

Forest School Fire lighting, Cooking and Eating

Policy Created September 2026

Ratified Sep 2026

Reviewed

To be reviewed Sept 2027

1. Statement of Intent

Nursery School is committed to providing high-quality Forest School experiences that promote children's learning, development, wellbeing and connection with the natural world. Forest School is one of the four cornerstones of our curriculum and supports children's physical development, communication, creativity, social skills, independence and environmental awareness. [\[Allergy Management Policy | Word\]](#), [\[four cornerstones of our curriculum \(2\) | Word\]](#)

Cooking and eating around a campfire provides children with rich, memorable experiences that support all areas of learning whilst fostering confidence, responsibility, resilience and respect for nature. Fire is recognised as both a valuable learning tool and a significant hazard. Therefore, all fire activities are carefully planned, supervised and risk assessed to ensure children's safety.

The nursery is committed to ensuring that all children, including those with SEND, medical conditions, allergies, cultural requirements and dietary needs, are fully included in Forest School experiences wherever reasonably practicable. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

2. Aims

We aim to:

- Provide safe opportunities for children to learn about fire.
 - Promote healthy eating and positive relationships with food.
 - Develop children's independence, self-help skills and confidence.
 - Support children to understand food preparation and cooking processes.
 - Encourage cooperation, turn-taking and social interaction.
 - Develop communication and language through discussion, storytelling and shared experiences.
 - Extend children's scientific understanding through observing changes in materials.
 - Foster environmental awareness and respect for nature.
 - Ensure all children can participate safely and meaningfully. [\[Allergy Management Policy | Word\]](#), [\[four cornerstones of our curriculum \(2\) | Word\]](#), [\[Allergy Management Policy | Word\]](#)
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3. Legislative and Statutory Framework

This policy has been developed with reference to:

Statutory Guidance

- Statutory Framework for the Early Years Foundation Stage (EYFS). [\[Allergy Management Policy | Word\]](#)
- Early Years Foundation Stage Nutrition Guidance (2025). [\[RSE - Long-term plan \(1\) | PDF\]](#)

- Supporting Pupils at School with Medical Conditions. [\[Allergy Management Policy | Word\]](#)

Primary Legislation

- Children and Families Act 2014. [\[Allergy Management Policy | Word\]](#)
- Children Act 1989. [\[Allergy Management Policy | Word\]](#)
- Children Act 2004. [\[Allergy Management Policy | Word\]](#)
- Equality Act 2010. [\[Allergy Management Policy | Word\]](#)
- Health and Safety at Work etc. Act 1974. [\[Allergy Management Policy | Word\]](#)
- Management of Health and Safety at Work Regulations 1999. [\[Allergy Management Policy | Word\]](#)
- Health and Safety (First Aid) Regulations 1981. [\[Allergy Management Policy | Word\]](#)
- Food Safety Act 1990. [\[Allergy Management Policy | Word\]](#)
- Food Information Regulations 2014. [\[Allergy Management Policy | Word\]](#)
- Food Information (Amendment) Regulations 2019 (Natasha's Law). [\[Allergy Management Policy | Word\]](#)

National Guidance

- Food Standards Agency Food Allergy Guidance. [\[Allergy Management Policy | Word\]](#)
 - Food Standards Agency Choking Prevention Guidance. [\[RSE - Long-term plan \(1\) | PDF\]](#)
 - Allergy UK Guidance. [\[Allergy Management Policy | Word\]](#)
 - Anaphylaxis UK Guidance. [\[Allergy Management Policy | Word\]](#)
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4. Related Policies

This policy should be read alongside:

- Teaching and Learning Policy. [\[four corner curriculum \(2\) | Word\]](#)
 - Lunchtime, Snack and Hydration Policy. [\[Teaching and Learning Policy 2025 | PDF\]](#)
 - Allergy Management Policy. [\[Allergy Management Policy | Word\]](#)
 - Supporting Children with Medical Conditions Policy. [\[Allergy Management Policy | Word\]](#)
 - Administration of Medicines Policy. [\[Allergy Management Policy | Word\]](#)
 - Safeguarding and Child Protection Policy. [\[Allergy Management Policy | Word\]](#)
 - Health and Safety Policy. [\[Allergy Management Policy | Word\]](#)
 - Risk Assessment Policy. [\[Allergy Management Policy | Word\]](#)
 - First Aid Policy. [\[Allergy Management Policy | Word\]](#)
 - Educational Visits Policy. [\[Allergy Management Policy | Word\]](#)
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5. Curriculum Intent

Fire cooking supports the nursery curriculum by providing practical opportunities to develop:

Communication and Language

- Following instructions.

- Learning new vocabulary.
- Engaging in sustained shared thinking.
- Discussing cooking processes, food and safety.

Personal, Social and Emotional Development

- Turn-taking.
- Cooperation.
- Managing risk.
- Building confidence and resilience.

Physical Development

- Using cooking tools safely.
- Developing hand strength and coordination.
- Practising self-care and independence.

Understanding the World

- Exploring changes in materials through heat.
- Understanding food origins.
- Learning about seasons, growing and sustainability.

Health Education

- Nutrition.
- Hydration.
- Healthy lifestyles.
- Keeping safe. [\[Allergy Management Policy | Word\]](#), [\[four corner curriculum \(2\) | Word\]](#), [\[Lunchtime Policy \(1\) | PDF\]](#)

6. Fire Safety Procedures

Only trained Forest School practitioners may:

- Establish and light fires.
- Maintain fires.
- Extinguish fires.
- Determine whether weather conditions are suitable.

The fire area will:

- Be clearly identified.
- Have a designated safety perimeter.
- Be free from unnecessary hazards.
- Contain appropriate fire-fighting equipment.
- Form part of a written risk assessment.

Children will be taught:

- Fire circle rules.
- Safe movement around the fire.
- Appropriate behaviour near fire.
- How to respect and care for the outdoor environment.

Children must never:

- Enter the fire circle unless invited.
- Throw objects into the fire.
- Run near the fire area.
- Handle fire-lighting equipment.

7. Food, Cooking and Nutrition

The nursery recognises that cooking is an important educational experience and supports children's understanding of healthy lifestyles and food preparation. [\[RSE – Long...m plan \(1\) | PDF\]](#)

Food used in Forest School activities will:

- Be healthy, balanced and nutritious.
- Reflect EYFS nutrition guidance.
- Be age-appropriate.
- Take account of cultural and dietary needs.
- Encourage children to experience a variety of healthy foods. [\[RSE – Long...m plan \(1\) | PDF\]](#), [\[RSE – Long...m plan \(1\) | PDF\]](#)

Examples may include:

- Vegetable soup.
- Flatbreads.
- Toast.
- Jacket potatoes.
- Vegetable kebabs.
- Fruit compotes.
- Seasonal produce grown by children.

Children will never be forced to taste foods and no reward or punishment system will be used in relation to eating. This reflects the nursery's trauma-informed approach to food and mealtimes. [\[Teaching_a...olity_2025 | PDF\]](#)

8. Food Hygiene

Staff will:

- Wash hands before food preparation and eating.
- Ensure all utensils and equipment are clean.
- Store food safely.
- Follow food hygiene procedures.
- Prevent cross-contamination.
- Retain food packaging where allergen information may need to be checked. [\[Allergy Management Policy | Word\]](#)

All food preparation will comply with Food Safety legislation and Food Standards Agency guidance. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

9. Allergy Management

The nursery recognises that allergy management is a safeguarding responsibility. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

Before any cooking activity staff will:

- Review children's allergy information.
- Check Individual Healthcare Plans.
- Check Allergy Action Plans.
- Assess risks from ingredients being used.
- Identify suitable alternatives.
- Ensure all adults understand children's allergy needs. [\[Allergy Management Policy | Word\]](#)

The nursery will:

- Check ingredient labels carefully.
- Minimise cross-contamination.
- Use separate preparation equipment where needed.
- Ensure allergy-safe alternatives are available.
- Never require a child to touch, prepare or taste food that may place them at risk. [\[Allergy Management Policy | Word\]](#)

Children must never share food, drinks, utensils or cooking equipment. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

10. Choking Prevention

In line with EYFS and Food Standards Agency guidance:

- Children must be seated appropriately when eating.
- Children must remain supervised at all times.
- Food must be prepared according to age and stage.
- Round foods such as grapes, blueberries and cherry tomatoes will be cut appropriately.

