

# Allergens in Home Economics @ Perth Academy

In Home Economics we are inclusive to all children and aim to meet the needs of every child.

Not everyone is able to eat all types of foods safely. Some people experience an adverse reaction when exposed to certain foods. This reproducible reaction can either be called a 'food allergy' when the immune system is involved, or a 'food intolerance', when the immune system is not involved. Food allergy can result in an anaphylactic reaction which can be fatal in some cases. The information below explains some facts relating to allergens.

- **Cereals containing gluten** such as wheat, barley, oats, rye, spelt or khorasan
- **Crustaceans (e.g. prawns, crabs, lobster, crayfish)**
- **Eggs**
- **Fish**
- **Peanuts**
- **Soybeans (soya)**
- **Milk** (including lactose)
- **Nuts** such as almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts, pistachio nuts, macadamia (or Queensland)
- **Celery** (including celeriac)
- **Mustard**
- **Sesame seeds**
- **Sulphur dioxide** or sulphites
- **Lupin**
- **Molluscs** (e.g. clams, mussels, whelks, oysters, snails and squid)

## Allergen Facts:

- Coconut is not a nut, it is a fruit
- Pine nuts are a seed, not a nut
- Maltodextrin contains no wheat
- Dextrose contains no wheat
- Children with food allergy are 2-4 times more likely to have other related conditions such as asthma and other allergies, compared with children who do not have food allergies
- The number of people who have a food allergy is growing, but there is no clear answer as to why
- Around 10 people die from allergic reactions to food every year due to undeclared allergenic ingredients
- An estimated 1-2% of adults and 5-8% of children have a food allergy (around 2 million people within the population)
- In addition to those with allergies, there are many people with food intolerances (eg. 1 in 100 people who suffer from coeliac disease) (ref. *EU Food Information for Consumers Regulation 2014*)

All kitchens in Perth Academy Home Economics department display the poster below alerting pupils to possible allergens.

### Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.

**Which ingredients can cause a problem?**

Nuts	Cereals containing gluten	Peanuts
Milk	Soya	Eggs
Mustard	Lupin	Molluscs
Fish	Crustaceans	Sulphur dioxide
Sesame seeds	Celery	

For more information and advice about allergy, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy)  
A booklet Allergen information for loose foods is also available to download.

© Food Standards Agency 2014. All rights reserved. For more information visit: [www.food.gov.uk](http://www.food.gov.uk)

A list of Recipes for S1/2 BGE are available on the Home Economics website for the entire year. They highlight possible allergens for each recipe and show the following symbols indicating the foods connected to allergens.



We aim to cater for all pupils' needs by offering an alternative ingredient or recipe to ensure inclusion and full participation where possible.

