



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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Topic of choice: Allergies and Intolerances and the importance within the industry	Date Completed: 18/10/2021
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Allergies are exaggerated reactions of the body, following contact with certain substances in the environment.

Food allergies and intolerances are often confused, and some manifestations may be similar to some extent, food intolerances and food allergies are not the same thing.

Food intolerance does not involve the immune system. It is not life-threatening, and it is often limited to digestive symptoms such as abdominal pain, bloating, gas, nausea, vomiting.

Food allergy is a hypersensitivity to a protein in a particular food, involves the immune system, suddenly appears and is life threatening. The symptoms may include itching of the lips, mouth, throat, swollen areas of various sizes and shapes, redness and itching of the skin, swelling of the face, lips, tongue, abdominal pain (cramps), nausea, vomiting, diarrhoea.

Allergic reactions are common and occur soon after contact with the allergen. Many allergic reactions are mild, but some can be severe and life-threatening. They may be confined to a small area of the body or may affect the whole body. The most severe form of allergic reaction is called anaphylactic shock.



Anaphylactic shock is a sudden and severe allergic reaction that occurs within minutes of exposure. In this case, immediate medical attention is required. Without treatment, anaphylaxis worsens rapidly and leads to death.

If someone is suffering from a severe allergic reaction, an ambulance should be called immediately, and by the time it arrives people should make sure the person is in a comfortable position and the airway is clear. If someone is in possession of an EpiPen (which contains adrenaline) it is recommended to use it until the ambulance arrives.

An analysis of NHS reported that in the UK, it is estimated that about two million individuals suffer from food allergies, however serious cases of death from allergens are quite rare, with a rate of less than 10 people a year (Wighton, 2021).

There are many foods that people can be allergic to, but 14 groups of foods have been identified as major allergens that consumers should be aware of.

They are cereals containing gluten (such as barley and oats), eggs, molluscs (such as mussels and oysters), peanuts, lupin, mustard, milk, fish, celery, crustaceans (such as prawns, crabs and lobsters), soybeans, sesame, sulphur dioxide and sulphites.

The 14 major allergens are specified in the European legislation of 2014. If the EU's 14 main food allergens are present in any of the food items they make, sell, or serve, caterers and food enterprises are required by law to provide correct information to consumers (Campdenbri, 2021).

According to the law, packaged food must have the types of allergens highlighted in the list of ingredients, and for food served without packaging the consumer will be informed (Food Standards Agency, 2021). Natasha's Law is a new food safety law which require that all food prepared on site and pre-packaged for direct sale (PPDS) must have complete ingredient and allergy labelling.

This rule was adopted after a tragic event in which a 15-year-old teenager named Natasha died of anaphylactic shock after eating sesame in a baguette with an unclear list of allergens it contained.

We also discussed an interesting topic called cross-contamination of food which refers to the transfer of bacteria or other micro-organisms from one substance to another. Cross-contamination can also occur in allergens, chemicals, and toxins.



When talking about cross-contamination in terms of allergens we must consider that food can be contaminated with allergens by touching other food, surfaces, packaging, equipment or through the air. To avoid this, you should wash your hands with warm water and liquid soap for at least 20 seconds as well as washing the equipment and wearing protective clothing (Castle, 2020).

I found this topic very interesting and at the same time very important.

First, I realized how important it can be to label food and to inform people correctly about the allergens it contains, and I appreciate the laws created for this purpose.

Secondly, I understood better how hard it is for allergic people, they must be very careful all the time about what they eat so that they don't put their life in danger, and this depends on the information found on food packaging. In my opinion everyone should know what the symptoms of allergic attacks are and how to give first aid.

The importance of knowing this topic is crucial when working in a hotel restaurant or any other type of restaurant. The staff must have the necessary knowledge to know how to use this information to avoid putting customers' lives at risk.

In conclusion, allergies are very dangerous and can put people's lives at risk. I will remember how important it is to know the 14 types of allergens, to always check the ingredients of food, to make sure that they are not contaminated with allergens and to communicate to customers all the necessary information about the food and its contents.



References list

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