

«Think on Allergies and allergens» Second training session

Tasks: 2-1 to 2-5

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:

Controlled by Training Supervisor

Signature Date

Task 2-1

Two colleagues are talking about allergies and how this issue is affecting the production process.

Which statements do you think are good or bad?

Please mark accordingly.

	good	bad
1. "Allergy! It's just fashionable to be allergic to something. There's a lot of fuss about it, that's all exaggerated."	<input type="radio"/>	<input type="radio"/>
2. "Let's be too careful rather than risk a product mix-up or a contamination with an allergenic ingredient."	<input type="radio"/>	<input type="radio"/>
3. "I don't think it's worth all the trouble just because of a handful of allergic people."	<input type="radio"/>	<input type="radio"/>
4. "We cannot risk endangering a single consumer with a product of our company."	<input type="radio"/>	<input type="radio"/>
5. "All these procedures just increase the price of the products. And the consumers are only interested in low prices."	<input type="radio"/>	<input type="radio"/>
6. "Let's just label all our products with the major allergy-causing ingredients. Then we can avoid all the fuss."	<input type="radio"/>	<input type="radio"/>
7. "Allergic people should just cook their food for themselves. Then they can easily avoid the wrong ingredients."	<input type="radio"/>	<input type="radio"/>
8. "Manufacturing of a safe product for allergic people is only possible in dedicated factories, where no "normal" food production takes place."	<input type="radio"/>	<input type="radio"/>

Which one of the above statements do you rate as best?

*The best statement is **No.***

Results / Comments:

Task 2-2

How frequent are food allergies and how frequent is coeliac disease?

Please give an estimation and mark accordingly:

- | | | | |
|--------------|-----------------------|-------------------|--|
| Every | <input type="radio"/> | tenth | |
| | <input type="radio"/> | hundredth | |
| | <input type="radio"/> | thousandth | adult has a food allergy |
| | | | |
| Every | <input type="radio"/> | tenth | |
| | <input type="radio"/> | twentieth | |
| | <input type="radio"/> | hundredth | infant has a food allergy |
| | | | |
| Every | <input type="radio"/> | hundredth | |
| | <input type="radio"/> | thousandth | |
| | <input type="radio"/> | millionth | person in our country does not tolerate
gluten containing cereals such as wheat,
rye,...(Coeliac disease) |

Results / Comments:

Task 2-3

Which symptoms are typical of allergic reactions?

Please mark in the following list.

- ☐ **high fever**
- ☐ **hot flush and discomfort**
- ☐ **back pain**
- ☐ **itchiness, rash, pustules, urticaria**
- ☐ **cough, cold, problems with swallowing**
- ☐ **scaly scalp, loss of hair**
- ☐ **breathing difficulties, wheezing, asthma**
- ☐ **pain in the joints**
- ☐ **stomach cramps, vomiting, diarrhoea**
- ☐ **tiredness, headache, dizziness**
- ☐ **swelling of lips, tongue and cheeks**
- ☐ **symptoms related to the cardiovascular system, hypotension, feeling of impending doom, which finally might lead to death.**

Results / Comments:

Task 2-4

Let us imagine a practical case:

We want to set up a manufacturing process for a product that can be safely consumed by consumers allergic to eggs, nuts and peanuts. None of these allergy-causing ingredients must be used. To avoid and/or to control the risks of introducing these ingredients unintentionally, we have to ask ourselves the following question:

How and where could our product possibly be contaminated by egg, nuts or peanuts (even traces)?

Please note each hazard that comes into your mind.

Results / Comments:

Task 2-5

Which of the following measures in a factory reduce the risk that an allergic consumer might be endangered by a product of our company?

Please mark the measures which have a positive or negative influence

	positive	negative
Manufacturing on dedicated production lines	<input type="radio"/>	<input type="radio"/>
Clear and understandable labelling on all packages regarding ingredients that might cause allergies.	<input type="radio"/>	<input type="radio"/>
In the case of shared production lines, the products without a specific allergy-causing ingredient must be manufactured <u>after</u> the products containing the allergen.	<input type="radio"/>	<input type="radio"/>
Before manufacturing products, which must be free from a specific allergy-causing ingredient, the production line and all equipment must be extremely well cleaned.	<input type="radio"/>	<input type="radio"/>
The allergy problem must be included in all our HACCP studies	<input type="radio"/>	<input type="radio"/>
(= Hazard Analysis and Critical Control Points).		

Results / Comments: