



**Pendle Community High School & College**  
Cooking and Nutrition Health and Safety Annex to DT Policy

**The Cooking and Nutrition element of the DT curriculum specifically aims**

- To provide all learners with an opportunity to experience, engage and participate in all aspects of Cooking and Nutrition where Health and Safety allows.
- To understand the principals of nutrition and learn basic cooking skills and how to produce basic, healthy dishes from fresh ingredients.
- To develop a love of cooking predominantly savoury, healthy foods but to include baking and the making of pastries, preserves, pickles, ice creams and a variety of frozen meals to ensure a rounded cooking ability in students.
- To enable learners to explore their food likes and dislikes to help them make informed choices in order to maintain a healthy lifestyle.
- To provide regular practical opportunities for all learners to make healthy and good quality dishes or meals.
- To understand where food comes from, seasonality, how foods are grown and animals are reared/caught and processed.
- To develop an understanding of Health and Safety, how to keep themselves safe in kitchens, personal hygiene and good handwashing practice and a strong food hygiene knowledge, including 'use by' dates and how to avoid cross contamination.
- To develop skills, knowledge and understanding to the best of each learner's ability, using a range of ingredients, tools, cooking techniques and electrical and gas equipment safely including the correct storage of food stuffs and finished products.
- To nurture creativity and innovation through designing and making as well as adapting recipes to create food for staff, guests, students and the development of frozen meals and meals for the Community Café and Food Bank.
- To learn crucial skills for life with the aim of becoming as independent as possible with regard to feeding themselves and hopefully others, affordably and to a good standard, including cooking with limited resources.

**Therefore, the following strategies and information are required to ensure safe delivery of the subject:**

- Staff are considerate of learners' individual needs, for example dietary, religious or feeding requirements.
- Realistic food environments or simulations are used to increase the understanding and experience of learners.
- Batch production techniques and repetition of skills are used whilst ensuring progression in learning takes place.
- Equipment is used creatively or specialist equipment (e.g. big point, speaking scales and jugs for VI students and switch box to activate electrical equipment) are put in place to allow access for all learners where Health and Safety allows and the development of a VI station in the Food Room.
- A VI station will be developed where students have all equipment and resources to hand to limit the need for movement around the kitchen.

### Storage:

- There should be no nut-based foods in the Food Store or used in ANY recipe this includes produce such as milk derived from nuts. (There is no evidence of nut allergies being linked to an allergy to coconut as coconut is classed as a fruit and therefore should be safe to use). Coconut allergies are not listed by the NHS.

<https://www.anaphylaxis.org.uk/knowledgebase/coconut/>

***‘The coconut is a member of the palm family and only distantly related to tree nuts. The botanical distance between coconuts and tree nuts would suggest that people with tree nut allergy should be able to tolerate coconut and studies have shown that this is generally true. Therefore, there is no general recommendation that patients with tree nut allergy should avoid coconut.’***

- Food should be stored appropriately and labelled clearly if removed from its original packaging in either in the food store in the designated containers, in the fridge or freezer, according to the food labels with gluten free ingredients and products being kept separate and clearly labelled.
- Any tinned foods that have been opened and need to be stored need to be transferred to a plastic tub with the date clearly written on the lid and refrigerated and used within 3 days.
- Any produce placed in the freezer needs to be clearly labelled and dated. Freezer produce has a shelf life of 3 months and therefore needs to be disposed of 3 months after the date of freezing.
- Food should be wrapped and kept according to the ‘Use By’ date.
- Cooked food must be quickly cooled and stored in the pupil food fridge. Food can be left to cool at room temperature for 1 ½ hours. Hot food must not be transferred straight to the fridge as this will cause condensation and force the internal temperature above 5°C
- A limited supply of dry food ingredients such as flour, sugar, seasonings and fats/oils are stored in the Food Store, fridge or in food specific containers in the Catering Kitchen. New supplies are rotated to ensure that older stock is used first. This is funded by voluntary contributions from parents at the start of the academic year and monies made from enterprise.

### Preparation:

- Students should only enter the food preparation area with a member of staff.
- All staff must model personal hygiene, wear an apron, tie hair back where necessary and remove jewellery. Staff and students preparing food to sell in the Community Café or prepare food for the Food Bank must wear full PPE as stipulated by the Health and Safety Executive guidelines, this includes clothing which is changed into to prepare food, head coverings and aprons.
- All entering the room MUST wash their hands at the hand wash basin, using soap and a paper towel and dry their hands thoroughly.
- Students should be discouraged from licking their hands or touching their faces, re-washing hands when they do.
- Food preparation tables should be scrubbed down with hot soapy water and thoroughly dried with a clean cloth.
- Food Preparation areas once cleaned must be sanitised following HSE guidelines using approved sanitiser.
- Covid 19 regulations for food preparation areas must be followed.
- Tools should be checked prior to cooking.
- Equipment cupboards and drawers must be checked as part of the lesson, leaving the Food Room ready for the next class.
- Cooked foods MUST be kept separate from raw foods.
- Correct temperatures MUST be used for cooking.

- Correct temperatures **MUST** be used for storing in fridges and freezers including the use of temperature logs.
- Food or boiling liquids cooking on the hob must not be left unattended.
- Correct Food Hygiene rules **MUST** be adhered to.
- Food to be taken home should be put in a clean container with a lid.
- Re-heating dishes at home- students should be given clear instructions on oven temperatures and timings for re-heating food products cooked at school.
- Food should not be left out uncovered.

## General Health and Safety

The Subject Leader for Cooking and Nutrition has a general responsibility for the application of the LA and Schools Safety Policies within their subject area and are directly responsible to the Headteacher for the application of all health, safety and welfare measures and procedures within their own department/ area or work.

All employees working within the Food Room, Catering Kitchen or from the cooking trolley in a classroom have a responsibility to take reasonable care of their own health, safety (including suitable dress and footwear) and welfare of other persons who may be affected by their acts or omissions while at work. They also have a responsibility to co-operate with the subject leader so that employers can comply with their statutory duties and specific responsibilities in terms of Health and Safety as identified below:-

- It is advisable that all members of staff using the Food Room have a Food Hygiene certificate and participate in allergen training as stipulated by HSE.
- Jewellery, except for wedding/engagement rings, must be covered or removed. If removed, it is the responsibility of the member of staff to take care of their belongings.
- Nail varnish should not be worn when preparing food.
- The Food Room and store rooms **MUST** remain locked when not in use.
- Sharp knives must be placed in the labelled box and locked in the Food Store. They **cannot** be borrowed for lessons out of the Food Room.
- The gas isolator switch **MUST** be switched off when leaving the Food Room and Catering Kitchen and all equipment and lights switched off.
- Protective aprons and hats (plus chef's aprons for NCFE students) are laundered daily.
- Thick, high quality oven gloves are provided and washed as required. Pupils are taught to use them at all times when placing foods into, or removing them from a hot oven.
- Dishcloths and tea towels are laundered every day.
- Report damaged resources to Subject Leader. Any damages to static equipment to be reported via the Lend Lease desk and recorded.
- Spills are dealt with immediately to avoid slips and injury.
- Food preparation equipment should not be used for other purposes and should not be removed from the food room to prevent cross contamination or loss of equipment.
- Any cuts or sores should be correctly covered with a waterproof dressing. If it is not possible to cover the wound the child should not handle food and in extreme cases cannot enter the food preparation areas as stipulated in HSE guidelines.
- Students with skin conditions will not be allowed to prepare or be near food prepared for other people. (This will depend if the skin condition is on the face and neck causing excessive scratching and spreading of dead skin cells into an atmosphere where ventilation will propel it onto food to be served. This will not stop students learning how to cook, but they cannot prepare food for sale).
- Any person suffering from any form of food poisoning symptoms or ear, nose or throat infection should not handle foods until they have recovered and alternative provision outside the cooking lesson should be sought.

- Students who have vomited should be immediately removed from the food preparation area and not allowed to return to the food preparation area for 48 hours.
- Deep fat frying should be performed under close, constant supervision by staff.
- Boiling fruit and sugars to make jams and chutneys should be performed under close, constant supervision by staff.

## High Risk Foods

High risk foods are mostly high protein foods which support the growth of food poisoning bacteria and won't be cooked any further, these include:

*Cooked poultry*

*Cooked meats*

*Dairy produce (milk, cream etc.)*

*Soups, sauces and stocks*

*Shellfish, seafood*

*Eggs and egg products.*

*Cooked rice.*

- Any high-risk foods will be kept in the refrigerator until the end of the day. Learners are instructed to put these foods in the refrigerator as soon as they get home and insist they are eaten as soon as possible.
- Hazards Analysis Critical Control Point when planning food practical tasks, learners are required, with support, to identify possible hazards in the making process.
- Hazards Analysis Critical Control Points are undertaken by staff for high-risk foods and are to be kept alongside risk assessments.
- Due to concerns about the correct storage of high-risk foods at home, the unknown temperature and time in which they would be transferred to school and therefore the possibility of meat becoming contaminated, raw or cooked meats or fish should not be brought in by students to school. The new units of work have focused on non-meat products to prevent the possibility of food poisoning.

## Special Dietary Needs

All parents are contacted to determine if any learners have any special dietary requirements or allergies to food. At PCHS&C we always take into consideration that some learners may:

- Be allergic or intolerant to certain foods
- Have a disorder which limits the types of foods they can eat
- Have religious reasons which means they must avoid certain foods
- Be vegetarian or vegan and may need to avoid certain foods containing animal products

All of our parents are required to provide permission for their child to take part in food tasting and preparation activities and these are renewed every year.