

Food Technology Allergy Policy

Allergy Information for provided ingredients - information for parent 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 pupils have an allergy it is important that it is established and that the pupil 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 pupils attention. All additional ingredients from home are done so at the home discretion. Northgate high school cannot accept allergy responsibility for those ingredients bought from home. In some circumstances (gluten free flour) will be provided, this is kept separately away from the normal flour.

Swiss Roll	x		x				x							
Fruity Surprise Cake	x		x				x			x				
Butterfly Cakes	x		x				x							

Year 9	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Sesame	Mustard	Lupin	Sulphates	Molluscs
Risotto														
Pasta	x		x											
Ragu														
Sweet and Sour	x				x	x		x	x	x				
Spring Rolls	x		x			x				x				
Curry Paste	x		x			x	x		x	x	x			

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