et al., 2017). As a result, careful consideration must be given to this problem. It is a big topic, so I will have to study many research papers and articles about it. In addition, I will be able to expand my expertise by watching YouTube videos.



REFERENCE LIST (not included in word count)

References:

- Bartuzi, Z., Kaczmarek, M., Czerwionka-Szaflarska, M., Małaczyńska, T. and Krogulska, A., 2017. The diagnosis and management of food allergies. Position paper of the Food Allergy Section the Polish Society of Allergology. *Advances in Dermatology and Allergology*, 5, pp.391-404.
- Brostoff, J. and Gamlin, L., 2017. *Food Allergies and Food Intolerance: The Complete Guide to Their Identification and Treatment*. 17th ed. London: Healing Arts Press.
- Joneja, J., 2019. *The Health Professional's Guide to Food Allergies and Intolerances*. 6th ed. London: Academy of Nutrition and Dietetics.
- Race, S., 2019. *The Food Intolerance Handbook: Your Guide to Understanding Food Intolerance, Food Sensitivities, Food Chemicals, and Food Allergies*. London: Tigmor Books.
- Sicherer, S., 2017. *Food Allergies: A Complete Guide for Eating When Your Life Depends on It*. 2nd ed. London: Johns Hopkins University Press.