



## **Giralang Preschool Cooking Procedure**

Giralang Preschool acknowledges that cooking is a safe and enjoyable activity for children in education and care services, provided that a few simple precautions are routinely and consistently practised:

- Make sure children wash and dry their hands before and after cooking;
- Always be aware of the dangers of heat;
- Tie up any long hair;
- To reduce the chances of germs being spread through food, it is recommended that children only prepare food that will be cooked afterwards—any germs in the food will be destroyed when the food is cooked. However, if the food will not be cooked, this risk can be lowered if children only prepare food to eat themselves -
  - Foods suitable for cooking classes include cooked biscuits, fresh pasta, soups and pizza. These types of food will be cooked and exposed to high temperatures, killing any bacteria that may be in the food
  - Foods not suitable for cooking classes include fruit salad, biscuits or slices that do not need cooking, and jellies. These types of food are not cooked and therefore not exposed to high temperatures. Refrigeration does not kill germs
- If children have had vomiting or diarrhoea, they should not participate in cooking activities until they have been symptom-free for 48 hours; and
- If the preschool has recently had, or is currently experiencing, an outbreak of gastrointestinal disease, do not hold children's cooking activities.

**The following simple steps will reduce the risk of spreading infections when using play dough:**

- The cooked play dough recipe should be used ensuring a high salt content, which discourages germs from living and multiplying.
- Additional textures can be added to the playdough during the cooling stage (for example, glitter, rice, split peas, beads, wishing stones etc) or increase the sensory appeal (add a few drops of lavender oil or warm it up).
- Make a new batch of play dough each fortnight. Store the play dough in the refrigerator, covered with an expiry date ensuring that pieces with obvious foreign bodies are discarded.
- Take out just enough play dough for each day.

REF: Staying Healthy (NHMRC 2012)