

LQ - Can I consider how to plan meals for people with different special **diets** ?

Success Criteria -

- I can explain the difference between food allergies and intolerances and how they affect health
- I can advise how to avoid allergens when choosing food
- I can advise how to provide safe food for people with allergies and intolerance



Week 3 – Chickpea, potato and spinach curry



1. Please read the powerpoint.
2. Decide how you will **adapt and decorate /garnish** the dish
3. Please weigh the ingredients at home.
4. Please remember your **apron** and airtight container.

Week 4 – Swiss roll - **you must watch the video**



Curry - Possible adaptations

- Add chicken, beef, Quorn after stage 2, fry until all the surfaces white or brown.
- Swap the chickpeas for other pulses e.g. kidney beans, haricot beans.
- Add vegetables – e.g. peppers, mushrooms, courgette.
- Please remember a garnish, you could garnish with ingredients you have used in the dish.

Filling ideas -

- Flavoured jam
- Fresh or defrosted frozen fruit
- Jam and whipping cream or double cream – this can only be added when the sponge has cooled
- Low fat cream cheese mixed with and icing sugar

What is the difference between **food allergy** and **food intolerance**?

What is food intolerance?

- It is **not a reaction of the immune system**.
- **Symptoms may be - diarrhoea, bloating and stomach cramps**. This may be caused by difficulties digesting certain substances, such as lactose. However, **no allergic reaction takes place**.
- **Symptoms of a food intolerance usually occur several hours** after eating the food
- **a food intolerance is never life threatening**, unlike an allergy

A food allergy:

- is a **reaction by your immune system** (your body's defence against infection). Your immune system mistakenly treats proteins found in food as a threat
- can trigger allergy **symptoms, such as a rash, wheezing and itching**, after eating just a small amount of the food (these **symptoms usually happen quickly**)
- Can be life-threatening

Read the information.

1. Describe the difference between food allergy and food intolerance.

Food Intolerance and Food Allergies

Food Intolerance –
It is hard to diagnose.
These are some symptoms -



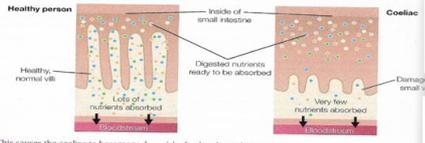
Lactose Intolerance

- Lactose – natural sugar in milk
- People with lactose intolerance cannot digest it, so bacteria in the large intestine break it down
- This causes bloating, flatulence, abdominal pain, diarrhoea, nausea
- Lactose intolerant people must avoid drinking milk, and eating milk products
- It is possible to buy lactose-free dairy products, e.g. milk and yogurt



Coeliac Disease (gluten intolerance)

- Coeliacs have an intolerance to the protein gluten
- Gluten is found in wheat, oats, barley and rye – coeliacs must avoid any food that contains them
- In the small intestine, villi line the inside and nutrients are absorbed through them into the bloodstream
- Gluten intolerance causes the villi to become very small and deformed so not enough nutrients are absorbed



This causes the coeliac to become malnourished – they have these symptoms:

- anaemia
- lack of energy
- iredness
- weight loss
- children do not grow properly

Food Allergy -

- Someone with a food allergy has a serious reaction to certain foods or ingredients in food
- This can happen in a few seconds, minutes or hours after eating the food
- It can be life-threatening
- An allergic reaction is caused by the immune system in body reacting and producing causes various symptoms: skin rashes, itchy skin, nose and eyes, wheezing, coughing, face
- Anaphylactic shock – severe and dangerous reaction – mouth and throat swell, cannot speak properly – must have medical treatment immediately



Swollen lips caused by a food allergy

Skin rash caused by a food allergy

Food Allergens

- An allergen is something that causes the symptoms of a food allergy
- Common foods that cause allergic reactions include: eggs, milk, fish, shellfish, peanuts, soya, some preservatives, strawberries, kiwi fruit, celery, celeriac, mustard, preservatives and sulphites)
- Someone who is allergic to one or more foods must avoid eating them and read food labels to see they appear in the ingredients list
- Known food allergens must be shown on a food label by law



Food Intolerance	Food Allergy

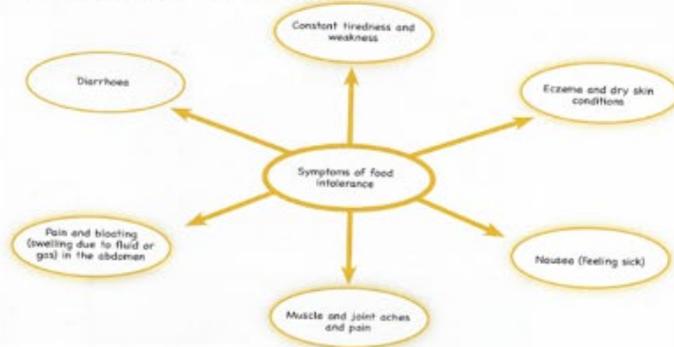
2. Describe **one** of the conditions – lactose or gluten intolerance – choose the one you know less about.

