

Storyboard/Script Learning Video

LO6-A-B-3

“Prepare cold and hot dishes (or supervise their preparation) according to clients’ requirements and the meal plan approved by healthcare professionals, taking into account food intolerances and allergies”

Graphical user interface, text, application

Description automatically generated

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

AGREEMENT NUMBER – 621707-EPP-1-2020-1-BE-EPPKA2-SSA

|  |  |  |
| --- | --- | --- |
| Scene Nr. | | **1** |
| Title *[optional]:* | **Food Allergies/ Intolerances** | |
| Format: | Interview | |
| Setting: | At the university | |
| Characters: | Interviewer:  **Interviewer**    Interviewee 1: **Dietician** | |
| Content: | **Question 1 (interviewer):** What is a food allergy, how is it defined (including possible symptoms)?  **Answer 1 (dietician):**  A food allergy occurs when the body’s immune system responds to a protein in a food, because it mistakenly thinks that this is a threat to the body.  The food allergic reaction can happen following exposure to food by different routes:  • Ingestion;  • Contact with the skin or  • Even Vapors from cooking food, which is very interesting  Also, the symptoms can vary from itching, to a swollen face, lips or tongue, Nausea, vomiting, abdominal pain, breathing difficulties and diarrhea. This can be very diverse.  Worth mentioning is also that Food allergies need to be diagnosed and managed by a medical team. There are valid diagnostic tests to diagnose food allergies including IgE blood tests, skin prick test and food elimination. .  **Question 2:** What are food intolerances, what are the symptoms and in what ways do they differ from food allergies?  **Answer 2:** In contrast to food allergies, food intolerances are a response to a food and don’t involve the immune system. Food intolerance is related, for example, to the digestion or transformation of food in the body.  The main Symptoms of food intolerances are:  • Digestive complaints such as bloating, flatulence, irritable bowel, recurrent abdominal pain;  • Headache  • Joint pain  • Fatigue and general malaise.  Food intolerances are a bit more tricky to diagnose and there are no reliable tests available – with the exception of lactose intolerance. The only way to diagnose other food intolerances is to exclude the suspected trigger food for a short period of time. This should be done with the support of a Dietitian.  **Question 3:** (3) Which foods can trigger food allergies and/or intolerances? Could you please briefly describe the most common food allergies/intolerances?  **Answer 3:**  Any food can trigger a food allergy.  The most common food allergies are a response to:   * Peanuts * Tree nuts like almonds, walnuts or hazelnuts * Cow’s milk * Soya * Fish * Wheat   When it comes to food intolerance: There are lots of different types and these are thought to be more common than food allergies. For example:   * Non-coeliac gluten sensitivity (NCGS) * Lactose intolerance * Histamine intolerance * Food additive or food chemical intolerance   **Question 4**: What is the treatment or therapy after the diagnosis of allergy/food intolerance (short/long term)?  **Answer 4:**  After confirmation of food allergy or intolerance, it is necessary, in either case, to exclude the food from the diet for a certain amount of time, sometimes lifelong – sometimes just for a couple of weeks  **Question 5:**  What is important to look for in preparation and cooking against the background of food allergies and intolerances?  **Answer 5:** First of all - It forces you to carefully read the labels – especially of convenience products, in order to identify potential hidden ingredients.  In preparation and cooking it is very important to follow a good hygiene. So Wash your hands properly between the food handling steps; do not use the same utensils (you-ten-seals) during the preparation, cooking, plating and distribution of meals  And  Do not use the same frying oil or cooking water for different foods;  Because often a food that seems to be safe can trigger an allergic reaction just by coming into contact with other foods that have the allergen. | |
| Requisites/ Material: |  | |
| Additional notes for the scene *[optional]*: | | |