

Student – Children/ special diet needs

Read this information before filling out the form for special dietary requirements. That the form is properly filled-out gives the kitchen valuable information so that we do not change the food more than needed.

If there will be changes during the school year, please notify the kitchen.

Form is provided to teachers for **transmission to the kitchen**. New form be submitted in the autumn term start and at change.

Name:	School:
Date of birth:	Class:
Guardian's name:	Phone home/cell:
Guardian's name:	Phone home/cell:

Information about Specialkostblanketten

In case of sickness or leave

If you are sick or on leave notify the kitchen before 08:00 in the morning

Nuts, almonds, peanuts and sesame seeds is not in the food. If the pupil-the child is allergic to nuts, almonds, peanuts or sesame seeds, would we still that you give it at the form.

Lactose intolerance in infants. Please note that lactose/milk sugar does not disappear when cooking. Lactose intolerance is extremely rare in children under five-six years. Most lactose intolerant can tolerate about 5-10 g lactose/day evenly distributed throughout the day. A specific breakdown of lactose seems to even be good for the colon. (Läkartidningen 2012-01-31).

If you are concerned that your child has problems with the stomach, it can be caused by many other factors. We recommend that you seek a doctor investigating the problems.

Children with special needs

If you do not have allergies but others need not be enumerated in the form. (ADHD or similar diagnosis). Enter under "other needs", talk to the school nurse, talk to the Manager/chef.

- **Gluten intolerance and milk protein allergy (should be ensured by a doctor)**
If the child is both gluten-free and milk-free diet, inform if you use Oatlys products
- **Grain allergy (should be ensured by a doctor)**
Some grain- allergiker are able to get a small amount of some grain protein
- **Soy protein allergy (should be ensured by a doctor)**
In rare cases, soy protein allergic people also react to products derived from soya bean as sojabönshemicellulosa (E426). In such cases, we need to know this.
- **An intolerance to foods in small quantities or tolerate food heated**
Sometimes you can eat small amounts of what we usually do not tolerate, as peppers or onions in spice mixtures. Some fruits and vegetables can stand not in raw form, but if it is cooked it is possible, as Apple, tomato and carrot.

Keep the english version and hand over the swedish form/ Flip and fill in

Please tick which/what foods student-child does not tolerate

- Milk protein (**All milk products excluded**)
- Lactose (*milk sugar*)
- Gluten (*found in rye, barley, oats, wheat, spelt, kamutvete*) **Diagnosed by doctor YES NO**
- Wheat (*allergy to wheat*) **Diagnosed by doctor YES NO**
- Eggs
- Soy protein
- Fish (*can be part of fish sauce, broth, dressing and Worcestershire sauce*)
- Nuts, groundnuts, sesame seeds or almonds (*is not served in Halmstad preschools/schools*)
- Celery
- Mustard
- Lupin
- Molluscs (*clams, snails, squids, whelks, oysters and oyster sauce*)
- Crustaceans (*shrimps, crayfish, shrimp paste, lobster, scampi*)
- Chicken * If other bird, what? _____
- Legumes (Peas, Beans, Lentils) What? _____
- Tomato Raw Cooked
- Carrot Raw Cooked
- Peppers
- Citrus fruits
- Apple

Other fruits or berries such as: _____

Other vegetables or root vegetables such as: _____

Other needs: : _____

Has had contact with school health services **YES NO**

Yes NO **I don't eat pork** YES NO **I eat Vegetarian diet** (Lacto-ovo)

Guardian signature : _____ **Date:** _____