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| **L3 Allergens** | **Identify and describe food allergens in a culinary environment** |

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| **Kaupae |** Level | 3 |
| **Whiwhinga |** Credit | 5 |
| **Whāinga |** Purpose | This skill standard is for people to have the skills and knowledge to identify and describe food allergens and food intolerances, their effects on health, and how to prepare food safely to avoid allergic reactions.  This skill standard has been developed primarily for use in programmes leading to the New Zealand Certificate in Cookery (Level 3) [Ref: 2100]. |

**Hua o te ako me Paearu aromatawai |** Learning outcomes and assessment criteria

| **Hua o te ako |** Learning outcomes | **Paearu aromatawai |** Assessment criteria |
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| 1. Identify and describe common food allergens and the health implications of exposure to them. | 1. Identify common food allergens. |
| 1. Identify common ingredients and dishes in cookery that may contain these allergens. |
| 1. Explain the differences between food allergies and intolerances in a culinary context. |
| 1. Explain the importance of distinguishing food allergens and food intolerances for safe food delivery. |
| 1. Describe symptoms of allergic reactions. |
| 1. Comply with standard operating procedures to ensure safe food delivery | 1. Ensure food is safe from allergens for food service delivery in accordance with workplace procedures. |
| 1. Collaborate with team members to ensure consistent allergen awareness and safe practices. |

**Pārongo aromatawai me te taumata paearu |** Assessment information and grade criteria

*Assessment specifications:*

Assessment against the learning outcomes will be in a culinary workplace or in training facilities that realistically reproduce the conditions of a workplace.

Activities are carried out in accordance with Health and Safety at Work 2015 requirements, Food Safety requirements, and workplace procedures.

Evidence is required of the identification of seven food allergies and food products or ingredients containing them.

Evidence of complying with workplace standard operating procedures relating to three different allergens.

Definitions.

*Allergies* refers to medically diagnosed conditions where exposure may cause severe or life-threatening reactions.

*Intolerances* refer to non-life-threatening reactions (e.g., bloating from lactose).

***Ngā momo whiwhinga |*** *Grades available*

Achieved

**Ihirangi waitohu |** Indicative content

* Overview of Food Standards Australia New Zealand (FSANZ) allergen regulations
* The 14 major allergens (celery, peanuts, tree nuts, dairy, eggs, fish, shellfish, crustaceans, soy, cereals containing gluten, sesame, lupin, mustard, sulphites).
* Common allergen- containing ingredients and dishes (e.g., sauces, baked goods, marinades).
* Symptoms of allergic reactions (e.g., Tingling or itching in the mouth, hives, itching or eczema, swelling of the lips, face, tongue, and throat or other parts of the body, belly pain, diarrhoea, nausea or vomiting, wheezing, nasal congestion or trouble breathing, dizziness, light-headedness or fainting, anaphylactic shock).
* Collaboration with team members by following practices of identifying potential allergens

**Rauemi |** Resources

* Food Act 2014
* Health and Safety at Work Act 2015.
* Food Allergies <https://www.foodstandards.gov.au/consumer/foodallergies>
* New Zealand. Ministry for Primary Industries. New Zealand Food Safety (2024) [*A guide to allergen labelling: knowing what’s in your food and how to label it*](https://www.mpi.govt.nz/dmsdocument/50725-Allergen-labelling-Knowing-whats-in-your-food-and-how-to-label-it). Wellington: the Ministry or latest ed.

**Pārongo Whakaū Kounga |** Quality assurance information

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| **Ngā rōpū whakatau-paerewa |** Standard Setting Body | Ringa Hora Services Workforce Development Council |
| **Whakaritenga Rārangi Paetae Aromatawai |** DASS classification | Service Sector > Hospitality > Cookery |
| **Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga |** CMR | 0112 |

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| **Hātepe |** Process | **Putanga |** Version | **Rā whakaputa |** ReviewDate | **Rā whakamutunga mō te aromatawai |** Last date for assessment |
| **Rēhitatanga |** Registration | 1 | XX 2025 | N/A |
| **Rā arotake |** Planned review date | 31 December 2030 | | |

Please contact Ringa Hora Services Workforce Development Council at [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) to suggest changes to the content of this skill standard.