

## Food Handling &amp; Tasting



Dear Parent / Carer

As part of the Foundation Stage Curriculum, your child will be taking part in a range of activities which include handling, tasting and cooking food. We feel it is important that children are introduced to a range of different foods, encouraged to eat healthily and to experience and explore foods. This will encourage children to use all their senses, develop and awareness of other cultures and have a positive approach to new experiences. Using food can develop skills in all areas of learning, for example measuring ingredients is maths, using utensils develops fine motor skills, following recipes and instruction is part of reading.

In order that your child can take part in these activities safely, we require the following information.

Name of child.....

Does your child suffer from any food allergies? Yes / No

If yes please give details.....

Does your child suffer from asthma, eczema, diabetes or similar complaints? Yes / No

If yes please give details.....

Is there any food that your child cannot or that you would prefer them not to eat?

Please give details.....

I give permission for my child to take part in cooking activities

Signed..... Parent / Carer