



[KidsHealth.org/classroom](http://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.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Milk, eggs, wheat, and nuts are in lots of food, but they can make kids who are allergic to these foods really sick. These activities can help your students understand what it means to have a food allergy, and what kids with food allergies have to do to stay safe.

## Related KidsHealth Links

### Articles for Kids:

#### Food Allergies

[KidsHealth.org/en/kids/food-allergies.html](http://KidsHealth.org/en/kids/food-allergies.html)

#### Nut and Peanut Allergy

[KidsHealth.org/en/kids/nut-allergy.html](http://KidsHealth.org/en/kids/nut-allergy.html)

#### Egg Allergy

[KidsHealth.org/en/kids/egg-allergy.html](http://KidsHealth.org/en/kids/egg-allergy.html)

#### Help With Hives

[KidsHealth.org/en/kids/hives.html](http://KidsHealth.org/en/kids/hives.html)

### Resource for Teachers:

#### Food Allergies Special Needs Factsheet

[KidsHealth.org/en/parents/food-allergies-factsheet.html](http://KidsHealth.org/en/parents/food-allergies-factsheet.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. 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 a candy bar with peanuts in it? What can happen if a kid with a food allergy eats that food?
3. What if you got a letter from school that says you can't pack foods with peanuts in them for lunch anymore. That means no more peanut butter and jelly sandwiches! Why do you think a school would say no more peanuts? How do you feel about this rule? Why?
4. Your friend Katie is allergic to eggs, and she feels left out at the birthday party 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
- Magnets
- String
- Pencils or wooden dowels
- Scissors
- Paper clips
- Hula hoop or masking tape

#### Class Time:

30 minutes

#### Activity:

*[Note to instructor: This activity is best-suited to small groups. Before the activity, you'll need to create the game materials. Print 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, image side 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 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.

*[Note to instructor: 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
- Art supplies (crayons, markers, colored pencils, etc.)

### Class Time:

30 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 our 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](http://KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_handout1.pdf)

### Handout: Food Allergy Button

[KidsHealth.org/classroom/prekto2/personal/nutrition/food\\_allergies\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_handout2.pdf)

### Quiz: Food Allergies

[KidsHealth.org/classroom/prekto2/personal/nutrition/food\\_allergies\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/food_allergies_quiz.pdf)

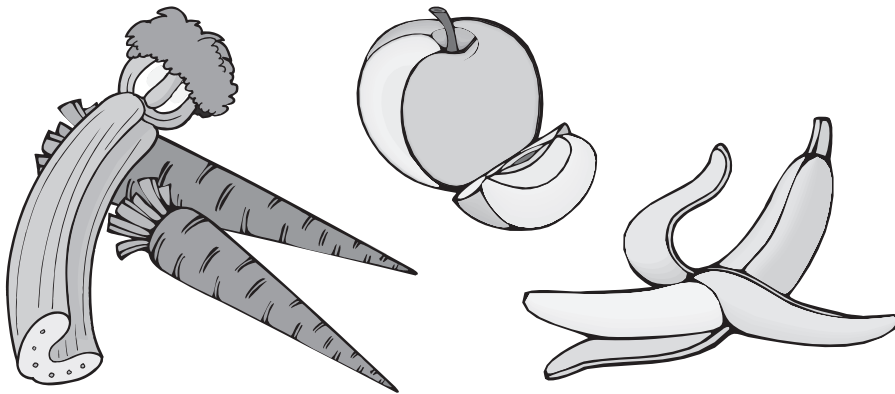
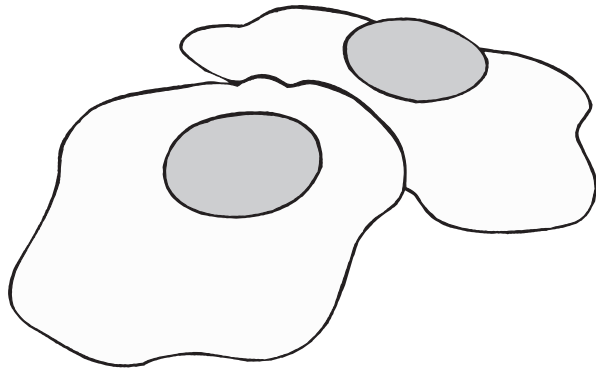
### Answer Key: Food Allergies

[KidsHealth.org/classroom/prekto2/personal/nutrition/food\\_allergies\\_answers.pdf](http://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, milk, or egg. 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!



