



Wadham School

A Church of England Community School

"Life in all its fullness" John 10:10



Monday 5th September 2022

Dear Parents and Carers,

RE: Food and Nutrition Education

During Food and Nutrition lessons at Wadham School, your child will be learning about healthy eating, cooking and where food comes from.

He/she will make a number of recipes/dishes throughout the year and it is essential that we ensure that the food your child makes is as safe to eat as possible. An important aspect of food safety is temperature control and therefore it will be necessary that high risk ingredients (such as meat, fish and dairy products plus opened bottles, jars or tubes) are placed in the fridge in the food room before the start of the school day. **High risk ingredients not placed in the fridge will not be used.**

Low risk ingredients (such as flour, sugar, dried fruit, canned food, fresh fruit, fresh vegetables and eggs) should also be stored in the food room until needed. Any finished dishes will be stored in the fridge, or in the food room, and should be collected at the end of the school day. Please note that your child will not be allowed to take dishes away to eat for lunch. Any dishes, spare ingredients or containers not collected after two days will be recycled or disposed.

Personal hygiene is also an important consideration and therefore your child must not wear jewellery, watches or nail varnish, they must tie their hair back and must wear a clean apron.

Finally, food lessons will involve your child using and tasting a number of ingredients. It is essential for me to be aware of any allergies or intolerances he/she may have. Therefore, I would be grateful if you could complete and return the reply slip below so that I can keep a record for future reference.

I appreciate your assistance with the above and look forward to teaching your son/daughter and hope to enthuse him/her about good food and healthier eating.

Yours faithfully,

Mrs K Hodge
Lead Teacher for Design and Technology



Ingredient check slip

My child: _____

Date: _____

Does not have food allergies/ intolerances or religious/cultural reasons for not handling or eating certain food.

Or

Does have food allergies/ intolerances or religious/cultural reasons for not handling or eating certain food. (Add details to the table below.)

	<u>Complete this column ONLY in the case of severe allergy.</u>
My child should not handle or eat these food(s):	My child has a severe allergy and the following food(s) must not be used.

I agree to my child wearing a plaster or plastic gloves to enable them to take part in food lessons if they have a cut or skin condition on their hands on the day of the food lesson.

Parent/carer name (PRINTED): _____

Parent/carer signature:

Please return completed slips to Mrs K Hodge