

Online Allergen Awareness Training Course

(Accredited by CPD, International Institute of Risk & Safety Management, Gatehouse Awards & Institute of Hospitality)

Target Audience

This course is aimed at anyone working within the food industry or any company wanting to put all of their staff through the training.

Course Description

Allergies occur when the body's immune system reacts to a usually harmless substance as though it is harmful. Why this happens, isn't clear. However, most sufferers come from families that have a history of allergies, or related problems. Every year, the number of people with allergies is increasing so having an awareness of potential allergens and why they can be harmful is becoming more important, particularly if you work in the service industry.

This course covers general allergies, food allergies and food intolerances and explain the differences between them. It covers the 14 allergens controlled by legislation along with food additives and how they can trigger allergic reactions. It takes a detailed look at the symptoms of food allergies and takes in the wider picture discussing the current theories of why rates are increasing. It then finishes off by covering practical steps that can be taken to reduce the risk from allergens and also what steps can be taken both internally and externally to monitor the control measures.

Advantages of the course

Allergic reactions can have serious consequences so knowing which substances can cause them and how to avoid cross contamination is vital to anyone working in the food industry CPD approval means that this course can be used by those that need to prove they are continually developing themselves.

Course structure

Course	Module Number	Module Name
Allergen Awareness	1	Food Intolerance and Allergens: the Basics
Allergen Awareness	2	Food Intolerances - Causes and Symptoms
Allergen Awareness	3	Allergies - Causes and Symptoms

Allergen Awareness	4	Allergen Facts
Allergen Awareness	5	Food Allergens and the Law
Allergen Awareness	6	Food Allergens - Practical Steps
Allergen Awareness	7	Allergen Information for Consumers
Allergen Awareness	8	Internal Monitoring and Review
Allergen Awareness	9	External Monitoring and Review