Food Intolerances

Select ONE of the food intolerances below and write an information report.

1. Gluten Intolerance (Coeliac Disease)
2. Lactose Intolerance

Your information report MUST include the following information;

- Define the food intolerance.
- How many people in Australia are affected by this food intolerance?
- What symptoms are associated with this food intolerance?
- What types of foods should be avoided by people affected by this intolerance?
- What types of foods in the market cater for people affected by this intolerance?
- What law makes it compulsory for a manufacturer to include an ingredients list on a food label?
- Why is it important that food labels contain an ingredients list, particularly for those people who suffer from food intolerances?