Food safety and nutrition procedures

**Food for play and cooking activities**

* Food for play may include dough, corn flour, pasta, rice, food colourings/flavourings.
* Staff are constantly alert to the potential hazards of food play, in particular choking hazards and signs of previously undetected allergies.
* Pulses are not recommended as they can be poisonous when raw or may choke.
* The use of raw vegetables for printing is discouraged.
* Foods that are cooked and used for play, such as dough, have a limited shelf life.
* Cornflour is always mixed with water before given for play.
* Cornflower and cooked pasta are discarded after an activity; high risk of bacteria forming.
* Utensils used for play food are washed thoroughly after use.

**Children’s cooking activities**

* Before undertaking any cooking activity with children, members of staff should check for allergies and intolerances by checking children’s records.
* Children are taught basic hygiene skills such as the need to wash hands thoroughly before handling food, and again after going to the toilet, blowing their nose or coughing.
* The area to be used for cooking is cleaned; a plastic tablecloth is advised.
* Utensils provided are for children to use only when cooking, including chopping/rolling boards, bowls, spoons, jugs, and are stored in the kitchen.
* Members of staff encourage children to handle food in a hygienic manner.
* Food ready for cooking or cooling is not left uncovered.