

Sadia Aktar

Hotel Placement: Food And Beverages Operations (BMIH4002)

Student Number: 2029620

Lecturer: Melissa John

Food & Beverages

I have learnt overall about whole different sections and what I already know briefly. There are many sections in the food beverages such as allergies, intolerance, certain body reactions on different human beings and what medications are necessary.

This will help me in the future to provide some relevant information to improve my knowledge and ability for myself to answer any questions that have been asked in the future. Also, in the future it will help me learn more what I have learnt now more with more detailed facts.

Although, I have researched online by watching a few videos explaining each section on this topic overall to understand my ability and knowledge.

However, as far I have already know on one example briefly of my understanding and researching more are on this subject are on children under 5 year olds will need to be checked if they have any allergies on nuts, chocolates, dairy, fat or any others the teachers will need to warn every parents if any child have any allergies or intolerance on any type of foods.

There are different types of allergy reactions and intolerances in children or any other human beings such as asthma, swollen parts of the body, rashes, spots on bodies and many others.

If you are eating out, or preparing your own food, there are allergen labeling and information laws that require [food businesses](#) to provide you with information about what is in your food.

If you feel ill or have an allergic reaction after eating you should seek medical help immediately. NHS Choices has information on [what to do in the event of an allergic reaction](#)

The Food Standards Agency is responsible for allergen labeling and providing guidance to consumers with food hypersensitivity which includes food allergy, intolerance and coeliac disease. You can subscribe to our [allergy alert service](#) to receive notifications when we publish allergy product recalls relevant to your food allergy.

Dr Chun-Han Chan. (2021). *Food Standard Agency*. Available: <https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance>. Last accessed 1 November 2021.

A food allergy:

- is a reaction by your immune system (your body's defence against infection). Your immune system mistakenly treats proteins found in food as a threat

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- can trigger allergy symptoms, such as a rash, wheezing and itching, after eating just a small amount of the food (these symptoms usually happen quickly)
- is often to particular foods. Common food allergies in adults include [fish and shellfish](#) and nut allergies. Common food allergies in children include [milk](#), [eggs](#), fish, peanuts and other nuts
- can be life-threatening

A food intolerance:

- does not involve your immune system – there is no allergic reaction, and it is never life-threatening
- causes symptoms that happen gradually, often a few hours after eating the problem food
- only results in symptoms if you eat a substantial amount of the food (unlike an allergy, where just traces can trigger a reaction)
- can be caused by many different foods

How do I manage it?

If you're confident you are intolerant to a particular food, the only way to manage this is to stop eating the food for a while and then reintroduce small quantities while monitoring how much you can eat without causing symptoms.

Check [food labels](#) to see which sorts of foods to avoid.

If you think your child may have a food intolerance, check with a GP or dietitian before eliminating foods from their diet, as a restricted diet could affect their growth and development. Cows' milk, for example, is an important source of calcium, vitamin D and protein.

NHS. (12 August 2019). *Food intolerance*. Available: <https://www.nhs.uk/conditions/food-intolerance/>. Last accessed 12 August 2022.

Food laws and labels

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Since December 2002, the Australia New Zealand Food Standards Code requires food labels to declare certain foods and certain substances in foods, including:

- cereals that contain gluten and gluten products
- crustacea and their products
- eggs and egg products
- fish and fish products
- milk and milk products
- nuts and sesame seeds and their products
- peanuts and soybeans and their products
- added sulphites in concentrations of 10 mg/kg or more
- royal jelly (presented as food or present in food), bee pollen and propolis.

These foods must be declared if they are:

- used as an ingredient
- part of a compound ingredient
- a food additive or part of a food additive
- a processing aid or part of a processing aid.

Food Beverages. (2022). *Food Allergy Research & Education*. Available:

<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens>. Last accessed 2022.