

RSPH Level 2 Award in Identifying and Controlling Food Allergy Risks

January 2020

Guided Learning: 7 hours

Total Qualification Time: 8 Hours

Ofqual Qualification Number 601/4296/0
Qualification Wales C00/3788/8

Description:

The objective of this qualification is to provide learners with an understanding of why food allergens need to be controlled and strategies for control, such as keeping and making available information about allergen ingredients, reducing cross contamination, improving communication and providing advice to consumers.

Increasing numbers of individuals suffer adverse reactions every year from the ingestion of allergens in food. This number could be greatly reduced if more people involved in the production, preparation and serving of food were aware of the risks to people from food allergens and how to control these risks.

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<http://craftguildofchefs.org/>

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Unit: Identify and control food allergy risks

Guided Learning Hours: 7

Unit Level: 2

Unit reference number: K/506/6836

Summary of Learning Outcomes:

To achieve this unit a candidate must:

- 1. Understand why food allergens need to be controlled, *with reference to:***
 - 1.1 Symptoms produced by ingestion of allergens in food
 - 1.2 Why Food Business Operators need to identify and control food allergens
 - 1.3 Foods that commonly cause adverse reactions.

- 2. Know how to protect people with food allergies and intolerances from adverse reactions, *with reference to:***
 - 2.1 Food allergens in dishes and products
 - 2.2 Routes of food allergen cross contamination and methods of control
 - 2.3 How communication can reduce the risk of adverse reactions.

Candidates successfully achieving this unit will have knowledge and understanding of facts, procedures and ideas for the control of food allergens to complete well-defined tasks and address straight-forward problems. They will be able to interpret relevant information and ideas and will be aware of a range of information that is relevant to the identification and control of food allergens.

Content:

1 Understand why food allergens need to be controlled

- 1.1 *Symptoms produced by ingestion of allergens in food:* Mild, moderate and severe symptoms caused by ingestion of allergens; examples of each; link between symptoms and related conditions; onset time of symptoms after ingestion of food allergen; factors that may increase the severity of symptoms such as exercise, non-steroidal anti-inflammatory drugs (eg diclofenac, ibuprofen), alcohol, asthma, infection and fever; obstacles to early recognition of symptoms; symptoms and longer term consequences of coeliac disease; symptoms of food intolerances, timing of onset of these symptoms relative to those of food allergies; number of annual deaths and hospitalisations due to ingestion of food allergens; current trends in deaths and hospitalisations.
- 1.2 *Why Food Business Operators need to identify and control food allergens:* Relevant UK and EC legislation concerning food safety, labelling / description of foods, and health and safety; legal requirement to have information about food allergens and to make it available, control the risk from food allergens and inform customers about the presence of food allergens; consequences of non-compliance with legislation such as risk of civil action from people affected by food allergens, loss of reputation and recall of food products; advantages to the Food Business Operator of 'getting it right' regarding food allergens by providing effective labelling / notification of food allergens, managing cross contamination effectively, giving advice and guidance and providing alternative dishes and products.
- 1.3 *Foods that commonly cause adverse reactions:* Food allergens contained in Annex II of Regulation (EU) 1169/2011 on the provision of information to consumers (Appendix 1); other common UK food allergens; reasons why some food allergens are considered 'more important'; prevalence of food allergens, threshold and severity of reactions; how caterers, food servers and food retailers should respond to and advise customers with a food allergy, intolerance or coeliac disease.

2 Know how to protect people with food allergies and intolerances from adverse reactions

- 2.1 *Food allergens in dishes and products:* Examples of dishes and products that may contain food allergens (Appendix 2); foods that contain 'hidden' allergens such as satay, praline, pesto and hummus; how the presence of food allergens in dishes and products can be identified by reference to recipes, ingredient lists, delivery notes, product labels and specifications; importance of holding and making this information accessible.
- 2.2 *Routes of food allergen cross contamination and methods of control:* Sources of contamination such as hand contact surfaces, food contact surfaces and food packaging; contamination vehicles such as hands, cloths, utensils and equipment; contamination routes; cross contamination during delivery, storage

and service of food (including self-service buffets); contamination risk from spillages of food; control methods such as inspection of deliveries, spillage management, hygiene controls and hand washing.

- 2.3 *How communication can reduce the risk of adverse reactions:* Importance of written and oral communication to obtain and provide information about food allergens and their presence in dishes and products; food chain information and lines of communication 'from farm to fork'; need to make information available to customers / consumers and to advertise the availability of this information; importance of having correct and accurate information and regularly updating this; how to encourage communication between customers and staff; information that all front line staff should know; what staff should do if they cannot answer a customer's question; induction training.

