



[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.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use decision-making skills 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>

These activities will help your students learn about food allergies and common food allergens are, as well as how to identify food allergy reactions.

## 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)

### Articles for Teens:

#### Food Allergies

[TeensHealth.org/en/teens/food-allergies.html](http://TeensHealth.org/en/teens/food-allergies.html)

#### Food Allergies: How to Cope

[TeensHealth.org/en/teens/food-allergy-copeing.html](http://TeensHealth.org/en/teens/food-allergy-copeing.html)

#### My Friend Has a Food Allergy. How Can I Help?

[TeensHealth.org/en/teens/helping-allergies.html](http://TeensHealth.org/en/teens/helping-allergies.html)

#### Milk Allergy

[TeensHealth.org/en/teens/milk-allergy.html](http://TeensHealth.org/en/teens/milk-allergy.html)

#### Egg Allergy

[TeensHealth.org/en/teens/egg-allergy.html](http://TeensHealth.org/en/teens/egg-allergy.html)

#### Nut and Peanut Allergy

[TeensHealth.org/en/teens/nut-allergy.html](http://TeensHealth.org/en/teens/nut-allergy.html)

#### Shellfish Allergy

[KidsHealth.org/en/teens/shellfish-allergy.html](http://KidsHealth.org/en/teens/shellfish-allergy.html)

#### Serious Allergic Reactions (Anaphylaxis)

[TeensHealth.org/en/teens/anaphylaxis.html](http://TeensHealth.org/en/teens/anaphylaxis.html)

#### 5 Ways to Be Prepared for an Allergy Emergency

[TeensHealth.org/en/teens/allergy-emergency.html](http://TeensHealth.org/en/teens/allergy-emergency.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. Let's list common food allergens. In what foods are they found?
2. Some allergic reactions may only cause a rash or a runny nose. Others can be life-threatening. Describe the reactions that food allergens can cause, and why the body reacts this way.
3. How are food allergies treated? Can people grow out of a food allergy?



## Activities for Students

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

### Fighting Food Allergens

#### Objectives:

Students will:

- Discover what food allergies are
- Learn how the immune system responds to food allergens
- Identify reactions to food allergies

#### Materials:

- Computer with Internet access
- Video camera

#### Class Time:

2 hours

#### Activity:

A food allergy occurs when the immune system identifies a certain food as a threat to the body, much like it would react to germs that enter the body. As a result, the immune system kicks into gear and begins what's called the immune response. After you read the KidsHealth.org articles and learn about food allergies, work in small groups to develop a brief skit portraying the body's response to a food allergen. Be sure to include what the allergen is, how the immune system deals with the allergen, and the reaction that occurs to this immune response. Finally, be creative and have fun depicting this process!

#### Extension:

Staying away from food allergens can be tough for those with food allergies. Pick a common food that people are allergic to and challenge yourself not to eat it for a week. Make sure you read food labels, ask friends what's in a homemade food, etc. At the end of the week, write an essay about your experience. Were you able to go the whole week without eating the food? What difficulties did you face? How can people be more sensitive to someone with food allergies?



## Hidden Ingredients

### Objectives:

Students will:

- Examine food labels for common allergens
- Recognize hidden allergens in food

### Materials:

- Computer with Internet access
- Food labels from various products
- "Hidden Ingredients" handout, tape or glue

### Class Time:

1 hour

### Activity:

Staying away from food allergens may seem like a breeze – you just don't drink milk or eat peanuts, right? Unfortunately, it's not that simple. Food allergens are often hidden behind names such as casein and hydrolyzed vegetable protein. While they may appear to be unlikely suspects, casein is actually made from milk and hydrolyzed vegetable protein may contain peanuts. Read the KidsHealth.org articles to discover how food allergens can be hidden in foods and use the handout to examine three of your favorite foods to determine whether someone with food allergies could eat them. Did any of your findings surprise you?

### Extensions:

1. Now that you understand the foods people with food allergies must avoid, use the recipes from a cookbook or cooking website to create a healthy dinner menu for someone with a specific food allergy.
2. Create a 2-column chart. In the left-hand column, list snacks that have common food allergens in them, and in the right-hand column, list healthy alternatives to those snacks.

## Reproducible Materials

### Handout: Hidden Ingredients

[KidsHealth.org/classroom/6to8/personal/nutrition/food\\_allergies\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/nutrition/food_allergies_handout1.pdf)

### Quiz: Food Allergies

[KidsHealth.org/classroom/6to8/personal/nutrition/food\\_allergies\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/nutrition/food_allergies_quiz.pdf)

### Answer Key: Food Allergies

[KidsHealth.org/classroom/6to8/personal/nutrition/food\\_allergies\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/nutrition/food_allergies_quiz_answers.pdf)





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

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

## Quiz

Instructions: Answer each question.

1. List three common food allergens.

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2. List four possible reactions to these allergens.

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3. When someone with a food allergy eats a food allergen, the body releases chemicals called \_\_\_\_\_ that cause an allergic reaction.

- a. epinephrine
- b. anaphylaxis
- c. histamines
- d. hives

4. Describe one of the ways doctors determine if a reaction is caused by a food allergy.

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5. True or false: Once you have an allergy, you always have it.

6. True or false: If you don't have a food allergy when you're younger, you don't ever need to worry about food allergies.

7. When people have severe reactions to food allergens, they may need shots of \_\_\_\_\_.

- a. epinephrine
- b. histamine
- c. antibodies
- d. none of the above



## Quiz Answer Key

1. List three common food allergens.

*Any three of the following: peanuts, tree nuts, eggs, soy, wheat, milk, seafood (fish and shellfish).*

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2. List four possible reactions to these allergens.

*Any four of the following: rash or hives, runny nose, diarrhea, tightness in the throat, coughing, hoarse voice, wheezing, nausea, vomiting, stomach pain, tingling tongue or lips, anaphylaxis, swelling of the face.*

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3. When someone with a food allergy eats a food allergen, the body releases chemicals called histamines that cause an allergic reaction.

- a. epinephrine
- b. anaphylaxis
- c. histamines
- d. hives

4. Describe one of the ways doctors determine if a reaction is caused by a food allergy.

*Any one of the following: In a blood test, blood is drawn and exposed to an allergen to determine if antibodies are formed against the allergen. In a skin test, pricks are made on the skin and exposed to a liquid extract of the allergen – if the area gets red and raised, it's an allergic reaction.*

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5. True or  false: Once you have an allergy, you always have it. *Some allergies can be outgrown such as those to milk and eggs.*

6. True or  false: If you don't have a food allergy when you're younger, you don't ever need to worry about food allergies. *Allergies can develop throughout a lifetime.*
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7. When people have severe reactions to food allergens, they may need shots of epinephrine.

- a. epinephrine
- b. histamine
- c. antibodies
- d. none of the above