



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: 12/10/21
Allergies and intolerances can impact any business on how they operate when selling food. It is crucial to be aware of the differences between them as this can affect how someone reacts . Allergies causes a reaction and can affect the immune system of the body which can potentially lead to death. BBC (2019) Food intolerance is not life threatening, causes a person to become ill through abdominal pain and intestinal gas. According to the NHS (2021) allergies happen to 1 in 4 people within the UK during their life and is common. 11-26million people suffer from food allergy within the European population, above 10% adults and children suffer with food hypersensitivity and up to 6% of children suffer from food allergy worldwide. Allergy UK (2021) There are 160 food which can cause an allergic reaction was fascinating to know, from which 14 are major. Peters, R (2021) I have always been aware this topic was fragile and a very important area which needs to be carefully monitored and addressed but the vast amount of foods which can cause reactions to consumers was surprising to know.	



Food safety and Hazard Analysis Critical Control Point (HACCP) plays a huge part in any food chain industry. If the right steps are not followed this can have a negative impact for the consumer as well as the business. A failure in following the correct steps, or any negligence and poor management can result in food poisoning, allergic reaction or intolerance which can potentially be harmful and/or lead to death. It is compulsory to ensure effective training is given as this is essential to follow good food practise. To reduce potential health risk to people of allergies and intolerance, ensuring labelling on all products which are made will reduce the risk of causing any harm. Natasha's Law was in place since 1st October 2021 for prepacked direct sales (PPDS). Food which is packaged within the same place of production is known as PPD. The law requires these products to be labelled with allergen information. This aids people to identify products which they purchase and consume are suitable for them. Food Standard Agency (2021)

During my early stages of retail experience I have been involved in ensuring food allergen and intolerance signs required to be labelled on food are correctly completed. I have also guided people to the ingredients file of all products sold which were freshly made. I had never taken this subject very seriously and was not aware of the consequences until I was fully trained. Started to gain further knowledge during various roles within the organisation which lead to being involved during audit controls and environmental health officers visits.

Within the industry where food is served it is important that all menus show clear food allergies and intolerance guidelines and where the relevant information can be found. Information should also be available on the premises for reference purpose when required.

It is also key that when advising on the ingredients, only the correct information should be given. Anyone who is not aware should always seek advice or consult beforehand. Kitchen staff should be advised if any guest are allergic to any specific ingredients when orders are placed, to ensure that strict procedures are followed during preparation to avoid any cross contamination. Peters, R (2021)

Serious consequence can be imposed to the company which result in fines, court case or brand damage which can lead to closure of the company. Peters, R (2021)

The best practice which I will be taking with me is the information on how a product should be labelled, gaining the knowledge how this is implemented allows me to look out for the relevant information on the allergenic products which will guide me to assist other people. Being allergen aware and the vast amount of products which can cause a reaction will also help me pass information on to more people to improve



awareness. Help reduce the impact when handling or serving food to people with these conditions and also know what action to take for an emergency.

To summarise, in order to reduce risk creating any potential health issues to people who have allergies or Intolerances. It is vital to ensure best practices are followed by complying with food hygiene standards as this will elude any cross contaminations. The hotel industry can ensure effect training are provided to all staff and refreshers given on a regular basis. This will assist the hotel to ensure good practices are in place.

REFERENCE LIST

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