Level 2 Certificate in Allergy Awareness

**Unit 1**

**Learner Contact Details:**

**Name:**

**Address:**

**Contact Number:**

**Email:**

**Learner Declaration:**

I can confirm that the answers in Unit 1 were completed by me, represent my own ideas and are my own work.

Learner signature: Date:

**If you need any help in completing these assessments, refer to the relevant section within Unit 1 or contact your Assessor/Tutor.**

**Distance Learning - Introduction**

Before you start on your assessment please take a few minutes to introduce yourself to your assessor.

**Please tell them about your reasons for undertaking the course.**

**Please tell them about your personal goals once you have completed the qualification.**

**Please tell us where you work and your work role if applicable. If you aren’t working at the moment, please tell us about any previous work/volunteer roles you have had.**

**Please tell your assessor anything else they may need to know about you e.g. factors that may impact on your learning and /or hinder you from achieving the qualification.

Thank you.**

**Unit 1: Understand allergens, allergies and intolerances**

**Q1. Define what is meant by the term ‘allergy’. (1.1)**

**Q2. Define what food allergens are. (1.2)**

**Q3. Define what a food intolerance is. (1.3)**

**Q4. Identify diseases that can be caused by specific food types. (1.4)**

**Q5. Explain the differences between food allergies and intolerances. (1.5)**

**Q6. Identify prevalence rates for different types of food allergies and intolerances. (1.6)**

 **Q7. Describe how allergies can develop. (1.7)

Q8. Describe the most common airborne allergens. (1.8)

Q9. Define cross-contact. (1.9)

Q10. Define what immunotherapy (desensitisation) is. (1.10)

Q11. Identify the main 14 food allergens. (1.11)

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**14.

Q12. Describe allergy testing methods used to diagnose an allergy. (2.1)

Q13. Explain the effects of allergens testing. (2.2)**

**Q14. State the treatments for allergies. (2.3)**

**Q15. Explain the method for testing intolerances. (3.1)**

**Q16. Explain the effects of intolerance testing. (3.2)**

 **Q17. Explain how to manage food intolerances. (3.3)**

Well done!

You have completed your Unit 1. Please check you

have answered all the questions and signed the learner

declaration on the front page before submitting to your

assessor/tutor.