Food Intolerance and Food Allergies

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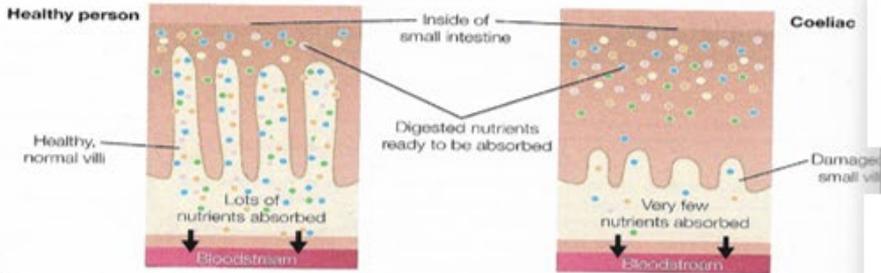
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Coeliac Disease (gluten intolerance)

- Coeliacs have an intolerance to the protein **gluten**
- Gluten is found in wheat, oats, barley and rye – coeliacs must avoid any food that contains them
- In the small intestine, villi line the inside and nutrients are absorbed through them into the bloodstream
- Gluten intolerance causes the villi to become very small and deformed so not enough nutrients are absorbed



This causes the coeliac to become malnourished – they have these symptoms:

- anaemia
- lack of energy
- tiredness
- weight loss
- children do not grow properly

- Coeliacs must avoid any food containing gluten
- Many gluten free food products are available in food shops
- Coeliacs can eat agar, almonds, buckwheat, carrageenan, cassava (manioc/tapioca), chestnuts, corn (maize), linseeds, gram flour, millet, polenta, potato flour, peas, beans, lentils, quinoa, rice, sago, sorghum, soya flour, lentil flour

Food Allergy -

- Someone with a food allergy has a serious reaction to certain foods or ingredients in foods
- This can happen in a few seconds, minutes or hours after eating the food
- It can be life-threatening
- An allergic reaction is caused by the **immune system** in body reacting and producing **histamine** which causes various symptoms: skin rashes, itchy skin, nose and eyes, wheezing, coughing, swollen lips, eyelids, face
- **Anaphylactic shock** – severe and dangerous reaction – mouth and throat swell, cannot breathe, swallow or speak properly – must have medical treatment immediately



Swollen lips caused by a food allergy



Skin rash caused by a food allergy

Food Allergens

- An allergen is something that causes the symptoms of a food allergy
- Common foods that cause allergic reactions include: eggs, milk, fish, shellfish, peanuts, other nuts, seeds, soya, some preservatives, strawberries, kiwi fruit, celery, celeriac, mustard, preservatives (sulphur dioxide and sulphites)
- Someone who is allergic to one or more foods must avoid eating them and read food labels very carefully in case they appear in the ingredients list
- Known food allergens must be shown on a food label by law





Please read

Career opportunities

LABOUR MARKET INFORMATION:

Health professionals n.e.c.

Weekly Pay £630	Annual Pay £32,760
Hours/Week 31h	Hourly Pay £20

Workforce Change (projected)

Growth 8.7%	Replacement 53.7%
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The workforce is projected to grow by 8.7% over the period to 2027, creating **5,000** jobs.
In the same period, 53.7% of the workforce is projected to retire, creating **31,100** job openings.

- Dietitians at specialist level (band 6) can earn between £31,365 and £37,890.
- At advanced (highly specialist) and team leader level (band 7), you can earn between £38,890 and £44,503.

FURTHER INFORMATION:

As a **dietitian**, you assess, diagnose and treat diet-related and nutritional problems and raise awareness of the link between food and health at both an individual and wider public-health level. Your day-to-day tasks may include:

- working out someone's food and fluid intake based on their eating habits
- investigating a patient's nutritional needs
- creating a care plan with advice on how to follow it
- supporting schools to deliver healthy school meals
- advising hospital catering departments
- teaching patients, clients, students, and people working in healthcare, sports, and food industries
- And lots more!

SUBJECTS THAT HELP YOU GET THERE:

- three A levels, including biology (some also need chemistry)
- You must do a degree in dietetics approved by [The British Dietetic Association \(BDA\)](http://www.bda.co.uk).



