



<b>Dates and Times</b>	19 <sup>th</sup> May 2026 from 18:30-19:30 (1h) 26 <sup>th</sup> May 2026 from 17:30 – 19:30 (2h) 2 <sup>nd</sup> June 2026 from 17:30 – 19:30 (2h) 9 <sup>th</sup> June 2026 from 17:30 – 19:30 (2h) 16 <sup>th</sup> June 2026 from 17:30 – 19:00 (1.5h)
<b>Number of Hours</b>	8.5 hours
<b>On-site or Online</b>	Online via Zoom
<b>Fee</b>	€ 124
<b>Deadline</b>	12 <sup>th</sup> May 2026
<b>Aims/ Objectives</b>	This 8.5-hour online course provides practical, evidence-based guidance on how to recognise, prevent, and manage food allergies in everyday settings. Using real-life scenarios from homes, schools, care homes, sports clubs, and hospitality environments, participants will learn how to reduce risk, interpret food labels, respond to allergic reactions, and support individuals and families living with food allergies.
<b>Who should attend</b>	Members of the general public and frontline staff who regularly interact with people who may have food allergies, including: <ul style="list-style-type: none"> <li>- Parents, guardians, and carers</li> <li>- School and childcare staff</li> <li>- Staff in older adult residential and day-care settings</li> <li>- Catering and hospitality teams (kitchen and serving staff, managers)</li> <li>- NGOs and community organisations</li> <li>- Fitness/club officials and coaches</li> <li>- Anyone interested in understanding and managing food allergies safely in everyday life</li> </ul>
<b>Course content</b>	<p><b>Session 1 – Understanding Food Allergies (Dr Daniel Grixti Soler)</b></p> <ul style="list-style-type: none"> <li>o What is a food allergy? How does it differ from intolerance and coeliac disease?</li> <li>o Common food allergens and where they are found</li> <li>o Everyday impact of food allergies in families, schools, workplaces, and social settings</li> </ul> <p><b>Session 2 – Planning Allergen-Restricted Diets (Dr Mario Caruana Grech Perry)</b></p> <ul style="list-style-type: none"> <li>o Translate a food allergy diagnosis into safe, balanced everyday eating</li> <li>o Highlight key nutrients at risk with common food allergies and appropriate food swaps</li> <li>o Provide simple, nutritionally adequate menu examples for children, adults and older persons</li> <li>o Use case studies from home, school, care and community settings to illustrate practical solutions</li> </ul> <p><b>Session 3 – Recognising and Responding to Reactions (Dr Marius Caruana)</b></p> <ul style="list-style-type: none"> <li>o Signs and symptoms of mild, moderate, and severe reactions (including anaphylaxis)</li> <li>o When to worry; red flags and emergency thresholds</li> <li>o Immediate steps to take in case of a suspected allergic reaction</li> <li>o Overview and demonstration (where applicable) of adrenaline auto-injectors</li> </ul>



### Session 4 – Safe Food Preparation and Environmental Management (Dr Petra Jones)

- o Interpret food labels accurately, including ingredient lists, mandatory allergen declarations, and precautionary statements such as “may contain”
- o Recognise the limitations of “free from”, vegan, and other dietary claims in relation to food allergy safety
- o Apply practical allergen management controls in catering and food service environments to minimise cross-contact during storage, preparation, cleaning, and service
- o Manage client requests for special dietary requirements through clear communication, verification of ingredients and processes, and safe decision-making

### Session 5 – Communication, Psychosocial Aspects, and Course Reflection (Dr Mario Caruana Grech Perry)

- o Talking about food allergies with children, families, and staff
- o Balancing safety with inclusion and quality of life
- o Addressing myths, fears, and stigma around food allergies
- o Review of key messages and Q&A
- o Gathering structured feedback from participants to refine content and inform future accredited offerings

### Expected learning outcomes

After completing the course, participants will be able to:

- Explain in simple terms the difference between food allergy, intolerance, and coeliac disease.
- Identify the main common food allergens and typical sources in the food supply.
- Read and interpret food labels and menus to identify potential allergens.
- Recognise early and advanced signs of an allergic reaction, including anaphylaxis.
- Describe the immediate steps to take when an allergic reaction is suspected.
- Apply practical strategies to reduce cross-contact and improve allergen safety at home, in Schools, care settings, and hospitality venues.
- Develop or contribute to simple allergy-aware procedures, checklists, and action plans for their own setting.
- Communicate more confidently and sensitively with individuals and families living with food allergies.

### Trainer’s Bio

**Dr Mario Caruana Grech Perry** is a senior lecturer at the University of Malta and a registered dietician (CPCM) with over 20 years’ experience in clinical and public health nutrition. He established and led multidisciplinary nutrition and dietetic services within the national health system and has been actively involved in developing national dietary guidelines and food policies, including those for schools and vulnerable groups. His academic and research work focuses on translational nutrition, including coeliac disease and gluten-related disorders, with a strong interest in making complex nutrition science accessible and practical for healthcare professionals, carers, and the public.

**Dr Marius Caruana** is a General Practitioner and an Advanced Life Support Trainer. He is the Chair of the Resuscitation Committee of the Primary Health Care and the co-Chair of the Malta Resuscitation Council as well as the National Course Director of the Immediate Life Support Course for the European Resuscitation Council.

**Dr Petra Jones** is a Senior Lecturer and Head of the Department of Food Science, Nutrition and Dietetics at the University of Malta and a registered nutritionist in Malta (CPCM) and the UK (AfN). Her work focuses on public health nutrition, nutrition literacy, and translating evidence into safe, practical food practices. She has extensive experience in curriculum design, community education, and consultancy to the food industry, including food labelling and reformulation.



Dr Jones also works clinically from a public health nutrition perspective, supporting individuals and community health initiatives.

**Dr Daniel Grixti Soler** is an Allergist and Clinical Immunologist. He has trained and worked in various hospitals in Italy and the UK and is an active member of EAACI (European Academy of Allergy and Clinical Immunology) and SIAAIC (Italian Society of Allergy, Asthma and Clinical Immunology). He diagnoses and treats patients in private clinics in Malta and Gozo.

### Certification

Upon successfully completing the course with 80% attendance, attendees will receive a Certificate of Attendance from Malta University Consulting