

Great Chesterford C. of E. Primary Academy

Food Allergies, Intolerances and Dietary Requirements Request Form



Child's Name: _____

Child's Date of Birth: _____

Child's Class: _____

As a School, it is essential we know of any child who has a food allergy or intolerance.

What is an allergy?

An allergy is where the body reacts to something that is normally harmless for most people. The symptoms can be mild, but for some people they can be very serious. A food allergy is caused by the immune system overreacting to certain types of food. A food allergy reaction usually occurs within a few minutes of eating the offending food.

What is an intolerance?

A food intolerance is when there is difficulty digesting certain foods or ingredients in food. It is not usually serious, but eating a food which the person is intolerant to can make them feel unwell. Symptoms usually occur a few hours after eating.

Please tick the relevant boxes below:

| | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame | Soya | Sulphites | Tree Nuts |
|--------------------|--------|-------------|------|------|--------|-------|------|----------|---------|---------|--------|------|-----------|-----------|
| Allergy | | | | | | | | | | | | | | |
| Intolerance | | | | | | | | | | | | | | |

Dietary Requirements

If your child requires a specific diet, please tick the relevant box below:

| | | |
|-------------|--|-----------------------------|
| Pescatarian | | Other dietary requirements: |
| Vegetarian | | |
| Vegan | | |
| No Beef | | |
| No Pork | | |

If your child's requirements change, please complete a new form.

Parent's Signature: _____

Date: _____