



**Conference of Colleges Diversity Fund Project
on special dietary requirements**

Therapeutic Eating Lesson Plan



Times	Activity	Methods	Handouts / Resources	Slides
9.15	<p>Arrivals</p> <p>Have the opening slide – Conference of Colleges – display as participants arrive.</p>		Signing in sheet	1
9.30	<p>Introduction</p> <p>Trainer(s) introduce themselves including a bit of background on experience.</p> <p>Housekeeping and ground rules.</p> <p>At the start of the session explain a little about the Conference of Colleges. A forum for the Colleges of the University of Oxford to deal with matter of shared interest and common purpose, and a voice for college interests with the University community. This training comes under the auspices of the Domestic Bursars' Committee. They handle, amongst other things, the management of the Conference and the shared initiatives for the procurement of domestic goods and services. One of their concerns has been how the catering at colleges can be as all encompassing and inclusive as possible.</p> <p>As the University employs more than 13,900 people and has a student body of around 24,000 from all over the world the Conference is concerned that the services offered by catering departments of the colleges are able to respond to what will be very high expectations. This training is provided by funding from the Conference's Diversity Fund Project on special dietary</p>	Trainer led introduction		Slides 2 – 6

Times	Activity	Methods	Handouts / Resources	Slides
	<p>This is a simple call out exercise to get delegates thinking about food, how they eat and what they really dislike having to give up.</p>			
<p>9.40</p>	<p>Therapeutic Eating – An Overview</p> <p>Trainer gives an outline of Therapeutic Eating and what will be happening in the session.</p> <p>Run through the objectives</p> <p>Tell them that you will explain the differences between an Allergy and an Intolerance.</p> <p>We will try and keep the medical side of things as brief as possible, but this may need to use some medical jargon to describe the different conditions</p> <p>That some allergies are lifelong but can develop in later years as with intolerances.</p> <p>The session will cover the Allergens that have to be labelled by law</p> <p>Where possible we will also look at how meals and food can be adapted or swapped out.</p> <p>We will also be testing everyone's memories for what they should already know.</p> <p>Take questions and comments</p>	<p>Distribute Handbook</p> <p>This is s trainer led discussion</p>	<p>Page 4 of the workbook</p>	<p>Slide 8</p>

	<p>What is an Allergy?</p> <p>Basically, there are broadly three types of food allergy.</p> <p>Type 1: IgE-Mediated Food Allergy</p> <p>This is the most common type. It is triggered by the body's own immune system producing an antibody called Immunoglobulin E (IgE)</p> <p>Effects tend to be immediate</p> <p>With a greater risk of anaphylaxis</p> <p>Type 2: Non-IgE-Mediated Food Allergy</p> <p>Caused by different parts of the immune system. Can take longer to develop up to several hours.</p> <p>Coeliac Disease in an example of this type of condition</p> <p>Type 3: Mixed IgE and Non-IgE Mediated Food Allergy</p> <p>This is where people get responses from both Types 1 and 2 above.</p> <p>Often people affected will also have other conditions such as eczema. The skin condition whilst not an allergy will leave people vulnerable to certain types of food allergy such as eggs are covered by this type of allergy.</p>	<p>This is s trainer led discussion</p> <p>But invite contribution if relevant</p>		<p>Slides 9 to 13</p>
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>To Sum Up</p> <p>Allergies are caused by the body's immune system. They see the protein component of a food as a threat. The immune system responds immediately Gut related symptoms (e.g. Coeliac Disease) may take longer (several hours) to develop</p> <p>Children under 5 are most likely to develop allergies.</p> <p>85% of what they react to are:</p> <ul style="list-style-type: none"> • Cow's milk • Eggs • Peanuts • Tree Nuts • Soy • Wheat • Fish <p>Allergies to Nuts and Seafood produce the most severe reactions.</p> <p>Some allergies can be "grown" out of as a person get older. Nut and Seafood Allergies usually persist for life.</p> <p>There are other conditions which mimic allergies which we will cover later in the session</p>			

<p>9:50</p>	<p>Anaphylaxis</p> <p>Is a severe allergic reaction to a foreign substance:</p> <ul style="list-style-type: none"> • Food • Medical Treatment (e.g. Penicillin) • Venom (e.g. Bee stings) <p>Studies have shown that people with Atopic conditions such as Asthma or Eczema have a higher risk factor for anaphylaxis</p> <p>Most causes (70%) of anaphylaxis in adults is Idiopathic. This is a medical term for “We Just Don’t Know”.</p> <p>Apart from food, other factors include:</p> <ul style="list-style-type: none"> • Biological: <ul style="list-style-type: none"> ⇒ Semen ⇒ Latex ⇒ Hormonal • Food Additives: <ul style="list-style-type: none"> ⇒ Mono-Sodium Glutamate ⇒ Food colourings • Physical: <ul style="list-style-type: none"> ⇒ Exercise (This is usually in conjunction with another factor) ⇒ Temperature (either fevers or hypothermia) • Environmental: <ul style="list-style-type: none"> ⇒ Hay fever ⇒ Animal Dander (dead skin cells and fur) 	<p>This is s trainer led discussion</p>		<p>Slides 14 to 16</p>
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>In the event of someone going into anaphylactic shock</p> <p>First responders</p> <p>Does the person have their own Epinephrine auto-injector (EpiPen)?</p> <ul style="list-style-type: none"> ⇒ If Yes, then get them to use it or use it for them. ⇒ If No, then use one from the First Aid kit ⇒ If no pen in the First Aid kit, then phone the ambulance <p>Once somebody has been injected – in the thigh or upper arm – make them comfortable and phone the ambulance, assuming of course it wasn't a paramedic who injected them.</p>			Slide 16

<p>10:00</p>	<p>Food Allergy Quiz</p> <p>In pairs get people to spend a few minutes to complete the quiz.</p> <p>The quiz is to test people's knowledge and to relax a bit into the subject.</p> <p>1) Outside of the hospital setting, food allergy is the most common trigger of anaphylaxis in both children and adults</p> <p>True</p> <ul style="list-style-type: none"> • Food allergens are the most common cause of anaphylaxis • Accounting for about 30 to 40% of cases in all ages • 70 to 80% of cases in children. <p>Remember that 70% of allergies in adults are still idiopathic (unknown)</p> <p>2) Infants are at higher risk for fatal food-induced anaphylaxis than teenagers</p> <p>False</p> <ul style="list-style-type: none"> • Case studies suggest that teenagers especially with a prior history of asthma, and the delay in the administration of epinephrine are all associated food-induced anaphylaxis <p>Another way of interpreting this is that young children will often be in controlled environments (creches, schools,</p>	<p>Get People to work individual or in pairs</p>	<p>Page 6 of the workbook</p>	<p>Slides 17 to 37</p>
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	<p>clubs, home) supervised by adults with access to EpiPens. Teenagers may be operating outside of such close supervision and may not have ready access to EpiPens or may have forgotten their own equipment.</p> <p>3) The results of food-specific IgE tests (skin prick test, serum levels) reliably predict the severity of future reactions to the food</p> <p>False</p> <ul style="list-style-type: none"> No current diagnostic test can predict the severity of future reactions <p>4) Exercising after ingesting food may increase the severity of a reaction</p> <p>True</p> <ul style="list-style-type: none"> Exercising, having a related viral illness, ingesting alcohol, or taking drugs such as antacids and aspirin may increase the severity of an acute reaction to food. <p>So, the folk wisdom of not exercising immediately after eating holds some truth.</p> <p>5) A child with peanut allergy has about a 20% chance of outgrowing peanut allergy</p> <p>True</p> <ul style="list-style-type: none"> In about 20% of children with peanut allergy, it resolves with time. 			
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	<ul style="list-style-type: none"> • In children allergic to tree nuts the resolution rate is about 9%. • In contrast, the majority of children with cow milk, egg, soybean, and wheat allergy outgrow these allergies with age. <p>So, some nut allergies resolve themselves, but the majority do not.</p> <p>6) Peanuts and tree nuts are the most common triggers in cases of fatal food-induced anaphylaxis</p> <p>True</p> <ul style="list-style-type: none"> • Any food can cause food-induced anaphylaxis, <p>But</p> <ul style="list-style-type: none"> • Peanuts, tree nuts, fish, seeds, shellfish, milk, and egg are the most common trigger foods • Peanut and tree nuts have been identified as triggers in over 90% of cases of fatal food-induced anaphylaxis <p>7) If someone eats a food you are allergic to and then kisses you on the cheek, you will have a serious (i.e. anaphylactic) reaction</p> <p>False</p> <p>This is a tricky question. You should not get a serious reaction if kissed on the cheek, although you may get hives around the area of the kiss. Skin acts as a great barrier. Washing your cheek and hands will remove the food.</p>			
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	<p>However</p> <p>there have been instances when people have severe allergic reactions after getting other people's saliva in their mouth (open mouth kissing, sharing utensils, cups, and water bottles). Letting our significant others know about our allergies, not sharing utensils and beverages, and washing hands before eating will help decrease accidentally eating foods that you are allergic to.</p> <p>8) The smell of peanut butter will cause an allergic reaction in people with peanut allergies</p> <p>False</p> <p>The smell of peanut butter is caused by Pyrizines, which are not proteins. It is the proteins that trigger allergic reactions. So, the smell of peanut butter sandwich from the next table should not cause an allergic reaction.</p> <p>BUT</p> <p>people can have reactions when they inhale food proteins that they are allergic to. This can be seen when food is actively cooked, when powdered or crushed forms become aerosolized, or in other situations when proteins are released into the air.</p> <p>9) You can have an allergic reaction if you share your friend's water bottle</p> <p>True</p>			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>If you share the bottle of water with someone who recently ate a food that you are allergic to, cross contact with that food can cause a reaction.</p> <p>Not sharing utensils, glasses or water bottles is safest.</p> <p>10) Using hand sanitizing gels is a good way to clean your hands of food allergens</p> <p>False</p> <p>Hand gels decrease the amount of protein, but DO NOT remove the protein.</p> <p>Soap and water and wet wipes do the trick. Hand gels are helpful for preventing the flu and other infections.</p> <p>What Works: Soap and water, commercial Hand wipes What Doesn't: Hand sanitizers</p> <p>Sourced from: https://www.aaaai.org/conditions-and-treatments/allergies/food-allergies/food-allergy-quiz https://www.allergyhome.org/food-allergy-quiz-answers-and-explanations/</p>			

Times	Activity	Methods	Handouts / Resources	Slides
10:15	<p>Symptoms of Allergies</p> <p>Having spoken about allergies and anaphylaxis its worth spending a minute to remind people on symptoms:</p> <p>These can include, but are not limited to:</p> <ul style="list-style-type: none"> • Itchy sensation inside the mouth, throat or ears • Raised itchy red rash (hives) • Swelling of the face, around the eyes, lips, tongue, roof of mouth • Vomiting <p>Symptoms in most cases will appear very quickly but may take longer for gut related problems.</p>	Trainer lead Discussion		38
10:20	<p>Allergies in Later Life</p> <p>Many of the allergies we talk about in the session will be those people developed in infancy. It is worth talking about late onset allergies, that can develop and the food intolerances that seem to be just for the middle aged</p> <p>In American it is calculated that approximately 11% of the adult population have a food allergy.</p> <p>Our bodies change and it is not unusual for a person to be affected by: the physical environment; air quality; the general stress of living in built-up areas and the toll this takes on our health in the form of allergies, eczema, asthma and the like.</p>	Trainer led Discussion with contributions from delegates		39 and 40

	<p>The Rise in food allergy cases</p> <p>This is a general talking point. It is not unusual for there to be an opinion that people are being faddy; or that it's a way for people to draw attention to themselves.</p> <p>These thoughts should be gently and firmly dismissed as unhelpful.</p> <p>People with allergies or intolerances are NOT pretending, nor are they trying to be "fashionable".</p> <p>The NHS has noted that the number of people with food allergies has risen sharply over the past few decades and, although the reason is unclear, other allergic conditions such as atopic dermatitis have also increased.</p> <p>The European Academy of Allergy and Clinical Immunology reckon that 150 million EU citizens suffer from chronic allergic diseases.</p> <p>What has caused the increase? There may be more than one reason, but it is worth noting that:</p> <ul style="list-style-type: none"> • The typical child's diet has changed considerably over the last 30-40 years • The way food is grown and manufactured with a reliance on pesticides, herbicides and antibiotics may be having an effect on the way our bodies develop – although proof for this is still largely anecdotal • Children are increasingly growing up in "germ-free" environments. Which means their immune systems may not 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>receive sufficient early exposure to the germs needed to develop properly. This is known as the Hygiene Hypothesis</p> <ul style="list-style-type: none"> • Although not food related it is worth noting that the change in climate has increased the variety of plants that may flower in the UK and when they flower. This exposes more people to a greater variety of pollen affecting people previously unaffected by hay fever • Air pollution generally can irritate the lungs triggering atopic asthma symptoms which in turn can leave the body vulnerable to developing allergies <p>Try and keep any discussion on this issue short. Invite people to give views from both sides but move on promptly.</p>			

<p>10:30</p>	<p>What do I cause?</p> <p>This is just a short exercise to get people thinking about what Allergens or Food Intolerances common food items might affect.</p> <p>Many delegates may already be aware of allergens, this exercise acts as an introduction to a wider range of intolerances (including sensitivities and malabsorption)</p> <p>Delegates may be surprised by what is in food:</p> <p>1) Watermelon Fructose Intolerance aka Fructose Malabsorption</p> <p>Fructose is a sugar which is naturally present in fruits, some vegetables and honey. It's also used as a sweetener in some soft drinks and fruit drinks. When the body doesn't fructose properly, it is called fructose malabsorption or fructose intolerance. It can be an inherited condition.</p> <p>2) Soy Sauce Soy Allergy Gluten Intolerance</p> <p>Soy Allergy is one of the 14 Allergens that have to be identified.</p> <p>What is of interest is that wheat is used in the production of some soy sauces, such as the popular brand pictured. Wheat-free alternatives can be found.</p>	<p>Get People to work individually or in pairs</p>	<p>Workbook pages 7 & 8</p>	<p>Slides 41 to 65</p>
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	<p>3) Christmas Cake Gluten Intolerance Egg Allergy Milk Allergy Lactose Intolerance Tree Nut Allergy Soya Allergy Sulphite Allergy</p> <p>This is a relatively typical purchase for many people in the country and a potential nightmare for the festive season.</p> <p>It is possible to assemble the ingredients to do a version of a "Free From" Christmas cake including nut-free marzipan.</p> <p>4) Angel Delight (Before Milk is added) Lactose Intolerance Milk Allergy</p> <p>There is a vegan alternative!</p> <p>5) Smoked Salmon Pate Fish Allergy Egg Allergy Dairy Allergy Lactose Intolerance</p> <p>Fairly straightforward allergens</p> <p>6) Courgette</p>			
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	<p>Salicylate Intolerance</p> <p>This is an intolerance that people may not have heard of before. Salicylic acid is a naturally occurring product of plants. It is part of the plant's protection system and is there to deter insects, bacteria, fungi etc</p> <p>Most fruit and veg have some salicylic acid but the amount varies, see the link below.</p> <p>The other thing to note is that the average aspirin tablet contains considerably more Salicylic acid than a courgette.</p> <p>https://atpscience.com/salicylate-foods-sensitivity-intolerances-and-food-list/</p> <p>7) Baked Potato Nightshade Intolerance</p> <p>Should probably be called Solanaceae Intolerance. The Solanaceae (Nightshades) are a family of flowering plants that include agricultural crops, medicinal plants, spices and weeds. Many members of this family contain a potent alkaloid, which in some cases is highly toxic.</p> <p>Belladonna (Deadly Nightshade), Potatoes, Tobacco, Mandrake, Tomatoes, Bell Peppers, Chilli Peppers, Aubergines and Petunias are all members of this family.</p>			
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	<p>It is a gut related problem. The condition is mostly seen in Caucasian (white) people and is genetic. The reactions are similar to gluten and lactose intolerances.</p> <p>8) Moules Marinieres Shellfish Allergy Dairy Allergy Lactose Intolerance</p> <p>Another of the 14 Allergens that have to be labelled, but don't forget the butter and garlic sauce</p> <p>9) Reese's Pieces Peanut Allergy Milk Allergy Lactose intolerance Soya Allergy</p> <p>Fairly straightforward Allergens and intolerance. The interesting item on the label is the catchall for Soya Intolerance. Soya is not an ingredient, but the manufacturing process might mean the product comes into contact with Soya.</p> <p>10) Maple Syrup Histamine intolerance (AKA histaminosis)</p> <p>About 1% of the population has a Histamine Intolerance and 80% of these are middle aged.</p>			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>It is an over accumulation of histamine in the body. It is an imbalance that can cause a Pseudo-allergic reaction.</p> <p>A pseudo-allergic reaction means you have all the symptoms of an allergy, but it's not caused by the body's immune system.</p> <p>11) Pesto Sauce Tree Nut Allergy Milk Allergy Egg Allergy Lactose Intolerance</p> <p>Another example of an everyday item that could prove tricky for people</p> <p>12) Salted Caramel Mocha Frappuccino Dairy Allergy Lactose Intolerance Fructose intolerance Sulphite Allergy</p> <p>Included largely for its name. the interesting intolerance is the Fructose Intolerance brought about by the Corn Syrup in the toppings.</p>			

Times	Activity	Methods	Handouts / Resources	Slides
10:40	<p>WHAT IS A FOOD INTOLERANCE?</p> <p>What's the difference between a food intolerance and a food allergy?</p> <p>An allergy is your body's immune system reacting to a foreign protein. The reaction is usually:</p> <ul style="list-style-type: none"> • Immediate • Often severe • May kill you! <p>An intolerance is a reaction to a food that does NOT involve your immune system but is physiological. Examples of intolerances include Lactose Intolerance and Irritable Bowel Syndrome.</p> <p>An intolerance can cause some of the same signs and symptoms of an allergy but will make you very uncomfortable and poorly.</p>	Trainer led discussion		Slide 66

