



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Milk, eggs, wheat, and nuts are in lots of foods, but they can make kids with food allergies really sick. The following discussion questions and activities can help your students understand what it means to have a food allergy, and what kids with food allergies must do to stay safe and healthy.

Related KidsHealth Links

Articles for Kids:

Food Allergies

KidsHealth.org/kid/ill_injure/sick/food_allergies.html

Nut and Peanut Allergy

KidsHealth.org/kid/stay_healthy/food/nut_allergy.html

Egg Allergy

KidsHealth.org/kid/stay_healthy/food/egg_allergy.html

Help With Hives

KidsHealth.org/kid/health_problems/skin/hives.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. If you have a food allergy, it means that eating some foods can make you sick. Do you have a food allergy or know someone who does? What do people with food allergies have to do to take care of themselves?
2. Is it OK for a kid with a peanut allergy to have just a little bit of that yummy-looking candy bar with peanuts in it? Why? What can happen when a kid with a food allergy eats that food?
3. It's the week before school starts and you get a letter in the mail that says you can't pack foods with peanuts in them for lunch this year. That means no more peanut butter and jelly sandwiches – your favorite! Why do you think your school said no more peanuts in school? How do you feel about this rule? Why?
4. Your friend Katie is allergic to eggs, and she always feels left out at birthday parties because she can't eat the cake. What could you do or say to make Katie feel better?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Fishing for Safe Food

Objectives:

Students will:

- Explore the types of foods kids with peanut, seafood, milk, egg, soy, or wheat allergies must avoid

Materials:

- Fishing for Safe Food handout (available at: KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_handout1.pdf)
- Magnets
- String
- Pencils or wooden dowels
- Scissors
- Paper clips
- Hula hoop or masking tape

Class Time:

40 minutes

Activity:

Teacher's note: This activity is better-suited to a small group than an entire class. Prior to the activity, you'll need to create the game materials. Print out the Fishing for Safe Food handout and cut out each of the food cards. (If you want multiple students to be fishing at once, you can print multiple copies of the handout.) Fold each card in half and attach a paper clip to it. Place food cards with paper clips into a fishing hole, which can be a hula hoop on the floor or a circle of masking tape. Use string to make the fishing line (length depends on the height of students). Tie one end of the string to a pencil or wooden dowel to serve as a fishing pole. Tie a magnet to the other end of the string. Make as many fishing poles as you want students to be fishing at once. You can set a time limit for each child or each group of children to fish.

Kids who have peanut allergies have to be careful about what they choose to eat. You're going to have the chance to fish for foods that are safe for kids with peanut allergies. First, let's list some foods that you know contain peanuts. (Teachers of younger kids should review the foods mentioned on the Fishing for Safe Food handout.) Now you're ready to cast your line! Stand next to the fishing hole with the fishing pole in your hand. When it's your turn, use the magnet at the end of the fishing line to pick up one of the foods in the fishing hole. Once you've caught one, pick it up and look at the card. Is it a food that's safe for kids with peanut allergies? If it is, then you can keep it – you made a lucky catch! If it's not safe for kids with peanut allergies, throw it back in. If you have the most catches when the time is up, you win!



Food Allergy Button

Objectives:

Students will:

- Learn about different types of food allergies

Materials:

- Food Allergy Button handout (available at: KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_handout2.pdf)
- Art supplies (crayons, markers, colored pencils, etc.)

Class Time:

35 minutes

Activity:

Does that granola bar have nuts in it? Was that muffin made with eggs? Having a food allergy can make it tough to choose something to eat, especially when kids are eating away from home. The Healthy Buttons Company wants to help kids with food allergies make safe food choices, and they need your help. Healthy Buttons wants to create a button that kids with food allergies can show, so people serving them (like waitresses, cafeteria workers, and their friends' parents) will remember to offer safe food choices. First, list some foods that kids can be allergic to. Then select one kind of food allergy that you want to show on your button. Think of how you can show that a kid has this food allergy on your button using words and pictures. On the Food Allergy Button handout, create your button. The Healthy Buttons Company and kids with food allergies will thank you for your creative button design.

