

ESM18 Allergies and Intolerances Request Form

School Name:

Name:
Class:

What is an allergy?

- Allergies occur when the body's immune system reacts to a substance as though it's harmful.
- It causes a release of histamine and other substances into the body.
- A reaction usually occurs within a few minutes of eating the offending food.

Celery	Crustacea	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphite	Tree Nuts

Please tick the relevant boxes

What is an intolerance?

- A food intolerance is a difficulty digesting certain foods and having an unpleasant physical reaction to them, such as bloating and tummy pain.
- The symptoms usually happen a few hours after eating the food.
- A child might only need to have eaten a small amount to have a reaction.

Celery	Crustacea	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphite	Tree Nuts

Please tick the relevant boxes

Dietary Requirements	
Vegetarian	
Vegan	
Pescatarian	
No Beef	
No Pork	

Other Dietary Requirements

Parent/Guardian to sign and date