- Staff will follow nursery choking prevention procedures. [\[Teaching_a...olicy_2025 | PDF\]](#), [\[RSE - Long...m plan \(1\) | PDF\]](#), [\[RSE - Long...m plan \(1\) | PDF\]](#)
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11. Forest School Medical Procedures

Prior to each Forest School session:

- Healthcare Plans will be reviewed.
- Emergency medication will accompany children where required.
- Medication will be checked to ensure it is in date.
- Trained staff will be present.
- A means of contacting emergency services will be available. [\[Allergy Ma...ent Policy | Word\]](#)

Children who require emergency medication will not attend Forest School without that medication being available. [\[Allergy Ma...ent Policy | Word\]](#)

Emergency medication must remain immediately accessible and must never be locked away. [\[Allergy Ma...ent Policy | Word\]](#), [\[Allergy Ma...ent Policy | Word\]](#)

12. Staffing and Supervision

Enhanced supervision arrangements apply during fire activities.

Adults will:

- Position themselves strategically around the activity.
- Maintain sight and hearing of all children.
- Monitor safety continuously.
- Support children's participation.
- Intervene immediately where unsafe behaviour is observed.

At least one member of staff present must hold a current Paediatric First Aid qualification. [\[Allergy Ma...ent Policy | Word\]](#), [\[Teaching_a...olicy_2025 | PDF\]](#)

13. Inclusion and Equality

In accordance with the Equality Act 2010 and EYFS, the nursery will make reasonable adjustments to support children with:

- Allergies.
- SEND.
- Medical conditions.
- Cultural or religious dietary requirements.

- Sensory needs. [\[Allergy Management Policy | Word\]](#), [\[RSE – Long-term plan \(1\) | PDF\]](#)

Children will not be excluded from Forest School, fire cooking or outdoor learning solely because of a medical condition or allergy. Appropriate risk assessment and planning will be undertaken to enable safe participation. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

14. Emergency Procedures

All staff must know how to respond to:

- Burns.
- Scalds.
- Choking.
- Allergic reactions.
- Anaphylaxis.

Where anaphylaxis is suspected staff will:

1. Administer prescribed Adrenaline Auto-Injector immediately.
2. Call 999.
3. Inform parents.
4. Keep the child under constant supervision.
5. Follow the child's Healthcare Plan and Allergy Action Plan. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

All incidents will be recorded, investigated and reviewed. [\[Allergy Management Policy | Word\]](#), [\[Allergy Management Policy | Word\]](#)

15. Monitoring and Review

The Headteacher, Forest School Lead and Governing Body will monitor implementation of this policy through:

- Policy review.
- Risk assessment audits.
- Forest School observations.
- Incident reviews.
- Staff training records.
- Allergy audits.
- Health and safety monitoring. [\[Allergy Management Policy | Word\]](#)

This policy will be reviewed annually or sooner following:

- Significant incidents.
- Changes in legislation.

- Changes in EYFS requirements.
 - Updates to health, safety or allergy guidance. [\[Allergy Management Policy | Word\]](#)
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References

- Statutory Framework for the Early Years Foundation Stage (EYFS). [\[Allergy Management Policy | Word\]](#)
- Early Years Foundation Stage Nutrition Guidance (2025). [\[RSE - Long-term plan \(1\) | PDF\]](#)
- Teaching and Learning Policy 2025. [\[four cornerstones curriculum \(2\) | Word\]](#)
- Four Cornerstones Curriculum. [\[Allergy Management Policy | Word\]](#)
- Lunchtime, Snack and Hydration Policy. [\[Teaching and Learning Policy 2025 | PDF\]](#)
- Allergy Management Policy. [\[Allergy Management Policy | Word\]](#)