Reproducible Materials

Handout: Fishing for Safe Food

KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_handout1.pdf

Handout: Food Allergy Button

KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_handout2.pdf

Quiz: Food Allergies

KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_quiz.pdf

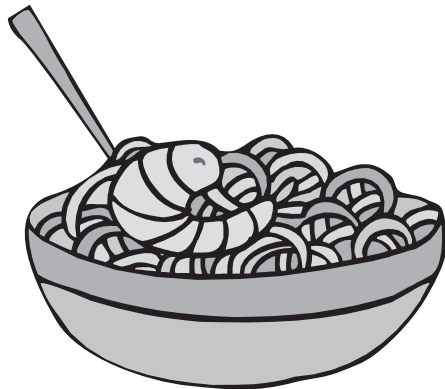
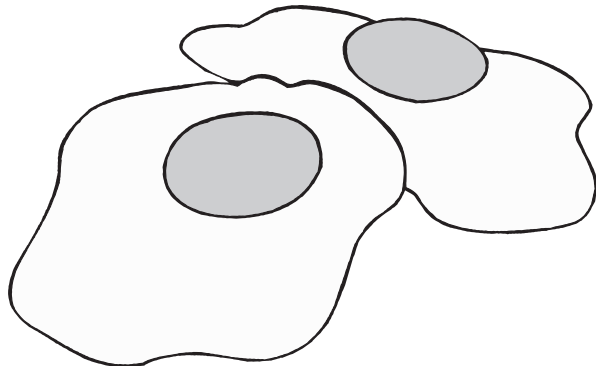
Answer Key: Food Allergies

KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_answers.pdf



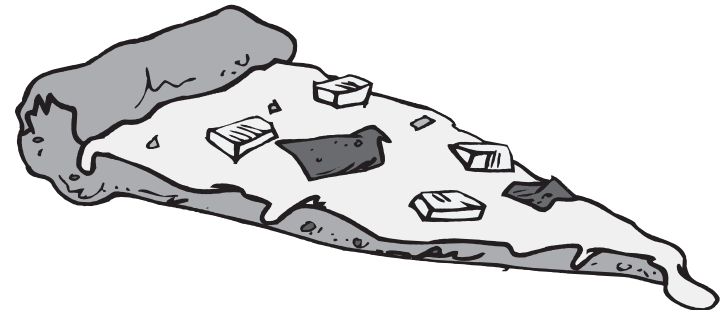
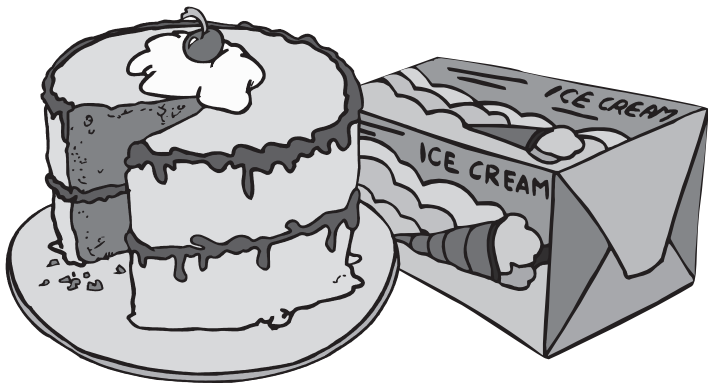
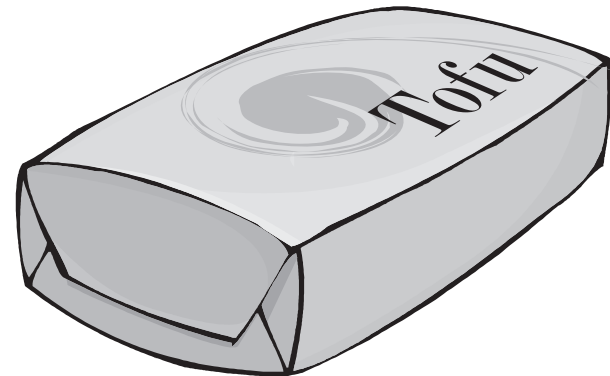
Fishing for Safe Food

Instructions: Cut out each of the food cards below. (For multiple students to be fishing at once, print multiple copies of this handout.) Fold each card in half (graphics facing in) and attach a paper clip to it. Place food cards with paper clips into a fishing hole, which can be a hula hoop on the floor or a circle of masking tape. Use string to make a fishing line (length depends on the height of students). Tie one end of the string to a pencil or wooden dowel, to serve as a fishing pole. Tie a magnet to the other end of the string. Make as many fishing poles as you want students to be fishing at once. Decide what allergy you'll be fishing for: peanut, seafood, milk, egg, soy, or wheat. Set a time limit for each child or each group of kids to fish. If the food is safe for kids with allergies, they keep the card. If not, they toss it back in the fishing hole. Whoever has the most catches when time is up wins!



