



2.16. Food Play

At **Tarvin Pre-School & Day Nursery** we ensure any food we use for play with the children is carefully supervised. We will also use the following procedures to ensure children are kept safe:

- Choking hazards are checked and avoided
- All allergies and intolerances will be checked, and activities will be adapted to suit all children's needs, so no child is excluded
- All activities including food will be included on the planning sheets showing all allergens, so all staff and parents are aware of the ingredients
- Children's allergies will be visible to staff when placing out food play activities to ensure all needs are met
- Any cooking activities will be checked prior to start to ensure all children are able use all the ingredients based on their individual needs
- We will not use whole jelly cubes for play. If we do use jelly to enhance our play, then all jelly will be prepared with water as per the instructions and then used
- Heat treated flour will be used, where appropriate, to reduce risk of infection¹
- Small objects such as dried pasta and pulses will not be used for younger children
- Dried food that is used for play will be kept away from food used for cooking, and utensils used for food play will be washed thoroughly and stored separately to utensils used in food production or at mealtimes
- Foods that are cooked and used for play which have limited shelf life (such as dough) will be replaced on a regular basis. Cornflour, cooked pasta and cooked rice will be discarded after use due to the high risk of bacteria developing
- Food used for play will be presented in ways that clearly distinguishes it from food intended for eating - for example in tuff trays, with added

¹ <https://www.food.gov.uk/safety-hygiene/raw-flour>

food colouring, raw, etc. Children are discouraged from eating play food, and from putting equipment and utensils in their mouths.

Handling Raw Flour

This applies to all types of flour including wheat, gluten free, corn and rice flour.

Getting ill from uncooked flour or flour products is rare. Thorough cooking makes uncooked flour safe to eat. Food poisoning bacteria have been found in flour and pastry products.

Flour or flour products such as pastry and doughs must not be eaten raw.

Using raw flour safely

- do not eat or taste uncooked flour or flour products such as pastry, cookie dough, pizza dough and batter such as cake mix unless labelling indicates they are ready to eat.
- Flour and flour mixes should be kept in a sealed bag or container – flour can spread easily and contaminate other foods
- Wash hands thoroughly with soap and warm water before and after handling flour, uncooked pastry or dough
- Clean all surfaces properly, wash bowls, utensils and surfaces and disinfect where necessary.

Using flour or dough for crafts and play activities

The FSA guidance was updated on 19 August 2024 and removed the need to “cook” flour before using in playdough and other craft activities.

- Children must wash their hands before using flour
- Children must be supervised throughout the activity to ensure that no-one puts in in their mouths.
- Children must wash their hands after the activity and all utensils/bowls must be washed thoroughly after each use. Boards and tables can be sprayed between uses but must be thoroughly washed at the end of the play activity.
- Children visiting the playdough table must sanitise/wash hands first and wash hands when finished. Playdough must not be eaten.
- Adults must supervise all flour-based activities.

- A visual risk assessment should be undertaken, and children given instruction on how to use flour products, the importance of washing hands, and why they must not put it in their mouths

We will not use food in play unless it enhances the opportunities children are receiving from the activity. Where food is used in role play children will be supervised to ensure they do not consume it. Most of the food will be reused in other activities, especially the dry materials.