






We are an
allergy aware
setting!

Learn About Allergies

Food allergies are very serious! Did you know that almost 1 in 12 children suffer from a food allergy?

By learning about food allergies you can help your friends with allergies stay safe. Here are some great ways to become an allergy expert:

Watch out for these allergens

 Celery	 Cereals containing gluten e.g. wheat, oats
 Crustaceans e.g. prawns, crabs	 Eggs
 Fish	 Lupin e.g. lupin flour
 Milk	 Molluscs e.g. mussels
 Mustard	 Nuts e.g. almonds, cashews
 Peanuts	 Sesame seeds
 Soya e.g. soya beans	 Sulphur dioxide (sometimes known as sulphites)

Parents: if your child has any special dietary requirements, food allergies or special health requirements, make sure you let us know immediately.

Support your friends & classmates

Remember that food allergies vary so it is really important not to share your meals or snacks with friends who have food allergies. If your friend has a food allergy and feels poorly, ask an adult for help.



Remember to wash your hands

Keeping your hands clean will help you and your friends to stay healthy, and should be remembered even if your friends don't have any allergies. Do you know when you should wash your hands?

Before

- You touch food (preparing or eating)

After

- You've used the toilet
- You've touched animals
- You've played outside
- You've sneezed or coughed
- If your hands are dirty (e.g. after messy play)
- After you've eaten (if any of your friends have food allergies, this will help to keep them safe.)



For more information about allergies visit www.allergyuk.org