

Food Technology Allergy Policy

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1. The role of this policy

This policy should be read in conjunction with the employers general Health and Safety policy (found in the staff handbook) which gives general details for arranging and implementing the policies at Northgate High School. It should also be read in conjunction with the Food Technology Health and Safety policy, Food Technology risk assessments and also used together with student records available on Go 4 Schools.

2. General Aims

Practical work underpins and continues to be a large part of the GCSE and KS3 specifications. The Food Technology department has an excellent record in terms of Health and Safety. It is of a high priority to all the staff that teach the subject. GCSE students push themselves technically which often involves using additional pieces of equipment. It is the duty of staff who teach Food Technology:

- To take reasonable care for the Health and Safety of themselves and other persons working with them (students, technicians, teaching assistants)
- To be familiar with this policy
- Cooperate with other members of staff
- To carry out the appropriate risk assessments in line with CLEAPPs especially if standards pose new considerations (allergies, disability)
- Allergic reactions can make people very ill and can sometimes lead to death. However, there is no cure for food allergy. The only

way someone can avoid getting ill is to make sure they don't eat the foods they are allergic to.

3. Health and Safety roles

3.1 Duties

Food Technology staff are to use the information provided by the school records and also the Food Standards agency. This policy is tailored to our school and our projects. Relevant teaching staff have a copy of this policy and it is the job of the Head of Department to make changes where necessary to the policy.

3.2

Monitoring and checking

At the start of a new rotation or teaching of a new group, the allergy information for each student can be obtained on Go 4 Schools. This can be accessed by clicking on the "Demographic" tab when looking at a markbook. This allergy information is taken from student records supplied by parents and carers. Common types of allergy can and will include (although is not exhaustive)

- Celery (including stalks, celery salt, some stock cubes)
- Cereals containing gluten (protein found in wheat, found in flour, rye, oats, barley, batter, breadcrumbs, cakes, biscuits, sauces, soups, cereal and spelt)
- Crustaceans (Including crabs, lobster and prawns)
- Eggs (This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg)
- Fish (This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce)
- Lupin (This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta)
- Milk (This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered

soups and sauces)

- Molluscs (This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews)
- Mustard (This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups)
- Nuts (This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries)
- Peanuts (This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.
- Sesame seeds (This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).
- Soya (This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products).
- Sulphur Dioxide (This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer)

If students have an allergy it is important that it is established and that the student does not consume these products during tasting in our lessons. In addition, any ingredients included in the products we provide must be drawn to the student's attention.

All additional ingredients from home are done so at parents and carers discretion.

Allergies for the foods we provide are (see below):

In some circumstances (gluten free flour) will be provided, this is kept separately away from the normal flour.

3.1 Training

All teachers that teach Food Technology must hold a valid Food Hygiene certificate and be familiar with the above allergies.

Occasionally trainee teachers will join the department, it is the job of the class teacher to oversee practical lessons and ensure that they are supervised at all times. Trainee teachers should also carry out risk assessments of their own as part of their training.

Please find the allergens below. This is for the ingredients that Northgate High School Provides Only.

Year 7 allergen recipes – This shows the allergens for the ingredients that Northgate High School **supply ONLY**.

Dish	Peanuts	Nuts	Crustaceans	Fish	Molluscs	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur
Fruit salad														
Pasta salad														
Vegetable curry												x		
Mexican bean tortilla														
Tuna & sweetcorn slice							x							
Fruit crumble														
Scones														
Cheese straws														
Tomato soup														
Wedges														
Pancakes														
Fruity muffins														

X means it is present

O means may contains traces

Extras that we give out if students forget are bread flour (gluten) plain flour (gluten) stock cube (celery and soya).

Year 8 allergen recipes – This shows the allergens for the ingredients that Northgate High School supply ONLY.

Dish	Peanuts	Nuts	Crustaceans	Fish	Molluscs	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur
Stir fry								x	x					O
Cereal bar														
Bread								x						
Pizza														
Enchiladas														
Patatas Bravas														
Chicken Goujons														
Macaroni cheese														
Swiss roll														
Upside down cake														
Jamaican beef patties		O										O		O

X means it is present

O means may contains traces

Extras that we give out if students forget are bread flour (gluten) plain flour (gluten) stock cube (celery and soya)

Year 9 allergen recipes – This shows the allergens for the ingredients that Northgate High School supply ONLY.

Dish	Peanuts	Nuts	Crustaceans	Fish	Molluscs	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur
Risotto														
Pasta								X						
Ragu and meatballs														
Carbonara														
Pasta Bake														X
Curry		O										O		O
Chow mein								X	X					O
Egg fried rice								X	X					
Sweet and sour								X	X					
Koftas														X

X means it is present

O means **may** contains traces

If your child forgets a stock cube we sometimes carry spares. Stock cube (celery and soya)