

COURSE OVERVIEW

Food Allergies and Intolerances

TIFS-103



An estimated 6% of people in the UK have food allergies. While most allergic reactions are uncomfortable rather than life-threatening, the Food Standards Agency reports that food allergies contribute to between five and fifteen deaths annually in the UK.

This course is designed for anyone involved in preparing, serving, or managing food, offering a clear understanding of the symptoms and causes of food allergies and intolerances. It also outlines essential precautions to take when handling food for the public, helping ensure safety and compliance in any food service environment.

Module 1: Food Allergies

Food allergies can be life-threatening, and understanding how to manage them is crucial for ensuring food safety and providing excellent customer care.

- Food Allergy Statistics
- Symptoms of food allergies
- Medical emergencies
- The Allergens
- Food allergy policies

Module 2: Purchasing, Delivery, and Storage

Effective allergen control begins long before food reaches the plate; it starts at the point of purchase and continues through delivery, storage, and preparation.

- Purchasing
- Delivery
- Storage
- Home food deliveries

Module 3: Back of house duties

Allergy control in the kitchen prevents life-threatening reactions. Proper ingredient handling, separation, and clear labelling protect customers and ensure legal, safe food preparation practices.

- Cooking
- Plating and garnishing
- Service
- Cleaning controls
- Hygiene controls

Module 4: Front of house duties

Front-of-house staff are the critical first line of communication between guests and the kitchen, especially when managing food allergies.

- Front of house controls
- Self-service buffets
- Menus and training

Suitable for:

All staff who prepare, handle or serve food. F&B departmental heads, Food counter staff, and Food Safety Advisors.

Skills achieved:

- Food Safety (Basic)

Related Resources:

- Food Hygiene Assessment
- Food Hygiene Assessment for Hotels
- Allergens Risk Assessment
- Allergens Audit
- Daily Check Goods Delivery HACCP Audit
- Allergy Awareness Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

52 Minutes

Related Courses:

- Understanding Food Safety
- Food Safety Hygiene
- Food Safety for Food Handlers
- Meat Slicer Safety
- Kitchen Knife Safety
- Food Safety Level 2
- HACCP
- Essentials of Cleaning and Disinfecting