

Allergen Awareness

SHORT COURSE



ABOUT THE COURSE

Teach your food workers to be aware of allergens. What are allergens, how do they affect some people and how can we prevent unintended allergens?

Basic concepts in allergen awareness are explained to food workers using simple language and practical examples. The course duration is 2-3 hours.

This course is a great addition to your internal training programme.

Please note that all courses can be customised to include your company logo and company specific information.

COURSE CONTENTS

1. Introduction & Definitions

- Why must I do this training?
- What is a food allergy?
- What are the symptoms of a food allergy?
- What is an allergen?
- What does the law say about food allergens?

2. The 8 common allergens

- Wheat and other significant cereals (rye, barley, oats)
- Eggs
- Cow's milk
- Soy
- Fish
- Shellfish
- Peanuts
- Tree nuts

3. Uncommon Allergens

4. Allergen Control

- Prevention of allergen cross-contact
- Proper identification of allergens

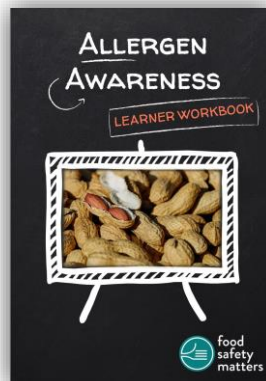
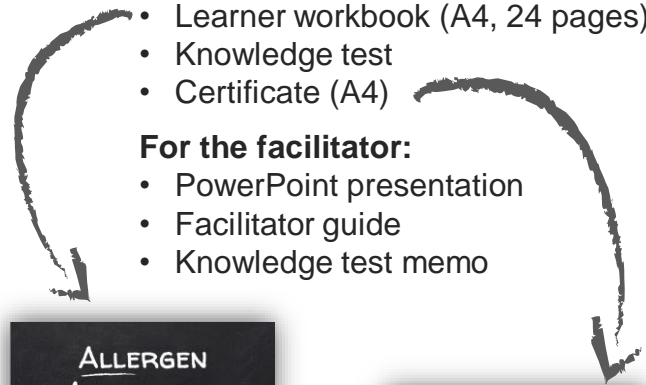
COURSE MATERIAL

For the learner:

- Learner workbook (A4, 24 pages)
- Knowledge test
- Certificate (A4)

For the facilitator:

- PowerPoint presentation
- Facilitator guide
- Knowledge test memo



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