



## Teacher Resource Guide

### Disc 1 – Ages 4-7



### DVD Chapters – Disc 1

- 1) What are Allergies
- 2) Common Allergens
- 3) Medical Identification
- 4) Hand Washing
- 5) Being Mindful of Allergens
- 6) No Sharing Food
- 7) Symptoms of an Allergic Reaction
- 8) Adrenaline/Epinephrine
- 9) Inclusion

# 1) What are Allergies?

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## Summary:

This chapter introduces children to the condition of food allergies. It comforts children who have not heard about food allergies before or have limited knowledge about them, by letting them know they will have a lot of fun while learning.

## Key Learning Points:

- 1) Allergies can make you sick and are more serious than environmental allergies/sneezing.
- 2) Even though allergies are a somewhat invisible condition, they are still real.
- 3) People with food allergies can get very sick if they eat the foods that they are allergic to.
- 4) Small amounts of allergens can be dangerous.
- 5) Allergies are serious enough to send someone to the hospital

**Note:** It is strongly advised not to bring up that allergies are life threatening to younger age groups. Please use best judgment.

## Classroom Discussion Questions:

- 1) Do you know someone with a food allergy?
  - a. What are they allergic to?
- 2) Can allergies be serious, or does it mean that you just sneeze a lot?
- 3) How do you know if someone has allergies?

(Suggest that (a) they might choose to tell you or (b) sometimes the teacher will let everyone know who has allergies).
- 4) If someone has food allergies, should we all take them seriously?

## Teacher Notes:

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## 2) Common Allergens

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### Summary:

An explanation that people can be allergic to many different things, with some allergens more common than others. Often peanuts get most of the recognition, but all allergens can potentially cause severe reactions. Additionally, this chapter gets students thinking about other foods that might contain allergens as ingredients.

### Key Learning Points:

- 1) People can be allergic to many things, not just peanuts.
- 2) People can be allergic to more than one thing. Some have a long list of allergies that are all serious.
- 3) Allergens can be ingredients in other foods (e.g. milk in butter).
- 4) Introduce celiac disease as a condition where people cannot eat wheat.

### Classroom Discussion Questions:

- 1) Are peanuts the most serious allergy of all?
- 2) Can you list the most common food allergens?
- 3) Other than food, what can people be allergic to?
- 4) What are examples of dairy foods? What would someone with a dairy allergy need to be careful of?
- 5) What's the name of another condition where people can't eat wheat?

### Teacher Notes:

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### 3) Medical Identification

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**Summary:**

An introduction to medical identification and the benefits it can provide someone with specific health conditions. The focus is primarily on food allergies and that it can help let others know that a person is experiencing an allergic reaction in an emergency situation. The goal is to normalize these bracelets so children do not feel “uncool” wearing them.

**Key Learning Points:**

- 1) Medical bracelets can be used to show what someone is allergic to.
- 2) They are used to show other health conditions too (diabetes, asthma, epilepsy).
- 3) They come in different shapes and styles.
- 4) They are important to wear at all times if you have allergies.

**Classroom Discussion Questions:**

- 1) Are medical bracelets only worn to help remember your own allergies?
- 2) Why is medical bracelet important for someone with food allergies?
- 3) What other health conditions can be shown on a medical bracelet?
- 4) If you were to design your own bracelet, what would it look like?

**Teacher Notes:**

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## 4) Hand Washing

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### Summary:

Hand washing is an important thing we can all do to keep an allergy-safe classroom. By reviewing the steps of washing our hands with soap and water, we can all help reduce the risk of allergens in places where they shouldn't be.

### Key Learning Points:

- 1) There are always foods/ingredients that people can substitute for the things they're allergic to.
- 2) Washing hands with soap and water is best for getting food off – not hand sanitizer.
- 3) Learning the steps for washing hands correctly.
- 4) Know that food crumbs are not only on hands, but also on desks, trays and even on our faces.

### Classroom Discussion Questions:

- 1) What foods are not allowed in our classroom? (If any).
- 2) Should we wash our hands before, or after we eat? Or both? Why?
- 3) Why is washing our hands so important if we have friends with food allergies?
  - a. Why is it important in general?
- 4) Should we wash our hands with hand sanitizer or soap and water?
- 5) Can you remember the steps of the "hand wash rap"? Let's do the motions together:
  - a. Turn on the tap
  - b. Get your hands wet
  - c. Pump the soap
  - d. And don't forget
  - e. To scrub scrub scrub
  - f. Don't miss a spot
  - g. Dry them off
  - h. And give a thumbs up!

