

Health and Safety

General risk assessment for cooking in KS1 and KS2 has been completed by JR and GM. Other risk assessments for individual children must be conducted by class teacher (copies to LW and GM)

D+T equipment risk assessment - see separate plan.

The cookery:

KS1 - Children will cook in groups of 6/7 each week with parent helpers.

This will be taught in the KS1 cooking room and or the house.

This will be led mainly by a parent in the corresponding class. They will read the health and safety guidance each week they attend and sign the agreement to this.

Children will have the same recipe for the whole half term so all children will have a chance to cook. Children will make a taster to eat in the session and most of the time, they will take their food home. The children will be given a simple **evaluation form to fill out with** the adult in the **session.**

KS2 - Children will cook in groups of 15. This is lead by the class teacher and they will have parent and adult support during this session. This will be taught in the house.

Teachers are to lead the session with the whole class (split class if necessary). Parents helpers are essential. Parent helpers may remain behind to load the oven and bake as there is limited space. Adult helpers will read the health and safety advice and will discuss the lesson with the class teacher.

ALL CHILDREN **MUST WASH UP** as part of the session and put equipment away. This is a key part of the National Curriculum for D+T - children need to be aware of how to maintain good hygiene.

Children with allergies and First Aid

At present most serious allergies (requiring epipen) have been avoided in recipes. All first aid bags (containing children's medicine) are keep in each

classroom hung up in a green labelled bag. There is also the same medicine kept in the office. **Do not leave any child who is injured unattended.**

If there is an incident which needs first aid, **please send two children** to the office to get a member of staff. They will have a card that will say '**need support in the cooking room**'. This card is laminated and kept in the cooking folder which is handed to parents at the start of each meeting.

For other allergies please check individual parents will be contacted in advance. Alternative ingredients may then be provided to ensure correct baking.

Preparing the cookery space

Cleaning equipment will be provided for tables. This must be done prior to children entering the environment (parent helper). Please make sure that the area is clean and tidy. KS1- Teachers will leave recipes and ingredients out for parents to use. Equipment is kept in the labelled cupboards and needs to be put back in the correct space. Please **do not put back** equipment which is wet, this needs to be dried to avoid equipment rusting, going off or smelling. This is not good hygiene practise.

Children Health and safety:

All children must wash their hands and wear a clean apron (check these the week before).

KS1 - Each class have 6/7 aprons for their class with are labelled with a different colour ribbon. Each class have their own set of tea towels aswell. At the end of each session, these will be taken home by the adult to be washed ready for the next session.

All children must have hair tied up and clipped back out of eyes and face (including boys).

All children must avoid fingers in mouths and noses during the cookery session. Children must be sent to wash hands again if observed with fingers in such places.

Healthy and Safety - Equipment

Knives - KS1 must use knives 1:1 with adults, if knives are needed in the recipes, the child must chop onto a chopping board whilst the adult is there to support and model. The rest of the group are to wait and then independently have a go

and or continue with the recipe. Circular objects which need cutting must be cut with a special holding implement which holds the object, this can be a fork or implement holders. Children are taught that their hands need to be steady, holding the food.

Knives KS2 may use fork to hold ingredient and cut as if eating or can use hands to hold and cut. Children should be taught where to place their hands when cutting. Small group context 1:6 (lower KS2) and 2/3 adults when cooking in upper KS2.

For children with SEN OT needs may use safety holders or scissors depending on need.

Grater – KS1 children use in 1:3 context. KS2 children use in 1:8 context. There might be occasions where children do cut their finger using a grater, if this is the case the child's finger must be thoroughly cleaned and plastered if necessary. Graters are to be washed before they are reused.

Cooking scissors– cooking scissors may be used to chop and cut ingredients.

Peelers – Peelers can be used with the children. The adult needs to model how to peel ingredients correctly, aiming the peeler away from themselves. **KS1- 1:2 and KS2 - 1:6**

Oven – no child may put into or take from the oven. An adult must do this in all circumstances, wearing appropriate protection (oven gloves).

Hob – no child must use the hob. For those recipes requiring use of the hob (**year2**) children may watch from a safe distance on the floor while an adult cooks. In **Yr6** when soup is made, children will use **four small class hobs for children**. This will directly be with the class teacher, there is always one child to hold the pan handle to make sure this does not move off the hob.

Smoothie makers – children may operate equipment under direct supervision of an adult. No hands must go inside the smoothie maker when placing ingredients

inside or when emptying. Any scraping of residue must be carried out by an adult.

Food processor – children may operate equipment under direct supervision of an adult. No hands must go inside the food processor to add ingredients or retrieve.

All equipment is stored in the cookery room (KS1) or the kitchen of the house (KS2). Knives must be kept out of reach of children at all times either by height or lockable device.

All information for cooking health and safety is kept in the office. This needs to be read by each parent that comes to support the class teacher. There will be advise in the folder about cooking with groups of children, as well as a sheet to sign that this document has been read.

Cooking Guidance for Parents:

Learning about food, how to prepare it and the principles of a healthy diet is important for every child.

The national curriculum aims to teach children how to cook, with an emphasis on savoury dishes, and how to apply the principles of healthy eating and good nutrition.

National Curriculum aims:

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- ✚ use the basic principles of a healthy and varied diet to prepare dishes
- ✚ understand where food comes from.

Key stage 2

- ✚ understand and apply the principles of a healthy and varied diet
- ✚ prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- ✚ understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Advice:

- ✚ Aim to arrive between 1:00 and 1:15 in order to read the recipe through before the children are collected. Check you have all ingredients and any equipment that you need.
- ✚ Usually the children will come into the cooking room and 1:30 already having washed their hands.
- ✚ Depending on the recipe you may have finished by playtime, please then complete the evaluation sheet with the children. The children can be sent back to class whilst you wait for the food to cook.
- ✚ Pair the children up so they can share equipment. Children are to follow the recipe and read through before.
- ✚ When food is in the oven, wipe down tables and clean equipment. Washing up to be complete using a washing up bowl. No children are to stand on steps or stools to reach the sink. Dustpans and brush are kept in the cooking room, give different jobs to the children so they are divided up.
- ✚ When food is cooked, parcel up and package and label with children's names if possible.
- ✚ Children take home food they have cooked.
- ✚ Remember to turn the cooker light off at the wall.

Please enjoy and ask if you need help!

Before you start

- ✚ Make sure that all equipment and utensils are clean and that food contact surfaces are disinfected.
- ✚ Check that the fridge and freezer are in good working order.
- ✚ Before cooking, members and helpers should tie back long hair, wash hands and put on an apron.

Food safety

- ✚ Vegetables and fruits should always be washed if they are not going to be peeled.
- ✚ Make sure members use separate chopping boards for meat, fish and vegetables.
- ✚ Parents should always wash their hands after handling raw meat or fish.
- ✚ Food should be cooked and chilled properly.
- ✚ Avoid leaving perishable food at room temperature for too long.
- ✚ Use products within the use by dates.

Safe cooking

- ✚ Turn on the oven or hob only when needed. Don't leave pan handles sticking out when using the hob.
- ✚ Members and helpers should always use oven gloves when taking food in and out of the oven.
- ✚ Remind children not to plug in or use any electrical equipment - adult only
- ✚ Remind children to be careful with knives. Knives are 1:1 with the adult - See health and safety plan above. Children should never walk around carrying knives.

Hygiene rules

- ✚ Everyone should wash their hands often while cooking, especially after handling raw foods, blowing their nose, touching the bin or using the toilet.
- ✚ Parents should take off any bracelets and rings.
- ✚ Make sure the working surface is kept clean and disinfected.
- ✚ Make sure that anything spilled on the floor is wiped up immediately.

- ✚ Throw away any food that has fallen on the floor.
- ✚ Members and helpers should cover cuts with coloured waterproof plasters/dressings.