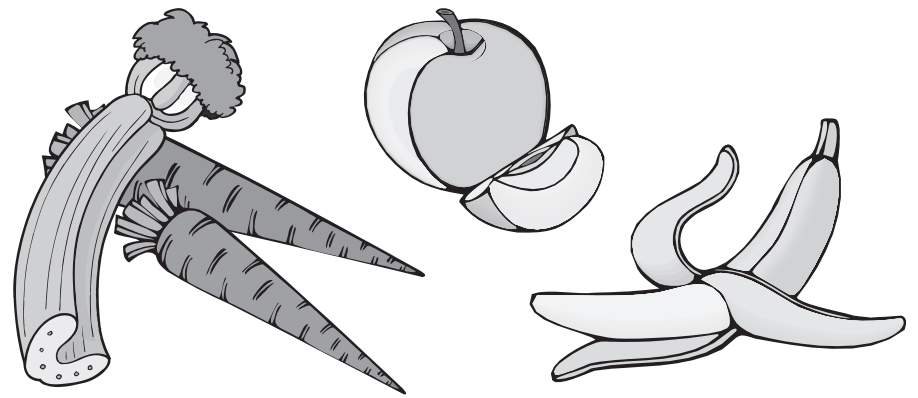
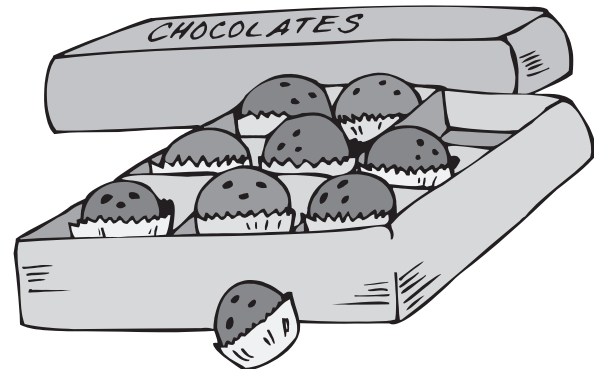


