



COOKING CLASSES

WONDER HOUSE EARLY LEARNING CENTRE

At **Wonder House Early Learning Centre**, we ensure any food we use during our cooking classes with the children is carefully supervised. There is general risk assessment in place and

We will also use the following procedures to ensure children are kept safe:

- **Choking hazards are checked and avoided**
- **Small objects such as dried pasta and pulses will only be used for older children and under supervision**
- **All allergies and intolerances will be checked and activities will be adapted to suit all children's needs so no child is excluded**
- **All activities including food will be included on the planning sheets showing all allergens so all staff and parents are aware of the ingredients**
- **Children's allergies will be visible to staff when placing out food play activities to ensure all needs are met**
- **Any cooking activities will be checked prior to start to ensure all children are able use all the ingredients based on their individual needs**
- **We will not use food in play unless it enhances the opportunities children are receiving from the activity. Many of the food will be reused in other activities, especially the dry materials.**

Wonder House Bake off - cooking session

When joining Wonder House, we ask parents/carers to notify us of any allergies, religious or cultural reasons why children may not be able to taste or handle a particular food and request that this information is kept up to date.

Before the class we share the key elements with all involved in the sessions and together with the children planning the preparation process where we encourage thinking and ideas. We include all the children in our pre bake off conversations.(food safety, how the equipment should be used, how to demonstrate best practice, hygiene and etc)

Cooking area:

- We ensure the space to be used for food work is clear and uncluttered.



- We clean the surfaces to remove any visible dirt and then wipe them down with anti-bacterial spray.
- All staff and all children must wash their hands with hot water and soap before handling food as well as during and after, if required.
- Ensuring that a waste bin and/or food compost bin is available so children can dispose of waste and keep their work areas orderly.

Ingredients:

- We plan the ingredients we will need for the session and demonstration. We check all 'use by' and 'best before' date marks to make sure the food will be safe to use in the session.
- All fresh fruit and vegetables are washed before the session, unless this is a teaching point and you want the children to do this.
- When applicable, pre-cooking food before a session, is done on the same day the food will be prepared and eaten. Ensure pre-cooked food is stored correctly. For example, pasta for pasta salad can be cooked, cooled with cold water and then stored in a covered container in the fridge until later the same day.
- If children with intolerances or allergies to a particular food are taking part in the cooking lesson, we check all food packaging to ensure that any food to be used does not contain these ingredients. We make sure ingredients children can eat do not come into contact with ingredients they cannot eat or touch – cross contamination. If there are any children who have a severe allergy to an ingredient, we don't use those ingredients in our session.
- Some food may need to be partly prepared or measured out before the session. This might be because it is not appropriate for the ability/age of the children, e.g. cutting up a whole melon, weighing flour. This preparation is done, in the kitchen where children don't have access.
- Just before the session, we ensure all the ingredients needed for demonstrating are prepared and place them on a tray.

Equipment:

- The equipment used is clean and in good working order. (Rusty or cracked equipment are not used.) The equipment used is checked and the risk is eliminated or minimized well before the cooking class and can be used by children only if safe to do so.
- All the equipment needed for demonstrating is ready and place it on a tray before the sessions.
- Using transparent containers when demonstrating so children can see what is happening.
- No glass bowls and measuring jugs during the cooking sessions.



All staff and children taking part in our cooking lessons must:

- remove any jewellery – this is to prevent it falling into the food or bacteria trapped under jewellery, such as rings and watches, coming into contact with food;
- tie back long hair – this is to prevent hair falling into the food or needing to be touched and transferring bacteria onto hands;
- roll up long sleeves – this is to stop clothing dangling into food;
- put on an apron – this is to prevent any contaminants transferring from clothes into food and also keeps clothes clean;
- wash and dry hands carefully – hands must be washed thoroughly with warm water and soap. Drying your hands properly is equally as important as warm, damp hands are an ideal breeding ground for bacteria.
- Equipment and ingredients needed by the children are already in advance.

Demonstrating:

- Ensure that children understand why you are demonstrating. Recap the learning objectives.
- All children are Involved in the demonstration.

Children:

- Before the children undertake any food work, we ensure they are ready to cook. They should follow the steps and we check and demonstrate this using the Get **ready to cook cards** as a reminder of the steps.
- We ensure the children know:
 - they must wash their hands again if they blow their nose, cough or sneeze into their hands, touch hair, cuts or spots;
 - they must remove their apron if they go to the toilet and wash their hands afterwards in the toilet sink, and also re-wash their hands in the classroom sink before they go back to their cooking;
 - how to use the equipment safely (teacher demonstrate).
- All cooked food is packed and given to parents on collection time.