<https://www.prospects.ac.uk/job-profiles/dietitian>

Dietitian Task

Task 1 – Dietitians Advice -

Produce an advice sheet / 10 top tips a **dietitian** would give to a person suffering from food intolerance. The sheet should instruct them how to **avoid foods** they have problems with.

Task 2 -

Explain the changes a chef would have to make for a lactose intolerant customer in their restaurant. For the food served and the preparation and cooking area.

Task 3 -

Plan a two course meal for a friend who is a coeliac. Explain how you have adapted the recipe to avoid including gluten in the meal.

Food Allergies and Food Intolerance

14 allergens

In the UK, food businesses must inform you under [food law](#) if they use any of the 14 allergens as ingredients in the food and drink they provide. This list has been identified by food law as the most potent and prevalent allergens.

The 14 allergens are: **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs, lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, ~~Brazil~~ nuts, cashews, pecans, pistachios and macadamia nuts).

If you are allergic to ingredients not included in the 14 allergens, you should always check the label or ask staff for information about your specific food allergen.

Allergen information and labelling

Food businesses must inform customers if any products they provide contain any of the 14 allergens as an ingredient. There are a number of ways in which allergen information can be provided to you. This can depend on the type of food you buy and the type of food business you order from.

Prepacked food

The 14 allergens must be emphasised within the ingredients list of pre-packed food or drink. This can be done, for example, by using bold, italic or coloured type, to make the allergen ingredients easier to spot. For example - **Ingredients: Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflour, Wheat flour, Salt, Cream, Yeast Extract, Concentrated Tomato Paste, Garlic, Whey (Milk), Sugar, Celery Seed, Sunflower Oil, Herbs and Spice, White Pepper, Parsley**

Non-prepacked (loose) food

Precautionary allergen labelling

If there is a risk of a food product being affected by allergen cross-contamination, the label should include one of the following statements:

- **may contain X** - to inform customers that there may be small amounts of an allergen in a food product. Allergen cross-contamination can happen unintentionally when there is a risk that the allergen has entered the product accidentally during the production process. This can sometimes happen when several food products are made on the same premises. There is no specific legal requirement to label food with 'may contain'. However, food must be safe to eat and information to help people with allergies make safe choices, and manage their condition effectively, must be provided.
- **not suitable for someone with X allergy** - This is precautionary allergen labelling. Where you see precautionary allergen labelling, there is a risk of the unintentional presence of the allergen in the food. If you have an allergy, you should not eat food with this labelling.
- **'Free-from' labelled foods**
Free from food are special ranges of foods made without allergens. If a label states that your product is 'free-from milk' or, 'peanut free', it has to be based on specific and rigorous controls. These controls need to ensure that the final product is completely free of the particular allergen. This includes checking that all ingredients and packing materials do not contain this allergen and that cross-contamination from other foods made on site is prevented. There is one exception to this rule which is gluten. Gluten-free labelled products can contain a maximum 20mg/kg of gluten.

Vegan food and allergens

When you buy a food you might not expect it to contain any trace amounts of milk

Spicy burgers with salsa and sweet potato fries

Serves 4 – 494 Calories per serving

Ingredients

- 1 x 250g pack beef steak mince
- 1 x 250g pack pork mince
- 2 tsp smoked paprika
- Bread crumbs
- 3 sweet potatoes, peeled and cut into thin batons
- 2 tsp rapeseed or vegetable oil
- 4 burger buns, halved
- mayonnaise, to serve

For the salsa

- handful coriander, leaves picked and finely chopped
- 1 red chilli, seeded and finely chopped
- 2 tomatoes, seeded and diced
- 1 garlic clove, crushed
- 2 tbsp extra-virgin olive oil
- 1/2 tbsp red wine vinegar
- 1/2 lemon, juiced



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The 14 allergens are: celery, cereals containing gluten (such as barley and oats), crustaceans (such as prawns, crabs, lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (at a concentration of more than ten parts per million) and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachio nuts).

Allergen information and labelling

Food businesses must inform customers if any products they provide contain any of the 14 allergens as an ingredient.

Labelling on Prepacked food

The 14 allergens must be emphasised within the ingredients list of pre-packed food or drink. This can be done, for example, by using bold, italic or coloured type, to make the allergen ingredients easier to spot. For example - *Ingredients: (4.5%) Potatoes, **Wheat flour**, Salt.*

Labelling on Non-prepacked (loose) food

Food businesses such as a bakery, butcher, or delicatessen, must provide you with allergen information for any loose item you buy that contains any of the 14 allergens.