Fishing for Safe Food





Fishing for Safe Food



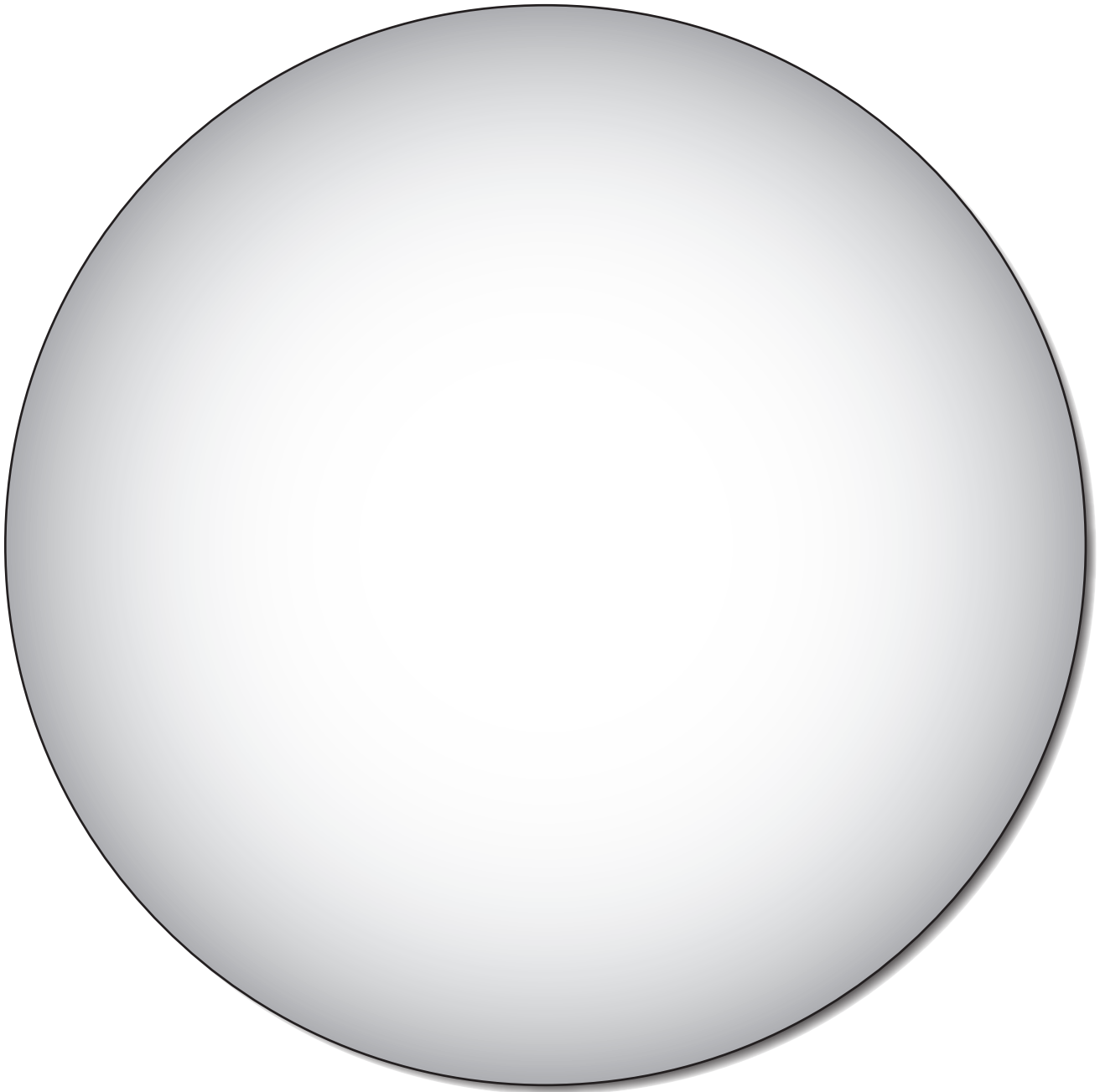


Name: _____

Date: _____

Food Allergy Button

Instructions: The Healthy Buttons Company wants to help kids with food allergies make safe food choices, and it needs your help. Create a button that kids with food allergies could show so people serving them (like waitresses, cafeteria workers, and their friends' parents) will know to offer safe food choices. First, get together with your classmates and list types of foods that kids can be allergic to. Then select one kind of food allergy that you want to show on your button. Use pictures and words to show that a kid has this food allergy on your button.





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: You can eat a little bit of a food you're allergic to, just not a lot.
2. List two types of foods that kids are often allergic to:
 - a. _____
 - b. _____
3. What's the best way for kids to be safe when they have food allergies?

4. True or false: People who have food allergies when they're kids will still have food allergies when they're adults.
5. Name one sign that kids might be having allergic reactions to food they've eaten.





Name: _____

Date: _____

Quiz Answer Key

1. True or (false) You can eat a little bit of a food you're allergic to, just not a lot. *If you have a food allergy, even a tiny bit of that food can make you sick.* _____
2. List two types of foods that kids are often allergic to:
Any two of the following: peanuts and other nuts, seafood, milk, eggs, soy, wheat. _____

3. What's the best way for kids to be safe when they have food allergies?
The best treatment for a food allergy is to avoid the food itself or any foods or drinks that contain the food. _____
4. True or (false) People who have food allergies when they're kids will still have food allergies when they're adults. *Many kids outgrow allergies to foods like milk and eggs. But severe allergies to foods like peanuts can last a lifetime.* _____
5. Name one sign that kids might be having allergic reactions to food they've eaten.
Any one of the following: runny nose, itchy skin rash, hives, tingling tongue or lips, tightness in throat, hoarse voice, wheezing, cough, nausea, vomiting, stomach pain, diarrhea. _____

