



# DIETARY REQUIREMENTS

Dear Parents / Carers

As you know part of the curriculum at School is cooking and teaching pupils how to prepare their own food. Each unit will have one cooking session a week.

From time to time pupils in some units enjoy hosting a variety of food sales for within school, for example bake sales, where money they have made can be used for reinforcement resources or activities.

On special occasions (for example pupil birthdays) tutors in your child's unit like to celebrate such occasions and often buy party food and cakes so the pupils can celebrate with their peers. (We understand that such events can be difficult for our pupils. Pupils are still offered to eat party food and cake but do not have to stay in a group setting and can, if they prefer, stay in their own teaching/quiet space).

We are aware that many of our pupils have strict dietary requirements due to allergy, dietary, or cultural reasons. The school provides all cooking ingredients for pupils. When shopping for ingredients, where necessary, school will buy free from items.

We would like all Parents/Carers to be confident that any food or ingredients handled or consumed suits each child's dietary need, we therefore ask that the attached form be completed and sent back into school. By providing this information we can ensure tutors buy suitable consumables for your child's requirements when out shopping.

**Please note:** Any foods, drinks or ingredients which your child is **NOT** allowed should be added to the list. We encourage pupils to try and experience a range of different foods; for such reasons no detail about your child's dietary needs are too small. When completing the attached form please give reason as to why by using the tick box; Parents/Carers are not obliged to state if a restriction is for a cultural reason if they do not wish to. However it is vital that the allergy box is **always** ticked where necessary.

If parents would like to be informed on what your child will be cooking/preparing each week, please request this information using your preferred means of home-school communication (diary or email)

**If your child does not have any restrictions please complete this slip.**

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\_\_\_\_\_ (Child's name) does not have any food allergies or dietary restrictions. I will keep school informed if there are any changes to my child's diet.

Name \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_

My child should not have any of the following:

<b>Meat and Types</b> (e.g. Chicken)	Allergy	Dietary	Cultural

<b>Free From</b> (e.g. Gluten)	Allergy	Dietary	Cultural

<b>Any other foods</b> (e.g. Mushroom)	Allergy	Dietary	Cultural

<b>Drinks (If any)</b> (e.g. Coca-cola)	Allergy	Dietary	Cultural

Any other dietary information \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Continue on back of page if necessary

I confirm all foods listed above are all foods my child \_\_\_\_\_ (child's name) is **NOT** allowed.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_