**NVQ L2 Front of House Reception – Induction Activity**

It is important to understand exactly what guests’ dietary requirements are and how we should approach them effectively and safely.

An **allergy** is a rapid and potentially serious reaction to food by a person’s immune system.

**Intolerances** are more common than allergies and are not life threatening. The symptoms may come on more slowly, with typical symptoms being bloating and stomach cramps.



Using the internet, research each of the dietary requirements below.

Give an explanation and examples of foods/dishes that can be eaten and foods/dishes that must be avoided:

* Coeliac Disease (Gluten free)
* Nut allergy
* Strict Jewish religion
* Lactose Intolerance
* Diabetic
* Vegetarian
* Pescetarian
* Vegan