



# Allergens

## Highfield Level 2 Award in Food Allergen Awareness and Control in Catering (RQF)

This qualification is aimed at food handlers and other staff involved in food preparation and service who work within the catering industry. The objective of the qualification is to support a role in the workplace. It is designed to provide knowledge and understanding of food allergens and foods commonly causing intolerances, their characteristics and effects, the importance of effectively communicating information regarding allergenic ingredients to customers, and how staff can minimise the risk of cross-contamination from allergenic ingredients.

### **How long will it take me to achieve this qualification?**

This qualification has a recommended 4 hours guided learning and is usually achieved by taking a half-day classroom-based course. There are no subject specific pre-requisites and the qualification is suitable for learners aged 14+. It is recommended that learners undertaking the qualification have a minimum of level 1 in English and maths or equivalent.

### **How is the qualification assessed?**

This qualification is assessed by an end-of-course 15 question multiple choice exam paper. The pass mark for the paper is 9 out of 15 questions correct (60%).

### **What next?**

Individuals achieving this qualification may wish to progress on to other food safety and allergens related qualifications, such as Highfield Level 3 Award in Food Allergen Management in Catering (RQF) and the Highfield Level 2 Award in Food Safety in Catering (RQF).

### **Where can this course be taken?**

Through any HABC approved training centre.

# Highfield Fact Sheet

## Example multiple-choice questions

It is important to ensure waste allergenic ingredients or products containing allergens are disposed of effectively to:

- A. avoid slips, trips and falls
- B. reduce costs and wastage
- C. ensure all areas are clean and well organised
- D. avoid cross-contamination from spillages

Which of these foods is it **most** important to store separately to prevent it from being contaminated by other allergens?

- A. Prawns
- B. Milk
- C. Whole wheat bread
- D. Gluten-free pasta

When preparing an allergen-free meal, it is **most** important to:

- A. thoroughly clean the preparation area
- B. avoid using wooden utensils
- C. ensure no chemicals can contaminate the food
- D. keep food refrigerated until it is needed

How **soon** after ingesting a food can symptoms of a food allergy occur?

- A. Immediately
- B. In a few hours
- C. After 24 hours
- D. In a week