



ALLERGEN TEST (Please tick in the box next to the correct answer)

APPLICANT'S NAME: _____

1. **Where several ingredients or processing aids in a food originate from a single allergenic ingredient, the labelling should make it clear for each ingredient or processing aid concerned:**
 - True
 - False
2. **How many allergens are included in the EU's Regulatory list of major allergens?**
 - 8
 - 12
 - 13
 - 14
3. **Which of the following are tree nuts? (Tick 3)**
 - almond
 - coconut
 - peanut
 - hazelnut
 - macadamia
4. **Allergenic ingredients contained in food products need to be declared regardless of the levels used:**
 - True
 - False
5. **Most caterers are exempt from providing allergy information on the 14 allergenic ingredients:**
 - True
 - False
6. **Food allergy can involve the following reaction? (Tick 4)**
 - Rash
 - Vomiting
 - Sore Joints
 - Swelling of lips
 - Blindness
 - Shortness of Breath
7. **What issues do you need to consider in managing allergens when handling food? (Tick 3)**
 - Cross-contamination
 - Cleaning procedures
 - Hand Washing
 - Cooking food at high temperature
8. **'May contain' labelling should be used under the regulation? (Tick 2)**
 - If contamination of risk cannot be reduced in finished product
 - To repeat allergen info on the ingredients list
 - If there is no risk of contamination
 - Following a thorough risk assessment
9. **Foods labelled as 'gluten free' must not contain?**
 - More than 20 ppm gluten
 - 100 ppm gluten
 - No gluten at all
10. **Allergens in ingredients must be?**
 - Emphasised in ingredient lists
 - Emphasised in allergy boxes
 - Labelled in the same font and style as non-allergenic ingredients
11. **Food allergy advice boxes can be used under the Food information regulations to? (Tick 3)**
 - Sign-post to allergy information on ingredient list
 - Repeat mandatory allergy info
 - Include info about allergy contamination (may contain)
 - Make free-from claims
12. **With regard to allergenic ingredients, when substituting ingredients in restaurants you need to check that? (Tick 2)**
 - The allergens contained in the new dish is the same as before
 - Any changes to ingredients used are updated so that correct allergen information can be provided
 - The substitute ingredients should taste the same
13. **How can information on allergens be provided for customers at a restaurant? (Tick 3)**
 - On a menu
 - In a folder without any signposting
 - Signposted and in a folder
 - Signposted and orally
14. **What information has to be provided for customers at a restaurant?**
 - A full ingredient list with allergenic ingredients emphasised on the label attached to the food
 - Information on the ingredients which contain an allergen
 - Information on the allergen only
15. **1% of the UK population is intolerant to gluten. What is this condition known as?**
 - Parkinson's disease
 - Coeliac disease
 - Crohn's disease
 - Lyme disease
16. **The food information regulation applies to?**
 - Pre-packed foods only
 - Non pre-packed foods only
 - All foods regardless of whether a product is pre packed or non pre packed
17. **If a member of staff is unsure whether a product contains an allergenic ingredient, what should they do?**
 - Ask someone who will know (chef, manager)
 - Refuse service and tell consumer to go elsewhere
 - Make a guess