

## Allergen awareness

### Overview

This short course focuses on raising awareness of food allergens.

It includes examples and case studies with strategies for controlling and managing the risks associated with food allergens.

### Session objectives

- To raise awareness of food allergens
- To assist participants to identify food allergens in their business or workplace
- To provide guidance on handling and preparing foods for customers with allergies
- Understanding Allergic reactions, signs & symptoms and treatment

### Topics covered

- The major food allergens
- Statutory requirements
- Labelling and packaging
- Identifying allergen hazards in the workplace
- Preventing cross-contamination
- Accurately responding to customer enquiries

### Who should attend?

This programme is suitable for all staff in food businesses and for all staff in any organisation who are involved in food handling.

### Format

A half-day session, for up to 12 people, with a quiz to test participants' knowledge and understanding at the end of the session. All participants receive a certificate of attendance and take-away reference materials from the Food Standards Agency.

### The expert trainer

**Frances** is a highly qualified (MA, BSc, FRSPH, Chartered Fellow CIPD, MCIEH, Post Grad Law Cert) independent consultant and trainer in the health and safety field with a postgraduate certificate in law. Formerly a training manager in a large London hospital, and with a background before that in catering management, Frances is also a registered CIEH and RSPH trainer, a qualified Food Inspector and Mentor and Affiliate of the Institute of Fire Engineers. She also has experience as a senior lecturer at a London college.

She has extensive practical management experience and is a very popular trainer generally but particularly in the hospitality and commercial sectors as well as with local and central government departments. With over 20 years' training experience in a diverse cross-section of organisations and holding various management and consultancy roles in global industries, Frances has a wide range of experience to draw upon.

See what people have said about her training:

- Lovely lady, well-paced training, well explained.
- Very good trainer!!
- Easy to understand, friendly atmosphere.
- Very good training.
- Very interesting and clear explanation.
- Helpful, approachable and knowledgeable.
- She's the best!
- Clear, concise and to the point.
- Very good – made the class enjoyable and easy to understand.