	<p>Dairy Free</p> <p>The ability to digest cow's milk is a relatively recent human evolutionary change. It is known that it did not exist 20,000 years ago and was still very rare during the Bronze Age as little as 3,000 years ago.</p> <p>The ability to digest cow's milk is something that developed in Northern Europe so fewer Europeans have intolerances (2%) compared with Chinese people where 90% cannot digest cow's milk.</p> <p>Lactose Intolerance</p> <p>The main reason people have difficulties with cow's milk is that their bodies do not produce enough Lactase the enzyme which digests lactose.</p> <p>What Are the alternatives for Dairy and Lactose in cooking?</p> <p>Give delegates a few minutes to think of alternatives to Dairy and solutions to Lactose intolerance.</p> <p>Tips for Dairy Free Cooking</p> <ul style="list-style-type: none"> • Nut or rice alternatives for milk • Fruit puree in baked goods • Additional water or stock for savoury • Oils, and milk free spreads instead of butter for cooking • Some people can tolerate goat's milk or cheese as it contains less lactose but NOT sheep's milk which is as high in lactose as cow's milk. • Low Lactose milk • Dairy Free alternatives 	<p>Get People to work individually or in pairs</p>	<p>Workbook page 9</p>	<p>Slides 67 – 68</p> <p>69-73</p>
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	<p>Egg Allergy (This is not part of the PowerPoint, but we have retained the information here. Most of the egg free alternatives would be useful in the Ethical Eating session.)</p> <p>Egg allergy is an immune hypersensitivity to proteins found in chicken eggs, and possibly goose, duck, or turkey eggs.</p> <p>Symptoms can be either rapid or gradual in onset. The latter can take hours to days to appear. The former may include anaphylaxis, a potentially life-threatening condition which requires treatment with epinephrine. Other presentations may include atopic dermatitis or inflammation of the oesophagus.</p> <ul style="list-style-type: none"> • Egg allergy most common in infants and young children • Egg Yolk and egg white affect the sufferer • Eggs can be replaced in some things like cakes • But NOT where egg is main component e.g. quiche or omelettes <p>Prevention is by avoiding eating eggs and foods that may contain eggs, such as cakes or cookies. It is unclear if the early introduction of the eggs to the diet of babies aged 4–6 months decreases the risk of egg allergies.</p> <p>Egg allergy appears mainly in children but can persist into adulthood. In the United States, it is the second most common food allergy in children after cow's milk.</p> <p>Most children outgrow egg allergy by the age of five, but some people remain allergic for a lifetime.</p>			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>In North America and Western Europe egg allergy occurs in 0.5% to 2.5% of children under the age of five years. The majority grow out of it by school age, but for roughly one-third, the allergy persists into adulthood.</p> <p>Strong predictors for adult-persistence are anaphylaxis, high egg-specific serum immunoglobulin E (IgE), robust response to the skin prick test and absence of tolerance to egg-containing baked foods.</p> <p>What is an alternative to Eggs in cooking?</p> <p>Basically, the same as for Vegan cooking.</p> <ul style="list-style-type: none"> • Beat one minute extra for each egg missing • Add one extra teaspoon of baking powder for each missing egg • Use gelatine as a binder (veggie where appropriate) • Mix 1 teaspoon xanthan gum with ¼ cup water. Let stand a few minutes then whip into soft peaks • Mix 1 tablespoon arrowroot flour with 2-3 tablespoons warm water to replace one egg 			

	<p>With the competition between supermarkets at cut-throat levels there has been a definite growth in non-traditional areas as a way of attracting more custom. The less cynical might take the approach that they are simply expanding their range of products to be more inclusive. Both are valid arguments. However, products available to people with special dietary requirements have become easier to find and Coeliac Disease has arguable benefitted most in the form of dedicated 'Free From' aisles.</p> <p>Safe forms of grains and flours are safe for people with a gluten intolerance:</p> <ul style="list-style-type: none"> • Arrowroot • Non-Malted Rice • Maize (Corn) • Buckwheat Flour • Sorghum • Quinoa • Rice (white & brown) • Sago Tapioca • Pea, Gram, Lupin, Potato, Lentil and Soya Flours – this list is not exhaustive. <p>It is worth noting that Lupin and Soya flours are allergenic in their own right.</p> <p>Try experimenting with combinations of different flours. Fortunately, others have trail-blazed and posted their results online. Use these, plus your own knowledge and skills and see what the results are.</p> <p>Don't forget to pay it forward!</p>			
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	<p>Fructose Malabsorption AKA Fructose Intolerance</p> <p>Its often mistaken for IBS (Irritable Bowel Syndrome) and might actually be caused by other conditions such as Coeliac disease.</p> <p>Fructose Malabsorption is not the same as Hereditary Fructose Intolerance.</p> <p>People who have the Fructose Malabsorption will need to avoid foods that have more than 0.5g of fructose in 100g.</p> <p>For example:</p> <p>Raspberries, regarded as a low sugar fruit, will contain about 4.6g of sugar in 100g, half of the 4.6g will be Fructose 2.3g, the other half will be Glucose and Sucrose other types of sugar.</p> <p>A typical Banana (150g) will contain 27.2g of sugars about 5.4 grams will be Sucrose the remaining 22g are about 11g Fructose and 11g Glucose</p> <p>Fructose can also be found in other products soft drinks, Honey and Corn Syrup</p> <p>People with Fructose Malabsorption may also have to be aware of food that have a high Fructan level. Fructan is a polymer of fructose and can be found in such foods as: agave, artichokes, asparagus, leeks garlic, onions and wheat.</p>	Trainer led discussion		79 – 80
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	<p>FODMAP an acronym for Fermentable Oligo-, Di, Mono-saccharides And Polyols (it just rolls off the tongue). These include short chain oligo-saccharide polymers of fructose (Fructans). They are naturally present in food and the diet but can be added artificially in commercially prepared foods and beverages.</p> <p>They cause digestive discomfort in people who are already prone to problems in their gut from things like irritable Bowel Syndrome, or fructose malabsorption.</p> <p>Low FODMAP diets are recommended by the NHS</p> <p>www.sompar.nhs.uk/media/4352/fact-sheet-dietetics-low-fodmap-diet-for-ibs-final-250117.pdf</p> <p>https://www.bbcgoodfood.com/howto/guide/what-low-fodmap-diet</p> <p>Any diet should be done under the supervision of your GP or a Dietician to monitor the progress and results.</p> <p>What Are the alternatives for Fructose Intolerance in cooking?</p> <p>Give delegates a few minutes to think of alternative solutions to Fructose intolerance.</p>	<p>Get People to work individually or in pairs</p>	<p>Workbook page 9</p>	<p>81 - 82</p>
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<p>Tips for Fructose Free cooking</p> <p>Most fruits are considered as high in fructose and should be avoided.</p> <p>There are a few that get the green signal - Low Fructose fruits:</p> <ul style="list-style-type: none"> • Blackberries • Blueberries • Lemons • Limes • Raspberries • Rhubarb • Strawberries <p>There are some vegetables that are very low in fructose content and they can be considered safe for consumption. These vegetables are:</p> <ul style="list-style-type: none"> • Cabbage and Cauliflower • Celery and Cucumbers • Chickpeas • Green peppers • Black, Haricot & Kidney Beans • Leafy greens • Lentils • Mushrooms • Shallots <p>As with a lot of conditions it's likely to trial and error someone might have a slightly higher tolerance than others.</p> <p>It may mean complete avoidance of foods with a gradual reintroduction of certain foods to see how your body copes.</p> <p>What might work for one person might be gastric hell for another.</p>			
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	<p>Nightshade Intolerance</p> <p>Should probably be called Solanaceae Intolerance. The Solanaceae (Nightshades) are a family of flowering plants that include agricultural crops, medicinal plants, spices and weeds. Many members of this family contain a potent alkaloid, which in some cases is highly toxic.</p> <p>Botanical Family:</p> <ul style="list-style-type: none"> ⇒ Solanaceae • Over 2,000 plants in that family • Most inedible and poisonous • Some are super yummy: <ul style="list-style-type: none"> ⇒ White Potatoes ⇒ Aubergine ⇒ Peppers (Bell and Chilli) ⇒ Tomatoes ⇒ Cayenne Pepper <p>Others include:</p> <ul style="list-style-type: none"> • Belladonna (Deadly Nightshade) • Tobacco • Mandrake • Petunias <p>It is a gut related problem. The condition is mostly seen in Caucasian (white) people and is genetic. The reactions are similar to gluten and lactose intolerances.</p> <ul style="list-style-type: none"> • People with a nightshade intolerance can develop: <ul style="list-style-type: none"> ⇒ Breathing problems ⇒ Rash ⇒ Eczema • After eating certain vegetables 	Trainer led discussion		Slides 83 – 84
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Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Nightshade sensitivity means food are not digested properly • Causing digestive issues <p>What Are the alternatives for Nightshades in cooking?</p> <p>Give delegates a few minutes to think of alternatives for Nightshade Intolerance.</p> <p>Tips for cooking with Nightshades seems to largely substitution as the best way forward</p> <ul style="list-style-type: none"> • Out Go: <ul style="list-style-type: none"> ⇒ Potatoes • In Come: <ul style="list-style-type: none"> ⇒ Sweet Potato ⇒ Cauliflower ⇒ Parsnips ⇒ Carrots • Out Go: <ul style="list-style-type: none"> ⇒ Tomatoes • In Come (depending of the recipe) <ul style="list-style-type: none"> ⇒ Apples ⇒ Grapefruit ⇒ Beets ⇒ Butternut Squash • Out Go: <ul style="list-style-type: none"> ⇒ Aubergine • In Come: <ul style="list-style-type: none"> ⇒ Portobello Mushrooms ⇒ Shiitake Mushrooms 	<p>Get People to work individually or in pairs</p>	<p>Workbook page 10</p>	<p>Slides 83 - 84</p>

Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Tea • Wine, Port, Champagne • Liquorice • Mint • Chewing Gum <p>Negligible Levels of Salicylate are found in:</p> <ul style="list-style-type: none"> • Pears and Bananas • Cabbage and Leeks • Peeled Potatoes • Soybeans • Cashews • All grains except Maize • Garlic and leafy herbs • De-Caffe Coffee • Cocoa Powder • Sugar • Maple Syrup <p>Treatment is usually treated with a low salicylate diet that removes artificial colours and preservatives; or one that removes amines and glutamates.</p> <p>The range of foods that have no salicylate content is very limited, and consequently salicylate-free diets are very restricted.</p>			

	<p>Histamine Intolerance</p> <ul style="list-style-type: none"> • Also known as histaminosis • Affects 1% of population • 80% of those are middle-aged • Histamine containing food (e.g. Wine and Cheese) can lead to a pseudo allergic reaction <p>A Pseudo-allergic Reaction is where:</p> <ul style="list-style-type: none"> • You have similar symptoms to an Allergic Attack • Not caused by your immune system • Usually caused by an excess of histamine • Histamine is in things like Port and Stilton <p>Histamine is a chemical in your body that has a few major functions:</p> <ul style="list-style-type: none"> • It communicates messages to your brain • Triggers the release of stomach acid to help digestion • Release after injury or allergic reaction as part of your immune response <p>When histamine levels get too high or when it can't break down properly, it can affect your normal bodily functions.</p> <p>Histamine rich foods can be found here:</p> <p>https://en.wikipedia.org/wiki/Histamine_intolerance</p> <p>But it's combinations of hard cheeses, especially those with moulds like Stilton and red wine, smoked meats and salamis that are often associated with this condition.</p>	Trainer led discussion		Slides 90 - 91
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<p>People with a histamine intolerance should avoid Histamine-rich foods like:</p> <ul style="list-style-type: none"> • alcohol and other fermented beverages • fermented foods and dairy products, such as yogurt and sauerkraut • dried fruits • avocados and aubergine • spinach • processed or smoked meats • shellfish • aged cheeses <p>What might the alternatives be for Histamine Intolerance in cooking?</p> <p>Give delegates a few minutes to think of alternatives for Histamine Intolerance</p> <p>Foods to eat</p> <p>If you have a histamine intolerance, incorporating low-histamine foods into your diet can help reduce symptoms. There's no such thing as a histamine-free diet. Consult with a dietician before you eliminate foods from your diet.</p> <p>Some foods low in histamine include:</p> <ul style="list-style-type: none"> • fresh meat and freshly caught fish • non-citrus fruits • eggs • gluten-free grains, such as quinoa and rice • dairy substitutes, such as coconut milk and almond milk • fresh vegetables except tomatoes, avocados, spinach, and eggplant • cooking oils, such as olive oil 	<p>Get People to work individually or in pairs</p>	<p>Workbook page 10</p>	<p>Slide 92</p>
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Times	Activity	Methods	Handouts / Resources	Slides
11.00	BREAK Put the Break slide up			Slide 94
11.15	Who is the Customer? In pairs get delegates to write who they think their customers at the College / University are. Get people to call out who they have. They should be all of our seven examples and possibly some of their own. The idea behind the exercise is to recognise the types of customer they have and the importance of internal as well as external customers	About 5 minutes before the end of the Break put up slide 95 Working in pairs or small groups	Workbook Page 11	Slide 95 Slide 96

Times	Activity	Methods	Handouts / Resources	Slides
	<p>Our Customers Include This section is on customer service. What conditions make a customer?</p> <p>On the topic of your customers</p> <p>How aware are you of how well you treat your colleagues? You should get answers about:</p> <ul style="list-style-type: none"> • Evaluations in the dining rooms • Online evaluations and feedback • suggestions for meals/ingredients • Queries regarding provenance <p>What happens to this information? Is it acted upon?</p> <p>Question whether and how they treat customers.</p> <ul style="list-style-type: none"> • Who are the “paying customers”? • Who are getting fed as a “Perk of the Job”? <p>Do students and visitors get the same level of service and respect as the permanent staff. Why are they treated differently? Are Internal and External customers taken seriously should they wish to complain about menus.</p> <p>How do you ensure that people are treating both internal and external customers equitably? Why might this be difficult in your College?</p>	Trainer led discussion		Slides 97 to 101

