

## **ABSTRACT OF PROJECT**

The mobility project type VETPRO with the title: **The formator formation in the field food allergens** - proposed by the Romanian Society of Ethnopharmacology - as promoter, is part of the current priorities of the Romanian society in which the care for a healthy diet becomes more evident in terms of unwanted confrontations generated by the presence of food allergens and other substances that not respect the European requirements on safety and food security.

By its priority objectives of the Romanian Society of Ethnopharmacology promote a healthy diet to prevent disease through the use of foods and dietary supplements with beneficial effects on the body, the knowledge about the negative effects of food additives in general and in particular allergens for people with allergic risk.

**The main objectives of the project** are:

- **Training of 10 Romanian researchers as future** trainers in the field of food allergens by accumulation of new theoretical and practical knowledge during traineeship
- **Increasing the skills and abilities of Romanian researchers** in the field of food risk management through the accumulation of new knowledge in both types of food allergens and their action, EU legislation in the field, test methods of food allergens from allergic risk products and also the testing of people allergic to various food allergens.

### **Internship program content (themes, areas of training, training program content)**

Romanian Society of Ethnopharmacology represented by the project management team, in collaboration with foreign partners have agreed a detailed training program in order to ensure achievement of **project objectives** by knowledge, information on risk assessment and food allergy, through knowledge on European regulations on food allergens, the acquisition of chemical and epidemiological aspects and methods of allergens testing.

**Training program** was achieved with much responsibility by external partners and Romanian researchers participants and it was accomplished as a real partnership specifically to VETPRO Leonardo da Vinci projects. Communication language was English.

Under the scientific coordination of Italian specialists **Prof. Patrizia Restani and Dr. Luca Bucchini** **Romanian specialists training program addressed the following topics:**

1. General principles of food allergies and food intolerances
2. Chemical aspects of food allergies and the impact on consumers
3. Risk analysis of food allergies at the European level. Risk management for food allergens. Communication and consumer perception of food allergens. Risk management in food marketing, catering
4. European legislation for food allergens. Labelling. Implementation of legislation.
5. Visit to Trieste -Euroclone Society (Society of agro-food diagnostic) - theoretical and practical documentation on diagnostic kits for food allergens
6. Detection methods of food allergens from different types of food in the laboratories of the University of Milan - Lodi - demonstration of Italian team work and practical training of Romanian researchers team
7. Laboratory practical work carried out by Romanian researchers (in teams of 2 persons) for 5 types of food with allergic risk in order to develop micro-projects for training. Knowledge and application of new analytical techniques for this area
8. Validation of the stage of Romanian researchers conducted by external partners. Presentation of the microprojects and discussion on the matter during the two weeks of training. The final evaluation and development of Europass Certificate for each participant.
9. Proposals for new research collaboration in the field of food allergens with foreign partners, scientific publications, participation to the international conferences presenting work done in collaboration. Final conclusions about the internship.

**The laboratory practice** was an important component of the training period where the Romanian participants have completed laboratory tests in the frame of 5 microprojects – established by mutual agreement with the Italian partners - about 5 categories of possible allergic food (cereals and derivatives, milk and dairy products, eggs and products containing eggs, oilseeds, wine and spirits). All participants in the project participated in all activities of the program, making clear interest in increasing skills and abilities in this area of interest.

**The target group of the project** - was formed, under this type of VETPRO project - training the trainers - from 10 Romanian researchers with quality of trainers who are involved in research and studies on food quality having as aim the increase of quality of life by promoting a healthy diet, with qualities of prevention.

As a foreign partner in the implementation of training trainers in the field of food allergens we have the **Company Hylobates Consulting SRL in Rome Italy** which it is specialized in risk analysis and the advice on the field of food, having the quality of trainers in the field of food risk assessment especially of food allergens

**Results obtained under the project meet the purposes set out in the proposed project** because all 10 participants in training and prove that they have greater competencies and skills specific for food allergens. They have obtained very good qualificatives from foreign partners. We appreciate that we **have been achieved our project objectives**, and micro-projects undertaken by Romanian research teams - already published in professional journals - is a valuable database as a starting point for further studies in this area

Romanian Society of Etnofarmacology established partnerships with research units, production, control, expertise and training from our country that are **interested in the study of food allergens** and finding **solutions to reduce these risks food**.

The project team by the quality of trainers acquired the project will contribute to increasing knowledge in this area for the Romanian specialists and to reduce undesirable effects by applying European regulations in this area.

**Benefits to participants in activities related to the VETPRO mobility** proved to be very obvious.

The individual reports for training the Romanian participants argued that this training has enabled the following:

- To discover to new techniques and methods of analysis of testing the food allergens and allergic individuals
- To collect relevant documentary material for further research in the workplace
- To improve language skills (English)
- The contacts established during the training period with project participants and Italian partners were already drawing benefits in developing new studies doctoral thesis (5 participants for PhD studies), or to develop new research projects in partnership
- To participate in actions organized by the Romanian Society of Etnofarmacology for dissemination of project results by informing food manufacturers, operators, inspectors and inspection laboratories and consumers of the risk related to food allergies. At the same time providing access information will be transmitted and young students, master of the food industry, pharmacy and medicine through partnerships established under the project.
- There were personal benefits by understanding the allergic phenomena in detail and monitor their food risk family members.

**Validation of skills and competences acquired by Romanian participants** in this training was carried out by receiving partner SC Hylobates both during training period by monitoring and participating in activities provided at the end of the traineeship through presentations micro-projects undertaken by Romanian participants - who have made an important personal contribution in interpreting the results.

In the final analysis of the stage, the project participants received **Certificates for validation of the stage** from the extern partner. As following skills and abilities assessed, it was developed for each participant **Europass certificate** certifying the quality of trainers in food allergens.

Scientific quality of the project results was demonstrated by the 10 participants in the project, at their return to our country and by:

- **Scientific work published** and to be published in professional journals - as a result of research

conducted on food allergic risk

**1. Cereals allergies-overview / Rev. EcoAgoTourism nr 3/2009**

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**2. Allergens – seeds and seed derivatives / Rev. EcoAgroTourism nr.4/2009**

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**- Transfer of information made by Round Table: *Food Allergens from ignorance to knowledge***

made in Brasov on 11 December 2009 attended by 40 representatives of production units and research units of analysis and control of agricultural and food products, Inspectors from the Office of Consumer Protection and teachers from colleges/faculties of profile.

**Projects Leonardo da Vinci Type VETPRO** - lifelong learning - we believe that is **a form of high-quality scientific and professional partnership** - is prerequisite to the project partners, including those from outside the country and to be competent and responsible.