



[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 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 will help your students understand what it means to have a food allergy and what can be done to help kids with these allergies.

## 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. Peanut butter is nutritious, but it's not safe for everyone to eat. What does it mean to have an allergy to foods like peanuts? What are some other common foods that people have allergies to? What changes does a person with food allergies need to make?
2. Cupcakes, brownies and muffins are often made with eggs. These can cause problems for kids who are allergic to eggs. What can happen in your body if you eat a food that you're allergic to?
3. Some kids have serious food allergies. How do you know if you're one of those kids? How can you figure out if you have a food allergy? How can you take care of yourself if you find out you do have an allergy?
4. You have a peanut allergy, and your Aunt Sally says, "Don't worry. You won't have to avoid peanuts forever. People grow out of their allergies as they get older." Is Aunt Sally correct?



## Activities for Students

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

### Jack's Immune System

#### Objectives:

Students will:

- Learn about the role of the immune system in causing food allergies
- Identify allergic reactions to food

#### Materials:

- Computer with Internet access
- Pen or pencil and paper, or word processing program

#### Class Time:

1 hour

#### Activity:

“Hi, I’m Jack’s immune system. And it’s my fault he has a food allergy ...”

You’re at a meeting of an Immune System Support Group, where people’s immune systems get together to talk about their problems and help each other feel better. Today, it’s Jack’s immune system’s turn to discuss Jack’s food allergy. Jack’s immune system feels badly about the way he’s made Jack feel, and he wants to say he’s sorry. Members of the Immune System Support Group often write letters to apologize for the mistakes they’ve made, and now Jack’s immune system wants to share his thoughts with Jack. It’s your job to help Jack’s immune system write a letter. Before you get started, read the KidsHealth.org articles about food allergies and the immune system. In your apology letter to Jack from his immune system, include the following information:

- The type of food allergy Jack has
- What mistake the immune system made to give Jack his food allergy
- What happens to Jack when he eats a food he’s allergic to
- The changes Jack has had to make in his diet

#### Extensions:

1. Jack read the apology letter from his immune system. Now imagine what Jack might say back. With a classmate, role-play a conversation between Jack and his immune system, focusing on Jack’s feelings about his food allergy.
2. Special doctors called allergists help Jack and other kids figure out if they’re allergic to foods. Invite an allergist or other doctor to your class to talk about food allergies, and what allergy specialists do to test for food allergies.



## Nut- and Egg-Free Recipe

### Objectives:

Students will:

- Learn about the types of foods that kids with specific food allergies must avoid
- Explore how to cook safely for people with food allergies

### Materials:

- Computer with Internet access
- Cookbooks or cooking websites
- "Nut- and Egg-Free Recipe" handout, pen or pencil

### Class Time:

45 minutes

### Activity:

Let's protect students who have nut and egg allergies. First, read the KidsHealth.org articles to learn about nut and egg allergies. Then decide whether you want to provide a lunch or dessert recipe. Flip through cookbooks or search cooking websites to find a recipe that doesn't include nuts or eggs, or any products made with nuts or eggs. Write your delicious recipe on the "Nut- and Egg-Free Recipe" handout.

## Reproducible Materials

### Handout: Nut- and Egg-Free Recipe

[KidsHealth.org/classroom/3to5/personal/nutrition/food\\_allergies\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/food_allergies_handout1.pdf)

### Quiz: Food Allergies

[KidsHealth.org/classroom/3to5/personal/nutrition/food\\_allergies\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/food_allergies_quiz.pdf)

### Answer Key: Food Allergies

[KidsHealth.org/classroom/3to5/personal/nutrition/food\\_allergies\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/food_allergies_quiz_answers.pdf)



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

Date: \_\_\_\_\_

## Nut- and Egg-Free Recipe

Instructions: Read KidsHealth.org articles about nut and egg allergies. Then decide whether you want to make a lunch or dessert recipe. Check out cookbooks or search cooking websites to find a recipe that doesn't include nuts or eggs, or any products made with nuts or eggs. Write your delicious recipe below. Since many schools request peanut-free snacks, you may want to find a recipe to share with the class for birthdays or other parties.

\_\_\_\_\_ 's Nut- & Egg-Free Recipe:

[Student name]

]Recipe name]

Ingredients:

Directions:



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

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Which system of the body makes a mistake when you have a food allergy?
  - respiratory
  - immune
  - endocrine
  - nervous
- Describe the mistake your body makes when you have a food allergy.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- List three signs of an allergic reaction:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- True or false: A person can have an allergic reaction to a food an hour after the food has been eaten.
- Which of the following is the name for a sudden, severe allergic reaction that involves many systems of the body?
  - antibody
  - histamine
  - anaphylaxis
- True or false: Kids always grow out of all of their food allergies as they get older.
- An \_\_\_\_\_ is a doctor who specializes in allergies.
- What's the best way to deal with a food allergy? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- For serious allergic reactions, people may need a shot of \_\_\_\_\_.
  - epinephrine
  - histamine
  - orange juice
- \_\_\_\_\_ are itchy red bumps or slightly raised patches of skin that can be the result of an allergic reaction.



## Quiz Answer Key

- Which system of the body makes a mistake when you have a food allergy?
  - respiratory
  - immune
  - endocrine
  - nervous
- Describe the mistake your body makes when you have a food allergy.  
*If you have a food allergy, your immune system mistakenly treats a certain food as if it's harmful to you.*  
\_\_\_\_\_  
\_\_\_\_\_
- List three signs of an allergic reaction:  
*Any three of the following: runny nose, itchy skin, rash, hives, tingling in tongue or lips, tightness in throat, hoarse voice, wheezing, cough, nausea, vomiting, stomach pain, diarrhea, swelling of the face.*  
\_\_\_\_\_  
\_\_\_\_\_
- True or  false: A person can have an allergic reaction to a food an hour after the food has been eaten.
- Which of the following is the name for a sudden, severe allergic reaction that involves many systems of the body?
  - antibody
  - histamine
  - anaphylaxis
- True or  false: Kids always grow out of all of their food allergies as they get older. *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.*  
\_\_\_\_\_
- An allergist is a doctor who specializes in allergies.
- What's the best way to deal with a food allergy? Avoid the food itself or any foods or drinks that contain the food.  
\_\_\_\_\_
- For serious allergic reactions, people may need a shot of epinephrine.
  - epinephrine
  - histamine
  - orange juice
- Hives are itchy red bumps or slightly raised patches of skin that can be the result of an allergic reaction.