Times	Activity	Methods	Handouts / Resources	Slides
11.25	<p>Allergens and the Law</p> <p>Regulation (EU) 1169/2011 is the main law relating to food labelling in the European Union.</p> <p>There are other EU laws that specify the rules for particular types of foods.</p> <p>The principles governing mandatory food information is in Article 4, and the list of mandatory particulars in Article 9.</p> <p>Any Union measure in the field of food information law which is likely to have an effect on public health shall be adopted after consultation with the European Food Safety Authority.</p> <p>Further, food information shall not be misleading.</p> <p>Article 15 provides that “mandatory food information shall appear in a language easily understood by the consumers of the Member States where a food is marketed.</p> <p>Within their own territory, the Member States in which a food is marketed may stipulate that the particulars shall be given in one or more languages from among the official languages of the Union.”</p> <p>As a food business, from the 13th December 2014 the University of Oxford and the constituent Colleges and Private Halls must follow the allergen information rules set in EU Food Information for Consumers (EU FIC). This means in addition to the above the University must:</p> <ul style="list-style-type: none"> • Provide allergen information for both pre-packed and non-prepacked food or drink • Handle and manage food allergens adequately • Train staff about allergens 	Trainer led discussion		Slides 102 – 106

Times	Activity	Methods	Handouts / Resources	Slides
	<p>The 14 Allergens Covered by EU Legislation</p> <p>You must give information on allergens in food. This includes substances produced or derived from allergens or used in processing the food.</p> <p>Allergens are:</p> <ol style="list-style-type: none"> 1. Celery (including celeriac) 2. Crustaceans, for example prawns, crabs, lobster, crayfish 3. Eggs 4. Fish 5. Gluten (cereals containing Gluten) such as wheat (including spelt and Khorasan wheat), rye, barley and oats 6. Lupin, including lupin seeds and flour 7. Milk (including lactose) 8. Molluscs, for example mussels, oysters, snails and squid 9. Mustard 10. Peanuts 11. Sesame seeds 12. Soybeans 13. Sulphur Dioxide/Sulphites, if they are more than 10 milligrams per kilogram or 10 milligrams per litre in the finished product 14. Tree Nuts (i.e. almonds, hazelnuts, pistachio nuts, pecan nuts, walnuts, Brazil nuts and macadamia or Queensland nuts) 	Trainer led discussion		

Times	Activity	Methods	Handouts / Resources	Slides
	<p>What this looks like on the label?</p> <p>Allergens and their derivatives have to be highlighted on any food labels</p> <p>Mis-labelling or attempts to circumvent the legislation can have dire effects.</p> <p>Owen Carey was celebrating his 18th birthday at Byron's Burgers. He ordered one kind of chicken burger, having told waiting staff about his allergy to milk. He received a different kind of chicken burger where the chicken had been marinated in buttermilk. Neither he nor his waiter were aware of this. Owen Collapsed and died within an hour of consuming the burger.</p> <p>Natasha Ednan-Laperouse She collapsed and died on a British Airways flight from London to Nice after eating an artichoke, olive and tapenade baguette bought from a Pret a Manger outlet at Heathrow Airport. The baguette did not have any allergen advice on its wrapper. There was no requirement for Pret a Manger to do this as the food was prepared on site.</p> <p>The coroner pointed out that a benefit for a local sandwich shop should also benefit an organisation that sold over 218 million items a year might be seen as a cynical way to get around food regulation on allergens.</p> <p>They have subsequently brought in full labelling on all of their products prepare in store.</p>	<p>Trainer led discussion</p>		<p>Slides 107 – 108</p>

Times	Activity	Methods	Handouts / Resources	Slides
	<p>Other Allergens</p> <p>Allergens covered by Regulation (EU) 1169/2011 relate to 14 food areas.</p> <p>There are of course many more and doubtless we will all be aware of a family member, friend or colleague who are touched by such allergies or intolerances.</p> <p>Other fairly common allergies include:</p> <ul style="list-style-type: none"> • Rice • Mushrooms • Strawberries • Cotton • Avocados • Beer • Penicillin • Latex <p>In some situations, these might be linked to other allergies or intolerances, but often they may be peculiar to that individual e.g. Allergic to beer, but not to Gluten, or a histamine intolerance</p>	Trainer led Discussion		Slide 109
	<p>1. Celery</p>			

Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Celery allergy is a common allergy • Celery is widely used in foods, and is served as simple sticks, • Celeriac root, the leaves can be eaten • Celery can be powdered and used as a spice • Celery seeds used to make celery salt. <p>1. What to look for on the label</p> <ul style="list-style-type: none"> • Celery seed • Celery leaf • Celery salt • Celeriac • Celeriac stalk • Celery stalk 	Trainer lead discussion		

Times	Activity	Methods	Handouts / Resources	Slides
	<p>2. Crustaceans</p> <ul style="list-style-type: none"> • Includes crabs, crayfish, lobster, prawns and shrimps • Shellfish allergy is quite unusual in children • Develops as teens or young adults • Crustacean allergy is normally lifelong <p>2. What to look for on the label</p> <ul style="list-style-type: none"> • Amphipods • Barnacles • Crabs • Hermit Crabs • Crayfish • Isopods • Lobsters • Mantis Shrimp • Mussel Shrimp • Mysids • Sea Spiders • Shrimp • Prawns 			

	<p>3. Eggs</p> <ul style="list-style-type: none"> • Egg is a common cause of allergic reactions in both infants and children • For some people will continue into adult life • Most cases of egg allergy are mild • More severe symptoms can lead to anaphylactic shock <p>3. What to look for on the Label</p> <ul style="list-style-type: none"> • Albumin • Apovitellin • Cholesterol free egg substitute • Dried egg solids • Dried egg • Egg • Egg white • Egg yolk • Egg wash • Eggnog • Fat substitutes • Globulin • Livetin • Lysozyme • Mayonnaise • Meringue • Meringue powder • Ovalbumin • Ovoglobulin • Ovomucin • Ovomucoid • Ovotransferrin 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Ovovitelia • Ovovitellin • Powdered eggs • Silici albuminate • Simplese • Surimi • Trailblazer • Vitellin • Whole egg 			

	<p>4.Fish</p> <ul style="list-style-type: none"> • Fish allergy is normally lifelong • Allergic reactions can be serious, and symptoms may come on rapidly • People who are allergic to one type of fish may have a good chance of reacting to other types of fish <p>4. What to look for on the label</p> <ul style="list-style-type: none"> • Anchovies • Bass • Catfish • Cod • Flounder • Grouper • Haddock • Hake • Halibut • Herring • Mahi Mahi • Perch • Pike • Pollock, • Salmon • Scrod • Swordfish • Sole • Snapper • Tilapia • Trout • Tuna 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>The Menu of Forgetfulness – Part 1</p> <p>In order to break up the List of Allergens we are asking participants to see what allergens might be in different meals. These meals are taken from a Jesus College menu. The allergens have been identified by them.</p> <p>The exercise is:</p> <p>The person responsible for labelling the allergens on the menu items has forgotten to do them.</p> <p>Working in Pairs can you put in the correct allergens for today and tomorrow's menus</p> <p>This is the list of allergens provided by Jesus College for their menus. Which this exercise is based on. Leave the Jesus College Slide up while participants are working</p> <p>We are looking at the first 4 items on the allergen list. As it happens there are no fish or shellfish so nobody should find them.</p> <p>Eggs are there. What is surprising is how often Celery occurs.</p>	<p>Working in pairs or small groups.</p>	<p>Workbook Page 12</p>	<p>Slides 118 – 119</p> <p>Slide 120</p> <p>Slide 121</p>

Times	Activity	Methods	Handouts / Resources	Slides
	<p>5. Gluten</p> <ul style="list-style-type: none"> • Gluten is a cereal protein found in wheat, barley and rye • Gluten allergy occurs in children as well as adults but is normally outgrown • The reaction to wheat may not be an allergic one • It could be an intolerance, or it could be Coeliac disease <p>5. What to look for on the label</p> <ul style="list-style-type: none"> • Wheat • Durum wheat • Semolina • Spelt • Kamut (Khorasan Wheat's commercial name) • Einkorn wheat (the earliest form of domesticated wheat) • Faro • Barley • Rye • Oat • Malt • Couscous 			

Times	Activity	Methods	Handouts / Resources	Slides
	<p>6. Lupin</p> <ul style="list-style-type: none"> • Lupin is a garden flower • Seeds from some varieties of lupin are cultivated as food • They can be eaten whole • Crushed they make lupin flour and used in: <ul style="list-style-type: none"> ⇒ Baking ⇒ Pancakes ⇒ Pasta • Some people with Lupin Allergy are also allergic to peanuts <p>6. What to look for on the label</p> <ul style="list-style-type: none"> • Lupine • Lupin flour • Lupin seed • Lupin bean 			

	<p>7. Milk</p> <ul style="list-style-type: none"> • Milk allergy occurs when proteins in milk cause the immune system to mistakenly perceive them to be a threat • It is the second most common allergy • Milk allergy can occur in babies and children and generally ceases, • Occasionally it persists into adulthood <p>7. What to look for on the label</p> <ul style="list-style-type: none"> • Milk • Acidophilus milk • Buttermilk • Buttermilk blend • Buttermilk solids • Cultured milk • Condensed milk • Dried milk • Dry milk solids (DMS) • Evaporated milk • Fat-free milk • Fully cream milk powder • Goat's milk • Lactose free milk • low fat milk • Malted milk • Milk derivative • Milk powder • Milk protein • Milk solids • Milk solid pastes 			
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	<ul style="list-style-type: none"> • Non-fat dry milk • Non-fat milk • Non-fat milk solids • Pasteurised milk, • Powdered milk • Sheep's milk • Skim milk • Skim milk powder • Sour milk • Sour milk solids • Sweet cream buttermilk powder • Sweetened condensed milk • Sweetened condensed skim milk • Whole milk • 1% milk • 2% milk • Butter • Artificial butter • Artificial butter flavour • Butter extract • Butter fat • Butter Flavoured oil • Butter solids • Dairy butter • Natural butter • Natural butter flavour • Whipped butter • Casein & caseinates • Ammonium caseinate • Calcium caseinate • Hydrolyzed casein • Iron caseinate 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Magnesium caseinate • Potassium caseinate • Sodium caseinate • zinc caseinate • Cheese – All Cheeses • Cream • Whipped Cream • Curds • etc <p>See the notes in the PowerPoint presentation for the complete list on milk.</p>			

Times	Activity	Methods	Handouts / Resources	Slides
	<p>8. Molluscs</p> <ul style="list-style-type: none"> • Molluscs include mussels, oysters, squid and octopus • Mollusc allergy symptoms can be quite severe • There is always high risk of cross contamination as they move through the supply chain <p>8. What to look for on the label</p> <ul style="list-style-type: none"> • Snails • Squid • Scallops • Mussels • Clams • Cockles • Abalone • Mussels • Octopus • Oysters • Whelks 			

Times	Activity	Methods	Handouts / Resources	Slides
	<p>9. Mustard</p> <ul style="list-style-type: none"> • Mustard allergy is likely to cause reactions from foods made from the mustard plant • This plant including the leaves, seeds and flowers • Mustard based oil • Foods that incorporate any of these <p>9. What to look for on the label</p> <ul style="list-style-type: none"> • Mustard powder • Mustard seeds • Mustard flour • Mustard leaves • Mustard oil • Sprouted mustard seeds 			

<p>10. Peanuts</p> <ul style="list-style-type: none"> • Peanuts are related to foods such as peas, beans and lentils • Peanut Allergy symptoms are normally mild • Extreme cases sometimes occur • Symptoms include: <ul style="list-style-type: none"> ⇒ wheezing, ⇒ swelling in the throat ⇒ anaphylactic shock • Can be fatal <p>10 What to look for on the label</p> <ul style="list-style-type: none"> • Ground Nuts • Beer nuts • Monkey nuts • Nut meat • Arachis oil • Kernels • Peanut protein • Arachic oil • Arachis • Arachis hypogaea • Artificial nuts • Boiled peanuts • Cold pressed • Extruded/expelled peanut oil • Crushed nuts • Crushed peanuts • Earth nuts • Goober peas 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Hydrolyzed peanut protein • Mandelonas • Nutmeat • Peanut butter • Peanut flour, • Peanut paste • Peanut sauce, • Peanut Syrup 			
	<p>11. Sesame</p> <ul style="list-style-type: none"> • These are found commonly in bread • Sprinkled on buns such as hamburger buns • Also bread sticks, Houmous, sesame oil and tahini <p>11. What to look for on the label</p> <ul style="list-style-type: none"> • Sesame seeds • Sesame oil • Benne • Benne seed • Gingelly • Gingelly oil 			

