

# «Think on ..... Allergies and allergens» Third training session

Tasks: 3-1 to 3-5

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This training session was performed

by Group: .....

with responsible facilitator: .....

Date of training session: .....

Participant:

Name:

Signature:


After session, please transmit report to Training Supervisor : .....

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Controlled by Training Supervisor

Signature ..... Date .....

### Task 3-1

In this session we are focusing on **food allergies**.

**Which one of the pairs of opposing statements is correct?**

*Please mark the statement that you think is true.*

- |  |   |
|--|---|
| <input type="radio"/> An allergy-causing food is only dangerous for the person who is allergic to it.                    | <input type="radio"/> An allergy-causing food is unhealthy for all people and should be avoided in food production at all.                                  |
| <input type="radio"/> There are only 10 types of food which may cause allergies.   | <input type="radio"/> Allergies may be caused by numerous foodstuffs.   |
| <input type="radio"/> A large amount of the allergy-causing food is necessary to trigger an allergic reaction.           | <input type="radio"/> Small traces, undetectable to the human eye, may trigger a severe reaction in an allergic person.                                     |
| <input type="radio"/> Allergies are caused by natural substances in food whether from conventional or organic producers. | <input type="radio"/> Food causes allergies through unnatural practices like using fertilisers and pesticides in agriculture or by environmental pollution. |
| <input type="radio"/> Allergies are a psychological problem in most cases being the fruit of an over-active imagination. | <input type="radio"/> Allergies can cause a wide range of symptoms. The body reacts wrongly after ingestion of normally harmless food.                      |

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Results / Comments:

### Task 3-2

Allergies of all types have been increasing in the course of the last decades. Currently, up to 1/3 of the people in Western countries are affected by this problem.

**Allergic reactions to food** are not as frequent. Food allergy occurs in about **1-2% of adults** and **5-8% of infants**.

**Why is the allergy problem important for our company and why do we take it so seriously?**

*Please note your ideas.*

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Results / Comments:

### **Task 3-3**

Fortunately, fatal cases of food allergies are rare. For example, a small number of fatal cases have been reported for **peanut** allergy. Small traces, not detectable to the human eye, may be sufficient to cause a lifethreatening situation for persons with a severe peanut allergy.

#### **What does that mean for us, working in food manufacturing?**

Please mark appropriate measures to tackle the issue:

- Stop producing products containing peanuts.**
- Strict separation of peanuts from other raw materials.**
- Exhaustive and clear labelling of products, semi-finished products and of rework containing peanuts.**
- Explain to consumers that peanuts are bad for their health.**
- Avoid, as far as feasible, manufacturing products with and without peanuts on the same production line.**
- If not possible to manufacture on dedicated lines, implement thorough cleaning procedures to avoid any traces on equipment and tools.**
- Clear labelling of possible traces, if the presence of peanuts cannot be excluded completely.**

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Results / Comments:

### Task 3-4

Ingredients derived from major allergenic foods should be labelled very precisely on the ingredient lists in order to avoid any misunderstanding by allergic consumers.

Below there are two labelling proposals in each row.

Please decide which of the 2 descriptions is more helpful for allergic consumers:

- |  |  |
|--|--|
| <input type="radio"/> "starch"                           | <input type="radio"/> "wheat starch"   |
| <input type="radio"/> "emulsifier soy lecithin"          | <input type="radio"/> "emulsifier lecithin "                                     |
| <input type="radio"/> "colourant xy (with milk sugar)"   | <input type="radio"/> "colourant xy"   |
| <input type="radio"/> "wafers"                           | <input type="radio"/> "wafers (with wheat flour)"                                |
| <input type="radio"/> "peanut oil"                       | <input type="radio"/> "vegetable oil"  |
| <input type="radio"/> "cookies (with wheat flour, eggs)" | <input type="radio"/> "cookies (with wheat flour, eggs,<br>[traces: hazelnuts])" |
| <input type="radio"/> "spices "                          | <input type="radio"/> "spices (with celery)"                                     |

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Results/ Comments:

### **Task 3-5**

As employees in food production, we have an important role in helping to avoid problems for allergic consumers.

**How can we contribute to the safety of allergic consumers in our daily work?**

*Please take notes of your ideas.*

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Results / Comments: