



Guidelines Food Technology

Food Technology is a subject that explores how people design, innovate and produce food products, services and environments in a healthy, sustainable manner. Cooking is undertaken frequently in Food Technology classes; however, eating is not the focus of the class. Students engage in a variety of learning experiences and are frequently required to work as a cohesive group to maximise the learning outcomes for all. There will be times when students are required to try foods that may be unusual or unfamiliar to them.

Dietary requirements in Food Technology

All students are welcome in the kitchen, including students with severe allergies and medical conditions including (but not limited to)

- Allergies (including nuts/fish/eggs)
- Diabetes
- Coeliac disease
- Gluten intolerance
- Lactose intolerance

Students with other dietary factors, such as

- Vegetarian
- Vegan

However, to keep students safe, the following knowledge and action are needed where a student has an allergy, medical condition or dietary requirement:

- Parents/carers are to provide the school with the child's up to date medical information, including an Australasian Society of Clinical Immunology and Allergy (**ASCI**A) Action Plan for Allergic / Anaphylaxis, if applicable, for Anaphylaxis signed by their treating doctor at the time of completing their child's enrolment form, diagnosis and annually thereafter;
- Communication and an agreement to be made with the teacher and parent about school responsibility and that of the students, including the information outlined in the "Please note" section.

We endeavour to accommodate student dietary preferences; however, students are expected to participate in all learning in Food Technology, including the cooking of foods that sit outside of their dietary preferences. If a student's dietary preference is to be accommodated a letter from parents with specific needs and again an agreement signed between teacher and parent is necessary.

Please Note

- The school kitchen is a 'nut aware'. All nuts are avoided in recipes and are not kept in the kitchen, however other products used from time-to-time may contain traces of nut.
- Other allergens (such as eggs, wheat etc) are present in the kitchen. While every attempt will be made to eliminate these allergens for a particular lesson, traces will be evident most times.
- Students are advised not to share their food that is made in the classroom outside of the classroom. This is to try and minimise risk outside the classroom but is difficult to police and enforce. They can eat in the classroom but then are encouraged to leave their finished product in their container until they get home.
- We will attempt to provide the required ingredients for any dietary factors once a letter and agreement are received.
- After each lesson each work space is sanitised before a new class enters to minimise any cross contamination.
- All utensils, plates, chopping boards, bowls etc are cleaned after use. For those with significant allergies, separate trays and bowls etc. are available and students are welcome to use these. The student will then be in charge of cleaning and managing this equipment while they are participating in the course.
- All students are required to wash their hands thoroughly before cooking, regardless of where they have come from
- Aprons are washed at least twice a week
- The words kitchen and classroom are the same term for the working space
- Safety is a priority in the kitchen. Students who do not engage in learning in a safe manner may be asked not to participate in practical cooking lessons until such time as their behaviour is deemed as safe.
- These guidelines should be read in conjunction with CST's Allergy and Anaphylaxis policy, found on the school website.





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