



Course details

Course title

Personal Development: Food allergens

Course code

Q00016755

Course date

Start: 23/04/25

End: 21/05/25

Number of classes

8 sessions

Timetable

Wed 30th Apr, 13:00 to 15:00

Wed 30th Apr, 13:00 to 15:00

Wed 7th May, 13:00 to 15:00

Wed 7th May, 13:00 to 15:00

Wed 14th May, 13:00 to 15:00

Wed 14th May, 13:00 to 15:00

Wed 21st May, 13:00 to 15:00

Wed 21st May, 13:00 to 15:00

Tutor

Caroline Smy

Fee range

Free to £33.60

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

KCU Ltd at Fuller Church (Kettering)
51 Gold Street
Kettering
NN16 8JB

Level of study

Beginners

Course overview

During this 8 week introduction to food allergens course, we will covering what a food allergy and a food intolerance is, what the difference is between a food allergy and a food intolerance and why it is important you know the difference, why these food allergies and intolerances are on the increase. We will also look at what the 14 recognised food allergies are and why there are only 14 at the present time. And finally, we will look at how the law is helping making the food industry more accountable to label and keep foods safe for all consumers.

Course description

- This course is for learners, who have none or some knowledge of food allergies and food intolerances
- Each week a different aspect of the course will be explored, these will include - what are food allergies and food intolerances, why are they on the increase? What are the symptoms and first aid for the two areas, the history of food allergies and why we only have 14 recognised food allergens but many more food ingredients that we are allergic too, and the ways you can get your food allergy diagnosis.
- We will look at proactive ways to communicate your food needs when eating out and how the food industry is trying to help shoppers with food labelling and ingredient list.
- The course will be delivered by an experienced tutor with a food allergy and interest in the increases of food allergies and food intolerances within our world today. During the sessions, there will be plenty of time for discussion, individual and group activities. By the end of the course you will be able to list all 14 recognised food allergens, explain the difference between an allergy and an intolerance and explain the 3 main theories of why food intolerances and allergies are increasing. You will also be able to list the symptoms of food allergies and intolerances. This course is held face to face at Kettering Community Unit (KCU).

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need

alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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