



LEVEL 4 – Student Journal

Student Name: Cosmin Blaj	Module: BMIH4002
Student Number: 2124188	Lecturer: Lola Villard

• Topic of choice: Allergies and Intolerances and the importance within the industry.	Date Completed: 23 May 2022
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There are many different types of allergies, but the most common ones include food allergies and pollen allergies. Food allergy refers to an adverse response to a particular type of food. Food Allergy: The body's immune system over-reacts when it encounters certain proteins or other nutrients in foods that are normally safe. Symptoms can range from mild reactions like sneezing and runny noses to more serious conditions like anaphylaxis, which is an extreme reaction that can lead to death. According to the Cambridge Dictionary (2021), food allergy is a certain condition where a human body experiences a damaging immune system response due to consuming certain foods or touching some allergenic things. When this particular allergen enters our system, we usually experience symptoms such as sneezing, watery eyes or nose (rhinitis), difficulty breathing (asthma), hives, or rashes in sensitive areas like the skin or near the mouth (eczema). However, since 2007 patience admitted to hospitals due to allergies increased by 500%. In the United Kingdom, about 1-2% of adults and 5-8% of children live with food allergies and 1 person in hundred people has the coeliac disease (Food Standards Agency, 2022). There are approximately 160 foods that can damage immune response but there are specific 14 types of foods that are mainly causing allergens are: celery, lupin, fish, eggs, crustaceans, peanuts, nuts, mustard, Mollusca, milk, soya, and sesame seeds and the allergic patient must restrict themselves from foods that contain these ingredients. The reason why some people have an adverse reaction to these foods is unknown but it seems to be related to our genes. Some people are more likely than others to develop a sensitivity to these allergens and consequently suffer from allergic reactions when exposed thereto. While there is no cure for allergies yet available, various treatments exist that can help manage symptoms. These include antihistamines for relief from hay fever-like symptoms and steroid nasal sprays for controlling asthma attacks triggered by food allergens. If someone is allergic to something, there is a good chance that it will affect your health in some way. Allergic reactions can range from mild symptoms such as sneezing and runny nose to serious problems like anaphylaxis or an asthma attack. Anaphylaxis is a serious medical condition that can be life-threatening. It is caused by damaging the body's immune system and attacking cells that it normally does not attack, such as food or other allergens. Symptoms of anaphylaxis include chest tightness, shortness of breath, dizziness, nausea/vomiting, and diarrhoea. If left untreated, anaphylaxis can lead to death due to respiratory failure or cardiac arrest.

The health of customers is an extremely important factor for business these days. Customers are heavily concerned about their health and that's the key factor to unlocking business difficulties. Food business operators in the retail and catering sector are required to provide allergen information and follow labelling rules as set out in food law (European Parliament and the Council, 2011). If organizations have a customer who is allergic to food, there are a few things that need to be done to ensure their safety. First and foremost, it is important to identify any potential allergens on the menu. This can be done by using allergy-proof labelling for both packaged and non-packaged food and beverage with a full list of ingredients (Natasha's law, 2019). If the restaurant features prepared foods



such as salads or wraps, make sure they are properly sealed and stored at cool temperatures so that they do not come into contact with anyone who might be allergic. And finally, keep all ingredients (including dressings) secret for fear of cross-contamination.

To summarise, I think there are several things the industry can practice to help prevent and treat allergies because it is essential in the hospitality industry. We must be proactive in this competitive era of business. The problem is some people have an adverse reaction to these foods is unknown but it seems to be related to our genes. However, customer retention through best practices of food law imposed by food standard agencies is our primary concern. While there is no cure for allergies yet available, various treatment facilities that we can store within the organization to help to manage symptoms. I am looking forward to having a career in this industry so that I can practice the skills and theories I learned.

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