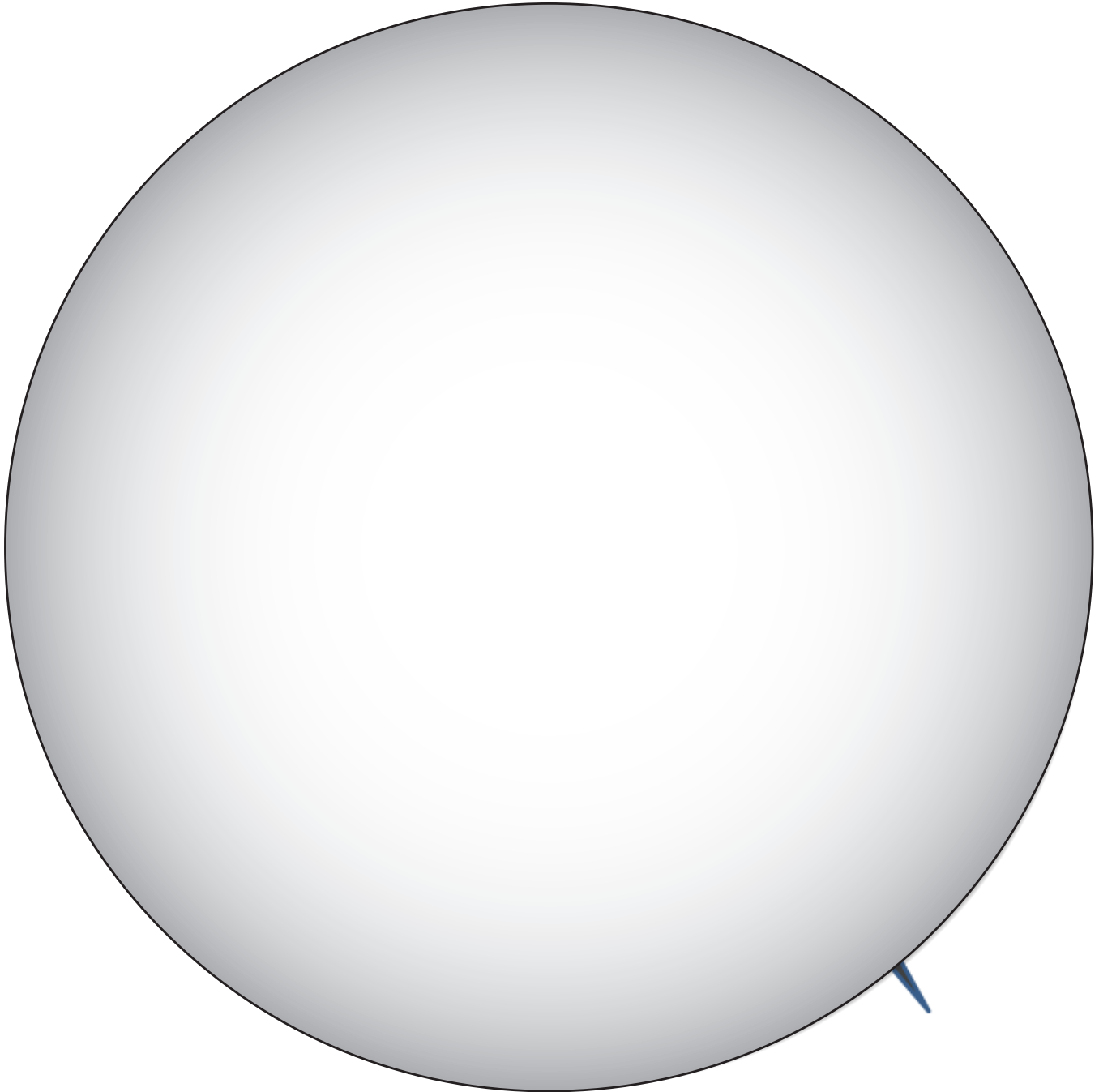


Name: \_\_\_\_\_

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.

\_\_\_\_\_





## 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.*

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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.*

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3. What's the best way for kids to be safe when they have food allergies?  
*The best to stay safe is to avoid the food itself or any foods or drinks that contain the food, and to always have their EpiPens with them.*

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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 such as milk and eggs, but some don't. Some allergies, such as those to peanuts, are more likely to last a lifetime.*

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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, swelling of the face.*

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