## **Year 7 Allergens**

Below the list of allergens in Y7 Food Practicals. Please make the class teacher aware of any allergies so that they can adapt recipes and facilitate a safe working environment.

| Dishes                       | Celery | Cereals<br>containing<br>gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts** | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>dioxide |
|------------------------------|--------|----------------------------------|-------------|------|------|-------|------|----------|---------|--------|---------|-----------------|------|--------------------|
| Pasta salad                  |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Flapjacks                    |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Scones                       |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Marmite and cheese pinwheels |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Shortbread                   |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
|                              |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
|                              |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
|                              |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
|                              |        |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |

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