

Training Report Form

**«Think on Allergies and allergens»
First training session**

Tasks: 1-1 to 1-5

This training session was performed

by Group:

Responsible facilitator:

Date of training session:

Participant:

Name:

Signature:

After session, please transmit report to Training-Supervisor:

Checked by training supervisor

Signature Date

Task 1-1

Like most people, you have probably already heard about **allergies**. Either you know it from your own experience, from somebody in your family or from relatives or friends.

Please note your answers to the following questions:

A) Which kinds of allergies do you know ?

B) How do these allergies affect allergic people ?

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Answers / comments:

Task 1-2

What is an allergy?

Please mark the statements that you think are correct.

- ☐ **We talk about an allergy when somebody dislikes a certain food. E.g. many children are allergic to spinach, because they do not like to eat it.**
- ☐ **We speak of an allergy when the body reacts in an unpleasant or dangerous way after contact with normally harmless substances.**
- ☐ **Allergic persons are just overanxious and have a vivid imagination. If you secretly add the substances they claim to be allergic to, nothing happens.**
- ☐ **The immune system of an allergic person reacts in a "wrong way". A normally harmless substance is perceived by the body's immune system as a threat.**
- ☐ **Sometimes, allergic reactions can be very dangerous. This is why allergic people must avoid the substances to which they are allergic. People who are allergic to pollen (hay fever) can take special medication to relieve symptoms.**

Answers / Comments:

Task 1-3

There are some descriptions in the text below.

Which examples describe an allergy or a food allergy?

Please mark "yes" and "no" if the example is an allergic reaction and additionally decide whether it is a food allergy.

	yes	no	food-allergy
1. Mr. Miller always gets a cold in springtime. He suffers from a sore throat, his eyes are watering and his nose is running.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Miss Brown's lip colour turns to blue, her hands get ice-cold and she starts to tremble when the temperature in the office is below 18° C.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When John eats chocolate with hazelnuts, his face reddens and he starts gasping for breath.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When Mrs. Finch applies a certain body lotion, her skin turns red and starts to itch.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Mr. Smith gets diarrhoea when he has eaten too much fresh fruit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Marcus must not eat bread or cake. If he does, he gets serious indigestion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. After eating a salad with fish in a restaurant, Mrs. McPherson suddenly fainted. Fortunately her husband had a ready to use injection available.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. In the morning Mr. Jones is always coughing as if he was close to suffocating. He is a heavy smoker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Little Lisa likes to pet the neighbour's cat. Unfortunately her whole body gets a rash each time and she starts gasping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Answers / Comments:

Task 1-4

Food allergies to numerous foodstuffs do exist. However, more than 90% of severe reactions occur with the foodstuffs listed below. For this reason, special care is taken with regard to these foods and products derived of these foods ("major allergens").

Which of the following types of food are used in products manufactured in your factory?

Please mark in the list.

- ☐ **gluten containing cereals** (wheat, rye, barley, oats, kamut, spelt or their hybrids)
- ☐ **crustaceans** (prawn, shrimp, lobster, crayfish, crab)
- ☐ **eggs**
- ☐ **fish**
- ☐ **peanuts**
- ☐ **soy**
- ☐ **milk**
- ☐ **nuts** (hazelnuts, walnuts, almonds, Brazil nuts, cashew nuts, pecans, pistachios, macadamia nuts)
- ☐ **sesame**
- ☐ **celery**
- ☐ **mustard**

Please remember those raw materials containing these food types!

(e.g. noodles made from wheat flour, chocolate morsels containing milk, biscuits containing soy flour)

Answers / Comments:

Task 1-5

In the previous question you have learned that foodstuffs used in your factory may cause allergic reactions.

Please try to imagine now that you are an allergic consumer.

How could you, as an allergic consumer, protect yourself against eating the wrong food? What can you do?

What do you, as an allergic consumer, expect from our products?

Please write down your answers.

Answers / Comments: