

Allergy form

Child's name: _____

Date of birth: _____

<p>There are 14 major allergens which need to be declared when used as ingredients. The following list tells you what these allergens are and provides some examples of foods where they may be found:</p>		<p>Parent/carer, please provide information in the box below regarding your child's allergy including any symptoms they may experience.</p>
Celery	<p>This includes celery stalks, leaves and seeds, and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.</p>	
Cereals containing gluten	<p>This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared.</p>	
Crustaceans	<p>This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.</p>	
Eggs	<p>This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.</p>	
Fish	<p>This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.</p>	
Lupin	<p>This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.</p>	
Milk	<p>This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.</p>	

Molluscs	This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews and cockles.	
Mustard	This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.	
Nuts	This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. (These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in dishes such as curries or stir-fry.	
Peanuts	This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.	
Sesame seeds	This can be found in bread, breadsticks, hummus, sesame oil and tahini (sesame paste).	
Soya	This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.	
Sulphur dioxide	This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.	
Does your child have any other food allergies? 		

Parent/carers full name:

Parent/carers signature:

Date: