



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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.

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

Milk, eggs, wheat, and nuts are common ingredients in many foods, but they can cause serious reactions in kids with food allergies. The following discussion questions and 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/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. Peanut butter tastes yummy, but not everyone is able to enjoy it. What does it mean to have an allergy to foods like peanuts? What are some other common foods that people have allergies to? Do you have a food allergy or know someone who does? What changes does a person with food allergies need to make?
2. Cupcakes, brownies, and muffins are delicious, but they can cause problems for people 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.

Immune System Mistake

Objectives:

Students will:

- Learn about the role of the immune system in causing food allergies
- Identify the characteristics of an allergic reaction to food

Materials:

- Computer with Internet access
- Pen 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 articles at KidsHealth 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 friend, 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. Find out what allergy specialists do to test for food allergies, and use this information to create a bulletin board about food allergies for your school.



Allergy-Free Cafeteria

Objectives:

Students will:

- Learn about the types of foods that kids with specific food allergies must avoid
- Explore the difficulties of cooking safely for people with food allergies

Materials:

- Computer with Internet access
- Cookbooks or cooking websites
- Allergy-Free Cafeteria handout (available at: KidsHealth.org/classroom/3to5/personal/nutrition/food_allergies_handout1.pdf)

Class Time:

45 minutes

Activity:

Henson School has a problem. Some of its students have nut and egg allergies, and the cafeteria's cooks say they can't find good lunch and dessert recipes without those ingredients. Your job is to help Henson create an allergy-free cafeteria by providing some yummy recipes! First, read the articles on KidsHealth 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 Allergy-Free Cafeteria handout, so that it can be given to the cooks at Henson School. The kids at Henson School will thank you for creating a safe cafeteria!

Reproducible Materials

Handout: Allergy-Free Cafeteria

KidsHealth.org/classroom/3to5/personal/nutrition/food_allergies_handout1.pdf

Quiz: Food Allergies

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



Health Problems Series Food Allergies

Name:

Date:

Allergy-Free Cafeteria

Instructions: Read KidsHealth articles about nut and egg allergies. Then decide whether you want to provide 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- and Egg-Free Recipe

Ingredients:

Preparation:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Which system of the body makes a mistake when you have a food allergy?
 - a. respiratory
 - b. immune
 - c. endocrine
 - d. nervous

2. Describe the mistake your body makes when you have a food allergy.

3. List three signs of an allergic reaction:
 - a. _____
 - b. _____
 - c. _____

4. True or false: A person can have an allergic reaction to a food a few hours after the food has been eaten.

5. Which of the following is the name for a sudden, severe allergic reaction that involves many systems of the body?
 - a. antibody
 - b. histamine
 - c. anaphylaxis

6. True or false: Kids always grow out of all of their food allergies as they get older.

7. An _____ is a doctor who specializes in allergies.

8. What is the best treatment for a food allergy? _____

9. For serious allergic reactions, people may need a shot of _____.
 - a. epinephrine
 - b. histamine
 - c. mast cells

10. _____ 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

- True or false: A person can have an allergic reaction to a food a few hours 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. Severe allergies to foods such as peanuts can last a lifetime.*

- An allergist is a doctor who specializes in allergies.
- What is the best treatment for a food allergy? *The best treatment for a food allergy is to 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
 - mast cells
- Hives are itchy red bumps or slightly raised patches of skin that can be the result of an allergic reaction.