### Teacher Notes:

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## 5) Being Mindful of Allergens

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### Summary:

This chapter introduces the concept of cross-contamination/cross-contact and the importance of remembering who has allergies, and what they're allergic to. Being mindful and respectful of someone's allergies can go a long way in keeping them safe.

### Key Learning Points:

- 1) It's not okay for foods to touch each other (such as the same knife for peanut butter being used for jam).
- 2) It's not okay to joke around about food allergies.
- 3) Remembering the rules for our classroom to keep everyone safe (take opportunity to review specific rules).

### Classroom Discussion Questions:

- 1) What can we do in our class to keep students with allergies safe?
- 2) What is it called when two foods touch each other?
- 3) Should someone with food allergies eat a food that they think has been touch by another?
- 4) Why do you think food allergies are something that we shouldn't joke about?

### Teacher Notes:

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## 6) No Sharing Food

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### Summary:

An often-confusing message for children when they are told generally that sharing is a good thing. However, sharing food can easily cause allergic reactions at school, as allergic students must stick to their own lunch from home or approved lunch at school. It's important for students to know that sharing is still a good thing, but we do need to keep our food to ourselves.

### Key Learning Points:

- 1) Sharing is usually a good thing (toys, games etc.), but it is not when it comes to food.
- 2) It's not okay to trade food or give our uneaten food away.
- 3) Food needs to stay on your own tray or plate during snack or lunchtime.
- 4) Food should never be thrown around or used to tease others.

### Classroom Discussion Questions:

- 1) Why is sharing food a problem?
- 2) Where can you find what's in the food we eat? (Teacher can explain what ingredients are).
- 3) What are different things that can be in a sandwich? (To help students grasp that some foods have more than one ingredient?)
- 4) Is it easy to know what is in the food we eat?
- 5) Where should we keep our food when we're eating it? What about when we're not eating it?

### Teacher Notes:

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## 7) Symptoms of an Allergic Reaction

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### Summary:

The signs and symptoms of an allergic reaction can be very scary and serious in real life. This chapter aims to make it “kid-friendly” by showing various symptoms in cartoon form. The goal is to get children to understand that it’s not normal to feel strange or sick, and to get help immediately.

### Key Learning Points:

- 1) Learn that allergies are serious because they can cause strange signs or symptoms. This is known as an allergic reaction.
- 2) Recognize some of the different symptoms of an allergic reaction.
- 3) When someone gets sick with an allergic reaction, it’s an emergency.
- 4) Tell an adult and get help if someone ever was feeling sick.

### Classroom Discussion Questions:

- 1) What are some of the signs of an allergic reaction?
- 2) Who could you tell if you saw someone feeling really sick and needed help?
- 3) Why should you never keep an allergic reaction a secret?
- 4) What phone number would you call in an emergency?

### Teacher Notes:

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## 8) Adrenaline/Epinephrine

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### Summary:

Adrenaline (also known as epinephrine) is introduced to students as a medicine that can help in an allergic reaction. It's shown with super heroes to reinforce that it can help save the day. Use your own discretion on whether or not to tell the students that they are in fact a needle.

### Key Learning Points:

- 1) Adrenaline/epinephrine is an important medicine.
- 2) It can commonly be referred to as an EpiPen<sup>®</sup>, Allerject<sup>®</sup>, Auvi Q<sup>®</sup> or other names. Each have the same medicine inside.
- 3) They are not a toy and should never be played with.
- 4) They are a very serious thing that can help in an emergency and should be taken seriously.

### Classroom Discussion Questions:

- 1) Do you know of anyone who carries medicine for their allergies?
- 2) How can people carry them and where can they be stored?
- 3) If you ever saw one lying on the ground, should you ever touch it?
- 4) After someone uses adrenaline/epinephrine, where should they go?
- 5) Is it possible that some people need to use two for an allergic reaction?

### Teacher Notes:

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## 9) Inclusion

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### Summary:

The finale of the video helps children understand that food allergies are one thing that makes people different, but we're all different in many different ways. We need to support each other and include everyone no matter what makes them different.

### Key Learning Points:

- 1) We are all different in many ways.
- 2) Being different is what makes us all special.
- 3) People can be different because of food allergies, but they are still like everyone else.
- 4) People with food allergies can do everything that anyone else can do.
- 5) Food allergies are never a reason to exclude someone.

### Classroom Discussion Questions:

- 1) What's something that makes you different or special?
- 2) Should we ever make fun of someone for being different?
- 3) Why do you think people tease/bully? Is it fair?
- 4) Why is being different a good thing?
- 5) How does it feel if someone does not invite you to play with the rest of your friends?
- 6) What can we do at school to make sure everyone with food allergies are safe and feel included?

### Teacher Notes:

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