

# Allergen Awareness - Food Intolerances, Causes and Symptoms

## Course Description

This micro course deals with the causes and symptoms of food intolerances.

The course covers the 3 most common food intolerances and goes on to explain which foods can cause issues if you are intolerant or have allergies.

It explains symptoms you may experience with certain food intolerances and discusses how they can be treated. Finally it takes a look at Coeliac disease and the symptoms of it.

## Target Audience

This course is aimed at anyone working within the food industry who needs to be aware of the dangers of intolerances.

## Advantages

Allergic reactions can have serious consequences so knowing which substances can cause them and how to avoid cross contamination is vital to anyone working in the food industry.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

## Modules

Course	Module Number	Module Name	Pass % Required
Allergen Awareness - Food Intolerances, Causes and Symptoms	1	Fall Protection	70

## Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 10 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)