

# COURSE INFORMATION SHEET

**TITLE:** Allergen Awareness

**OVERVIEW:** This course covers general allergies, food allergies and food intolerances and explains the differences between them. It covers the 14 allergens controlled by legislation along with food additives and how they can trigger allergic reactions.

**CPD:** Approved for 3 CPD points & by RoSPA

**PRICE:** £35.00

**CERTIFICATE:** Downloadable

**COURSE AIM:** It takes a detailed look at the symptoms of food allergies and takes in the wider picture discussing the current theories of why rates are increasing. It then finishes off by covering practical steps that can be taken to reduce the risk from allergens and also what steps can be taken both internally and externally to monitor the control measures.

**COURSE CONTENT:**

- Food Intolerance & Allergens - The Basics
- Food Intolerance - Causes & Symptoms
- Allergies - Causes & Symptoms
- Allergen Facts
- Food Allergies & the Law
- Food Allergies - Practical Steps
- Allergen Information for Consumers

**ASSESSMENT & CERTIFICATION:** Learners are assessed through self-checks as they progress through the course and an end of course multiple choice assessment. On successful completion, learners can download a CPD accredited certificate as evidence for their portfolio of CPD training.

**ACCESS:** This online course can be completed on any PC or mobile device. Learners can study at their own pace and log in and out as often as they wish

**FEATURES:** The course includes varied learning styles including interactive quizzes, video and audio features. Allows learners to work at their own pace, testing their knowledge as they progress through the course.