



# **Food Safety Conversation No13: Allergens**

FS.SC.013.02

## **Key Learning**

Understanding and following the allergen procedures will ensure the safety of your customers and potentially avoid serious injury or death due to allergic reactions

There are 14 major food allergens









What You Need To Know





















- COMPASS **Allergens**
- ☐ A food allergy happens when the immune system triggers a reaction to a food or ingredient (allergen), causing symptoms such as rashes, swelling or breathing difficulty
- ☐ A food intolerance is an adverse reaction to food or ingredient which doesn't involve the immune system. Symptoms usually include stomach upsets, bloating and headaches.

#### **Avoiding Allergen Cross Contamination**

- ☐ Use separate chopping boards and utensils when preparing or handling known allergens.
- ☐ Clean down work surfaces, equipment and your hands between preparing known allergen foodstuffs.
- ☐ Use separate fryers for known allergen foods (e.g. scampi / battered fish) and non allergen foods (e.g. chips)

**Colleague Validation** 

☐ Use separate cooking equipment / utensils when cooking an known allergen free item

#### Kitchen Process



the Source

Online







### **HACCP Stages**

- Food Storage
  - Cross Contamination
- Preparation
- Cooking
- Service
- Hospitality

- 1. What is the difference between an allergic reaction and an intolerance?
- 2. What are the 14 major food allergens?
- 3. When planning a menu what must you do?
- Give examples of how can you avoid allergen cross contamination? 4.
- 5. How do we inform customers of what allergen ingredients may be within a menu item?

#### **More Information**

More information can be found within the Good Hygiene Practice Guide No: **13 Allergens** and the HSE website