



Guidelines for Food Tasting and Preparation at School and Nursery



Guidelines for Food Tasting and Preparation at School

General guidance for staff

The staff should ensure that they carry out a risk assessment before undertaking any activities associated with food particularly with regard to safety using equipment and allergies to food.

All ingredients that are to be used must be checked for 'use before dates' and stored in an appropriate place. All non-tinned/fresh food must be stored in the refrigerator. No unpasteurised milk products or uncooked meat products should be used in school. Fresh fruit and vegetables should be washed before use. All working surfaces should be cleaned and wiped with anti-bacterial spray prior to baking, cooking or food tasting for hygiene purposes.

A copy of the following will be discussed with pupils:

When preparing, cooking and tasting food:

1. Remove all rings, watches and bracelets that may trap germs and bacteria.
2. Wash hands with antibacterial soap
3. Wear an apron
4. Roll up sleeves.
5. Tie back long hair.
6. Make sure all cuts are covered with a plaster.
7. Wash hands thoroughly with antibacterial soap after:
 - (a) Visiting the toilet
 - (b) Blowing your nose
 - (c) Coughing or sneezing
 - (d) Touching hair, or other parts of the body, or anybody else
8. When tasting do not pick up a piece of food and then replace it– once handled, a piece of food should be placed on your own plate.
9. Do not place a spoon or 'dipper' or cocktail stick back in the food after tasting.
10. Ensure food is covered if left lying out or put it into the fridge.



Clearing up

1. When you have finished, scrape any waste solids on to a paper towel and place in the bin.
2. All dishes/utensils should be washed up in the appropriate sink or dishwasher
3. Wash plate thoroughly in hot soapy water.
4. Use a clean kitchen towel to dry dishes.
5. Save only food which comes in re-sealable containers, store according to manufacturers' instructions and use by 'sell by' date.
6. Make sure all work surfaces are thoroughly wiped with anti-bacterial spray

Refer to Aberdeenshire Council Health and Safety Manual on **Food Safety** for further advice.

See attached letter that will go out to parents prior to pupils participating in food tasting.

Policies and Procedures



Dear Parent

We plan to do a food tasting lesson on with the Nursery Class.

Staff will buy the food direct from a supermarket possible on the morning of the food tasting session and transport it appropriately to the school where it will be kept refrigerated until required. We will see that the food which your child tastes will be presented in the freshest and most hygienic manner.

We aim to sample the following foods:

Example:

Please let us know if you do not wish your child to sample the above of if they are allergic to any of the following. Please tick those foods that your child should avoid:

Dairy Products

Nuts

Eggs

Wheat

Other:

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Yours sincerely

The Nursery Team