

# Cooking Lesson Checklist

Food allergic children are at greater risk of exposure to their allergens when participating in cooking or other food based activities. Adequate advance planning and communication can greatly reduce the risk of exposure to known allergens.

This checklist has been developed to assist you when cooking (or undertaking activities involving food) with children who have food allergy.

## When conducting a food based activity, it is recommended that staff:

- Communicate with parents/guardians well in advance – discuss the recipe or activity with parents/guardians of the allergic child. Often parents/guardians can help by providing appropriate recipes that work well.
- Discuss ingredients – parents/guardians can often advise on safe brands and alternative products (e.g. egg replacer). It is important that ingredients are newly purchased to prevent unknown cross contamination risk.
- Consider supervision – it is important that the food based activity is conducted by staff who understand cross contamination issues. For younger children, parents/guardians may also want to assist with activity.
- Consider cooking equipment – it is important to ensure that the equipment is clean. Schools/child care services may choose to purchase basic cooking equipment that is used specifically for food allergic children.
- Consider food preparation, cooking and storage – it is important to ensure that work surfaces are clean before commencing the cooking activity. It is also important to ensure there is no cross-contamination when cooking and storing the food prepared.
- Encourage hand washing – it is important for all staff and students to wash their hands with warm soapy water before the activity and as required during and after, according to good food hygiene principles. Hand washing is a simple and effective strategy for minimising exposure to known allergens and minimising the risk of cross contamination. Wearing cooking aprons can also help to reduce cross contamination risk.



## Further information:

WA Department of Health  
[www.health.wa.gov.au/anaphylaxis](http://www.health.wa.gov.au/anaphylaxis)

Australasian Society of Clinical Immunology  
and Allergy (ASCIA)  
[www.allergy.org.au](http://www.allergy.org.au)

Anaphylaxis Australia  
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)