Assessment:

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination, provided by RSPH. A candidate who is able to satisfy the learning outcomes must score at least 14/20 in the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas. The candidate will have 30 minutes to complete the examination.

Learner Guidance:

Suggested Reading and resources:

Food Allergy & Intolerance
Guidance for the Catering Industry

Safe Food

<http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Professional/Training/Safefood-20Food-20Allergy-20and-20Intolerance-20Catering-20Guide.pdf>

Food allergen risk assessment for caterers

Derbyshire County Council

http://www.derbyshire.gov.uk/images/Allergen%20Risk%20Assesement%20Version%20FINAL_tcm44-159357.pdf

Allergen information for loose foods - Advice on the new Food Information Regulations for small and medium food businesses leaflet

Food Standards Agency

<http://www.food.gov.uk/multimedia/pdfs/publication/loosefoodsleaflet.pdf>

Allergy: what to consider when labelling food – A guide for small and medium businesses that make or sell pre-packed food

Food Standards Agency

<http://www.food.gov.uk/multimedia/pdfs/publication/allergy-labelling-prepacked.pdf>

Useful Websites

Allergy Action	www.allergyaction.org
Allergy UK	www.allergyuk.org
Anaphylaxis Campaign	www.anaphylaxis.org.uk
Food Standards Agency	www.food.gov.uk
NHS Choices	www.nhs.uk
Safe Food	www.safefood.eu

Recommended prior learning:

There are no recommended prior learning requirements for this qualification.

Centre Guidance:

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

Special Assessment Needs:

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustments and Special Consideration Policy; this is available from RSPH and the RSPH web site (www.rsph.org.uk).

Recommended Qualifications and Experience of Tutors:

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Progression Opportunities:

Successful candidates can also progress on to further qualifications, such as:

- RSPH Level 2 Award in Food Safety & Hygiene
- RSPH Level 2 Award in Food Safety for Food Manufacturing

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with RSPH.

Contact Details:

Any enquiries about this qualification should be made to:

The Qualifications Department,
Royal Society for Public Health,
John Snow House,
59 Mansell Street
London E1 8AN
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Web site: www.rsph.org.uk

Appendix 1

Food allergens in Annex II of Regulation (EC) No.1169/2011

- eggs
- milk (buffalo, cow, goat, sheep, horse)
- fish
- crustaceans (for example crab, lobster, crayfish, shrimp, prawn)
- molluscs (for example mussels, oysters, squid)
- peanuts
- tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts)
- sesame seeds
- cereals containing gluten, namely wheat (such as spelt and Khorasan wheat), rye, barley, oats, or their hybridised strains.
- soya
- celery and celeriac
- mustard
- lupin
- sulphur dioxide and sulphites (at concentration of more than ten parts per million)

Source: Food Standards Agency

Appendix 2

Examples of dishes and products that contain or can contain food allergens

Dish / food product	Allergens which may be present as ingredients
Pesto	Pine nuts (not on the labelling annex but likely to carry cross contamination) cashew, peanut and milk (Parmesan)
Satay	Peanut
Marzipan	Ground almond
Hummus	Sesame - also chick peas (not on the labelling annex)
Praline	Hazelnut paste
Taramasalata	Fish - breadcrumbs (wheat) soya may also be present
Cous Cous	Wheat
Worcester sauce	Range of ingredients including fish (anchovies), walnut in some cases, also soya, wheat etc. Check the label
Royal icing (egg)	Egg
Tahini (sesame)	Sesame
Mayonnaise	Egg, milk, mustard, celery, other
Glazes	Egg, milk, other
Garnishes	Could be any allergen
Sauces	Cream / milk, ground nuts or peanuts, wheat, soya, other
Stock / cubes	Milk, celery, wheat, other
Pancakes	Milk, egg, wheat, also lupin and soya in manufactured versions
Batter	Milk, egg, wheat, also lupin and soya in manufactured versions
Mozzarella	Buffalo milk - other cheeses eg Ricotta, Parmesan need to make the presence of milk clear
Gravy granules	Celery, mustard, milk, soya, wheat
Liquorice sweets	Nut oils, possibly wheat.
Mincemeat	Sulphites in dried fruit, possibly wheat, other
Coronation chicken	Traditionally almonds, and more recently peanuts. Sometimes synthetic almond flavouring which is not allergenic but can cause alarm in those allergic to nuts
Waldorf salad	Walnuts and walnut oil - also maybe egg, milk, celery, other
Aqua libra	Sesame

NB These ingredients have been found in these products but may not always be used.

ALWAYS CHECK THE LABEL