

# St Margaret's CE Primary School



## Food Policy 2022

## **FOOD POLICY**

**AIM:** To ensure that the teaching of food, nutrition and hygiene in school promote the health and well being of pupils, staff and visitors to our school.

We are committed to high standards of food hygiene to ensure that:

- We prepare good quality, safe food
- We keep the premises and equipment clean
- We comply with the law
- We don't waste food
- We avoid problems with pests
- We prevent food contamination
- We create good working conditions
- We develop a good hygiene awareness

Good food hygiene and quality are everyone's responsibility

We will provide the necessary equipment, facilities and training to ensure that high standards can be maintained.

**OBJECTIVES:** *What do we want to achieve?*

- To review the curriculum to ensure that information relating to food, nutrition and hygiene in different lesson areas is consistent and up to date
- To ensure that all children have access to healthy food, such as fruit for infants, which is stored appropriately
- To ensure the children are provided with nutritional hot school meals
- To equip the children with the skills to prepare food safely and hygienically
- To teach children where food comes from with clear understanding of the progression from growing to cooking to eating
- For children to experience a wide variety of food activities to increase their awareness of tastes and appreciation of food

**GUIDELINES:** *How are we going to meet our objectives?*

- Subject leaders regularly review lesson planning
- Actively promote healthy food which is prepared and cooked in school
- Children to be involved in growing their own food at school and, where appropriate, using these as ingredients in cooking sessions
- New staff to be trained regarding food hygiene and preparation of food within the school and all participating staff to have relevant training updates
- Cooking sessions delivered by trained staff to children, (parents and carers) which promote food awareness, safety and hygiene

- Staff will be responsible for maintaining high standards of hygiene in areas where food is stored and handled
- Staff to act as role models when handling food, teaching by example and demonstration
- Ensure food areas and equipment used in these areas are clean and replaced if necessary

**MONITORING AND EVALUATION:** *How do we know our objectives are being met?*

- Subject leaders and faculty teams to discuss and update planning to ensure consistency and high expectations related to food issues
- Co-ordinators to continue to provide up to date information and evidence for the Healthy Schools award to ensure high standards continue to be met
- Half termly checks on use by dates of food in the stock cupboard
- Ensure half termly and termly cleaning schedule is followed
- Children given opportunities to feedback their opinions about food which they handle and taste
- A suitable fire plan made known to all staff using the Food Technology room. A copy displayed in the Food Technology Classroom.

Please see appendix for further documents relating to food preparation, standards and hygiene.

# 14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



# 1

## Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

## Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



# 2



# 3

## Crustaceans

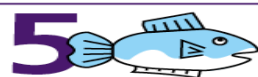
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



# 4



# 5

## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



# 6



# 7

## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



# 8



# 9

## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

## Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



# 10



# 11

## Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

## Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



# 12



# 13

## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

## Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



# 14

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)

Join our conversation @[food.gov.uk/twitter](http://food.gov.uk/twitter)

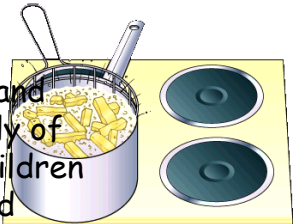
Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)

# Rules for a successful cooking session at St. Margarets!

## THE COOKING SESSION



- 1 Try the recipe at home before hand.
- 2 Check in advance about any allergies (information is kept in front of class registers and in Red Allergy file in Food Technology classroom)
- 3 Check recipe ingredients against list of 14 allergens. Cross check with known allergies of children.
- 4 Liaise with parents/carers to agree substitute ingredients
- 5 Check the Food Technology classroom is available by checking the timetable on the food technology classroom door.
- 6 Make your own list of ingredients and the total quantities that you will need for the given project and amount of people being catered for.
- 7 Allow time to set up the room.
- 8 Adults to adjust tables, sink and induction hob height to suit age of children (using winding handles kept in pot on window sills).
- 9 Knives and cleaning products are locked in the cupboards. The key to the cupboards is kept in a small pot on the window sill.
- 10 All adults and children need to wear closed toe shoes when cooking. Remember to set the example for the children!
- 11 Children will not be able to cook if they are wearing nail varnish.
- 12 Children to wash their hands before cooking and especially after touching raw egg
- 13 The children will sample at school what they have produced with the exception of cakes and biscuits which may be taken home.
- 14 When the children come, get them to wash their hands in the hand wash basin. Long hair needs to be tied back and there is a supply of hair bobbles if needed). Aprons need to be worn. Remind the children to keep their hands by their side or in front of them, not tucked inside their apron or fiddling with their hair once they are ready to cook.



- 15 It would be good for junior children to weigh their own ingredients where time allows.
- 16 Label individual items in the oven if appropriate. Line baking trays with greaseproof paper. Write names on greaseproof paper. Ask class TA or bring your own name label for each child to put on bag for taking home.
- 17 When finished, spray the aprons and wipe the tables with Detox and dry with paper towels. When using classrooms for cooking activities, use the red plastic table cloths in the cupboard. Detox kept in locked cupboard under the wash hand basin.
- 18 Every time you use knives, talk about safety. Ensure that the children have understood that you only touch the handle and put the knife down as soon as you have cut something. Remove knives from boards as soon as children have finished cutting. (Juniors 1 adult : 2 knives)  
(Infants 1 adult : 1 knife)
- 19 Adults only wash knives and glass dishes one at a time. Don't put into the washing bowl in case of cuts.
- 20 Children can wash up with adult supervision (quality control!).
- 21 Children love the set outs and cooking experience so please make sure all equipment is washed and put back as you found it.
- 22 There is so much for the children to learn about food e.g. where the ingredients come from, how to use the cooking equipment and how to cook. Please allow time for the children to taste what they have made. The sessions are very rewarding and worthwhile.