<p>12. Soya</p> <ul style="list-style-type: none"> • Soya is a common ingredient in many of today's foods • The beans can be eaten fresh, dried or made into soya flour • The flour is often found in bread and baked goods • Soya allergy is quite rare in the UK compared with all the other main allergens <p>12 What to look for on the label</p> <ul style="list-style-type: none"> • Soy flour • Soya Milk • Soya nuts • Bean curd • Edamame (soybeans in pods) • Hydrolyzed soy protein • Kinnoko flour • Kyodofu (freeze dried tofu) • Miso • Natto • Okara (soy pulp) • Shoyu sauce • Soy albumin, • Soy concentrate • Soy fiber • Soy formula • Soy grits • Soy milk • Soy miso • Soy nuts • Soy nut butter 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<ul style="list-style-type: none"> • Soy protein • Soy protein concentrate, • Soy protein isolate • Soy sauce • Soy sprouts • Soya • Soya flour, • Soybeans • Soybean granules • Soybean curd • Soybean flour • Soy lecithin • Soybean paste • Supro • Tamari • Tempeh • Teriyaki sauce • Textured soy flour (TSF) • Textured soy protein (TSP) • Textured vegetable protein (TVP) • Tofu • Yakidofu • Yuba (bean curd) • Soy oil • Soybean • Textured vegetable protein • Vegetable starch • Vegetable gum 			

	<p>13. Sulphites</p> <ul style="list-style-type: none"> • Sulphites are preservatives used in the production of some foods and drinks • Sulphite allergy is quite rare • More prevalent in people who suffer with asthma • Reactions can cause wheezing and coughing • Severe symptoms are rare <p>13 What to look for on the label</p> <ul style="list-style-type: none"> • Sulphur • Sulphur Dioxide • Sulphite • Sulphites • Potassium bisulphite • Metabisulphite • Sodium bisulphite • Dithionite • Metabisulphite • Sulphiting agents • Sulphurous acid • E220 Sulphur dioxide • E221 Sodium sulphite • E222 Sodium hydrogen sulphite • E223 Sodium metabisulphite • E224 Potassium metabisulphit • E226 Calcium sulphite • E227 Calcium hydrogen sulphite • E228 Potassium hydrogen sulphite • E150b Caustic sulphite caramel • E150d Sulphite ammonia caramel 			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>14. Tree Nuts</p> <ul style="list-style-type: none"> • Tree nut allergy can affect many people with peanut allergy • Some people allergic to one tree nut, can become allergic to other tree nuts • Nuts are in many products • The possibility of cross contamination during food production can occur <p>14 What to look for on the label</p> <ul style="list-style-type: none"> • Almonds • Hazelnuts • Walnuts • Cashews • Pecan Nuts • Brazil Nuts • Pistachio Nuts • Macadamia Nuts 			

Times	Activity	Methods	Handouts / Resources	Slides
	<p>Other Allergens</p> <p>Allergens covered by the are the top 14. There are others you may know of including:</p> <ul style="list-style-type: none"> • Rice • Mushrooms • Strawberries • Cotton • Avocados • Beer • Penicillin • Latex <p>Just a reminder that other Allergens might occur, and staff and students might ask about other items not covered by the EU legislation.</p>	Trainer led discussion		Slide 153

<p>Case Studies</p> <p>It's a year later. The strains of academic life really do not suit our six students, everyone seems to need yet another major change to the way they eat!</p> <p>Read their updated biographies. Once again, the menu items have been taken from those offered by Colleges.</p> <p>You now need to about each student's diet to considering both their ethical eating choices, their religious beliefs and now the requirements of their therapeutic diets.</p> <p>What adaptations or replacements might be offered for the menu items on offer?</p> <p>Remember to think about nutrition and make sure any alternatives give the student a nutritionally balanced meal.</p> <p>You have 15 minutes to plan an alternative menu To the Bold items to match each student's dietary needs.</p> <p>Depending on how many delegates there are you may decide to give each group a set number to deal with e.g. the first three, or 7 to 12 etc.</p> <p>Give delegates 10 minutes to come to a consensus on their situations.</p>	<p>In pairs or small groups</p>	<p>Workbook page 12</p>	<p>Slides 154 - 155</p>
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	<p>1) Leila is a Flexitarian Muslim who observes Halal and has been diagnosed with Coeliac Disease Three Bean Chilli Tacos Apple and Rhubarb Crumble with Custard</p> <p>If the Taco is made from maize it may be ok, if not it needs to be avoided. Is there any wheat or barley in the chili? Can't touch the Crumble and probably cannot have the custard either especially if out of a packet</p> <p>What would be a suitable crumble topping?</p> <p>2) Bhavesh is strict vegetarian and a Jain who has developed an intolerance to Nightshades</p> <p>Baked Tomato Vegetable pasta Golden Syrup steamed pudding and custard</p> <p>Tomatoes are not a good choice How is the custard made?</p> <p>3) Helen is Ovo-Lacto Vegetarian and a Seventh Day Adventist (7DA) and has developed a Nut Allergy</p> <p>Vegan peanut and sweetcorn curry with quinoa and millet Coffee and Walnut Cake</p> <p>Well this menu seems designed to kill poor Helen. How can we sort out a different balances menu that will make her happy?</p>			
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	<p>4) Ben Omnivore, but Jewish observing kosher and now having increase his calorific intake, but remain nutritionally balanced Chicken Schnitzel Bap with Garlic Mayo and Sweet Potato Fries and a Yogurt Dip Chocolate Mousse and Berry Salad</p> <p>Is the Chicken and the rest of the meal kosher? If so, can Ben have four helpings?</p> <p>This is a separate issue on how the kitchens calculate the calorific content of their food. If people need to increase or reduce their intake how does that happen?</p> <p>5) Sara is Pescatarian and Rastafari and has develop allergies and intolerances to shellfish, mushrooms and rice. Rice noodle salad with Thai fishcakes Sherry Trifle</p> <p>This is an example of someone where only one of their allergies would be covered by the EU legislation.</p> <p>Sara is unlikely to be able to eat anything on this menu. What is in the fishcakes? How did you make the trifle etc?</p> <p>What can you provide for her?</p>			
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Times	Activity	Methods	Handouts / Resources	Slides
	<p>6) Prem is Lacto-Vegetarian and Hindu who has been diagnosed with Lactose Intolerance Pumpkin Feta and Coriander Cannelloni Banoffee Pie</p> <p>This is probably no bad thing for Prem. He should avoid the menu items. If he wishes to carry on eating cheese may be should investigate the vegan cheese options. Otherwise he should make his parents happy by being a stricter vegetarian</p>			
16:25	The end and any questions	Trainer led discussion	Evaluation forms	Slide 156



**This information is available in a variety of formats.
Please contact the Challenge office on 020 7272 3400
or training@challcon.com
if you would like this information supplied in a different format**