





Safe Method:

Food allergies



It is important to know what to do if you someone asks you about the ingredients of your cakes because they have allergies.

Safety Point	Why?
If someone asks if a cake contains a certain ingredient you must ensure you give them the correct information, never guess	If someone has a severe allergy they can react to even the smallest amount of the food they are allergic to. You can find out more about allergies at <a href="https://www.food.gov.uk/safereating/allergyintol/guide/">food.gov.uk/safereating/allergyintol/guide/</a>
Keep a copy of the labels from the ingredients you use in your cakes to refer to	This is so you can check what is in them
If you are preparing a cake for someone with an allergy you must ensure that all surfaces and equipment are thoroughly cleaned incase they previously where used to make cakes including allergy containing ingredients	This is to prevent small amounts of the food that a person is allergic to getting into the dish accidentally

Type of food	What to look for
Peanuts 	Peanuts, also called groundnuts, are found in many foods, including cakes and desserts. Watch out for peanut flour and groundnut oil too.
Lupin 	Flour or seeds from the lupin plant are used in some bread, pastries, pies, waffles, pancakes, battered products and doughnuts.
Nuts 	People with nut allergy can react to many types of nut, including walnuts, almonds, hazelnuts, Brazil nuts, cashews and pecans. Nuts are found in many foods, including sauces, desserts, and ice cream. Watch out for nut oils, marzipan and ground almonds too.
Milk 	People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products. Watch out for dishes glazed with milk and ready-made products containing milk powder.

<p>Eggs</p> 	<p>Eggs are used in many foods including cakes, mousses, and sauces. Watch out for dishes brushed with egg.</p>
<p>Soya</p> 	<p>Soya comes in different forms, for example, tofu (or beancurd), soya flour and textured soya protein. It is found in many foods, including ice cream, sauces, and desserts.</p>
<p>Gluten</p> 	<p>People who have gluten intolerance (also called coeliac disease) need to avoid cereals such as wheat, rye and barley, and foods made from these. Wheat flour is used in many foods such as cakes.</p>
<p>Sesame seed</p> 	<p>Sesame seeds are often used on bread and breadsticks. (Be careful because the seeds can fall off and get into other foods.) Sesame paste (tahini) is used in some dishes. Watch out for sesame oil used for cooking.</p>
<p>Sulphur dioxide</p> 	<p>Some people with asthma can react to sulphur dioxide. This is used as a preservative in a wide range of foods, particularly dried fruit and vegetables. Sulphur dioxide is also found in wine and beer.</p>

**Write what went wrong and what you did about it on your diary sheet**

Safe method completed. Date ..... Signature.....