Labelling on Prepacked for Direct Sale (PPDS)

From 1 October 2021, 'Natasha's Law' requires food that is prepacked for direct sale (PPDS) will need to have a label that displays a full ingredients list, with allergenic ingredients emphasised within it. The new PPDS food rules will provide customers with more information, to make safe food choices. It should not replace or prevent consumers from having conversations about their allergy requirements, with the food business.

Eating out

When you [eat out or order a takeaway](#), the restaurant or café must provide you with allergen information in writing. This could be, for example, allergen information on their menu or a prompt explaining how you can obtain this information.

Precautionary allergen labelling

- **may contain X** - to inform customers that there may be small amounts of an allergen in a food product. Allergen cross-contamination can happen unintentionally when there is a risk that the allergen has entered the product accidentally during the production process.
- **'not suitable for someone with X allergy'** - This is precautionary allergen labelling. Where you see precautionary allergen labelling, there is a risk of the unintentional presence of the allergen in the food.
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Vegan food and allergens

Trace amounts of cross contamination can occur when vegan food is produced in a factory or kitchen that also handles non-vegan food. This is why packaging for some vegan products sometimes include precautionary allergen labelling such as 'may contain'.

Eating out and ordering allergy-safe food

Always check the menu online or call ahead to ask what their policy is on food allergy and intolerance. Be clear about your allergy or intolerance when making your order.

Be careful with complex dishes, as allergens can be less obvious or in complicated recipes. Food businesses must offer you allergen information but are not required to offer you an alternative meal to suit your need. If you have any doubt, do not eat there.

Eating in and preparing an allergy-safe meal

A trace amount of an allergen can be enough to cause an allergic reaction, so it is important to take care when planning and preparing a meal.

To avoid cross-contamination, clean work surfaces and equipment thoroughly to remove traces of food you may have cooked or prepared before.

Language on the label

The language on the labelling should be easily understood by the people of the country where the food is marketed. For food products sold in the UK, the information must be in English.

Multi-packs

Where products are sold in multi-packs, allergens must be displayed on the outer packaging.

Avoiding allergen cross-contamination

Cross-contamination happens when traces of allergens get into products accidentally during the manufacturing, handling, transport or storage of foods.

Staff awareness

All staff involved in handling ingredients, equipment, utensils, packaging and final food products should be aware of the possibilities of cross-contamination with allergens.

Design

Ideally, you would have separate production facilities for specific products. If not, try scheduling the foods you are producing by preparing foods in order of least allergenic to most allergenic to manage cross-contamination.

Storage

Raw ingredients containing food allergens should be stored away from other ingredients. Keep them in sealed plastic bins that are clearly marked or colour-coded.

Cleaning

Very small amounts of some allergens can cause severe allergic reactions in sensitive people. It is so important to [clean thoroughly](#) in a way that reduces the risk of cross-contamination.

Allergens and Intolerance

1.. Coeliac disease is an intolerance to [1 mark]

- A - eggs
- B - meat
- C - milk
- D - wheat

2. Lactose intolerance is an intolerance to [1 mark]

- A - eggs
- B - meat
- C - milk
- D - wheat

3. How many named allergens are there that must be displayed on food labels and menu boards?

- A – 10
- B – 14
- C – 5
- D - 23

4. Which of the following foods is not one of the allergen foods?

- A Soy beans
- B Crustaceans
- C Beetroot
- D Cow's milk

5. Under Natasha's Law, which will come into force in 2021, what are businesses required to do?

- A - Label certain foods that are prepared and pre-packaged by suppliers with further information
- B - Label all frozen foods on the premises with a full list of ingredients
- C - Label all fresh dairy products that they sell with a full list of ingredients
- D - label certain foods that they prepare and package on the premises with a full list of ingredients

6. If a customer in a restaurant asks whether a food contains an allergen and you don't know the answer, what should you do?

- A – Dismiss the comment
- B – Refer the customer to the manufacturer
- C – Ask the chef to check the packaging
- D – Assure the customer that the food is safe

7. Food choice is limited for people with a food allergy of food intolerance. 2.1 What is the difference between a food allergy and a food intolerance? (2marks)

Allergens and Intolerance – self mark

1.. Coeliac disease is an intolerance to [1 mark]

- A - eggs
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7. Food choice is limited for people with a food allergy of food intolerance. 2.1 What is the difference between a food allergy and a food intolerance? (2marks)

A food allergy is an immune system reaction to certain foods (1 mark) whereas a food intolerance is where a person has difficulty digesting foods (1 mark)

answer the questions

LQ - Can I consider how to plan meals for people with different special diets ?

Success Criteria -

- Explain the difference between food allergies and intolerances and how they affect health...
- Advise how to avoid allergens when choosing food ...
- Advise how to provide safe food for people with allergies and intolerance...

