



Teacher Resource Guide Disc 2 – Ages 8-11



DVD Chapters – Disc 2

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1) What is Anaphylaxis?

Summary:

This chapter introduces children to the condition of food allergies and the concept that some people can have very serious allergic reactions called anaphylaxis. It sets the stage for learning while engaging children in topics that they might have wondered about before.

Key Learning Points:

- 1) People with food allergies are just like everybody else, but have to avoid certain foods.
- 2) Many people have food allergies and that is normal.
- 3) Allergic reactions can be much more serious than environmental allergies/sneezing.
- 4) People with serious food allergies can get very sick if they eat the foods that they are allergic to with a serious life-threatening allergic reaction called anaphylaxis. This would require hospitalization.
- 5) People can get allergies when they are young or old, and we don't know why people get them, or lose them.

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?
 - a. (Suggest that (a) they might choose to tell you or (b) sometimes the teacher will tell you).
- 4) Why should we take food allergies seriously?
- 5) Are allergies contagious?
- 6) Is there a cure for food allergies? (No, awareness and education is key)

Teacher Notes:



2) Common Allergens

Summary:

The video explains that people can be allergic to many different things, with some allergens more common than others. Often peanuts or tree nuts 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, including foods, medicine, insect stings, and latex.
- 2) People can be allergic to more than one thing. Some have multiple 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.
- 5) Introduce lactose intolerance as a condition similar to a milk allergy, but with less severe symptoms and affecting the digestive system.

Classroom Discussion Questions:

- 1) What's the difference between a peanut and a tree nut?
- 2) Is lactose intolerance the same as a milk allergy?
- 3) What's the difference between fish and shellfish?
- 4) Can you list the most common food allergens?
- 5) Other than food, what can people be allergic to?
- 6) What's the name of the condition where people have an intolerance to wheat?
- 7) Are peanuts the most serious allergy of all?
- 8) How can you help your friends with food allergies?

Teacher Notes:



3) Medical Identification

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) In addition, they are used to show other health conditions (diabetes, asthma, epilepsy).
- 3) They come in different shapes and styles.
- 4) They are important to wear at all times if you have allergies.
- 5) People can have trouble breathing and speaking during an allergic reaction, which is why medical bracelets can be so important.

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) In what situations would this bracelet be particularly useful?
- 4) What other health conditions can be shown on a medical bracelet?
- 5) If you were to design your own bracelet, what would it look like?

Teacher Notes:



4) Cross-Contamination/Cross-Contact

Summary:

Cross-contamination, otherwise known as cross-contact is explained as a situation when a food touches another food, utensil or surface, making it unsafe for someone with food allergies. Hand washing is also emphasized as a way to reduce the risk.

Key Learning Points:

- 1) Remember the foods that are okay/not okay for our classroom.
- 2) There are always foods/ingredients that people can substitute for the things they're allergic to.
- 3) Washing our hands with soap and water is best for getting food off – not hand sanitizer.
- 4) Knowing what cross-contamination is, and how it can be avoided (washing hands, keeping food on own plates/trays).
- 5) Know that food crumbs are not only on hands, but also on desks, trays and even on our faces.
- 6) Food is always meant to stay in the room where we eat lunch.

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) Should we wash our hands with hand sanitizer or soap and water?
- 4) Why should we always eat our food in the room we eat lunch?
- 5) Why is it a bad idea to use the same knife for jam that was used also for peanut butter?
- 6) What's an example of a "smart question" that you could ask someone about food allergies.
- 7) Why should we never share food at school?

Teacher Notes:



5) Reading Ingredient Lists

Summary:

Food labels are explained as the location on food products to find out what ingredients are inside. These are especially important for people with food allergies as they have to know what's in their food to ensure it's safe.

Key Learning Points:

- 1) Know that ingredient lists are where you can find out what's in your food.
- 2) A peanut free logo doesn't cover a tree nut allergy or other allergens.
- 3) Products that say "may contain" products are not worth the risk.

Classroom Discussion Questions:

- 1) Have you ever read an ingredient list before? Are they easy to read?
- 2) Does a peanut free logo on a package mean it's okay for anyone to eat with a peanut and tree nut allergy?
- 3) Who would someone with allergies talk to if they wanted to get a safe meal at a restaurant?
- 4) When a product says "may contain" an allergen, why do you think it is not worth the risk for someone with food allergies to eat?

Teacher Notes:



6) Being Mindful of Allergens

Summary:

This chapter gets students thinking about which ingredients are in common foods through a game titled “Safe for Suzie”. It helps them realize the dangers of sharing food when it’s so hard to know what exactly is in our food.

Key Learning Points:

- 1) Don’t make assumptions about our food. It’s difficult to know what’s in our food.
- 2) Never share food.
- 3) Some foods can change ingredients, making it hard to know what’s inside of it every time. E.g. salads that sometimes have tree nuts.
- 4) We need to be careful at birthday celebrations as sometimes the birthday cake or cupcakes can have allergens inside.
- 5) It’s okay for people with food allergies to bring their own safe food.

Classroom Discussion Questions:

- 1) If someone with food allergies eats a food once, will it always be safe for them?
- 2) What do you think might be the ingredients of a pizza? Are there any common allergens in it? (Wheat, dairy)
- 3) Have you ever been surprised to find out what was inside a food?
- 4) What could you bring to a classroom celebration instead of food?
- 5) If someone with allergies is attending a birthday party, what can they do to make sure they will stay safe?

Teacher Notes:



7) Symptoms of an Allergic Reaction

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) Know that allergic reactions are serious and nothing to joke about.
- 4) When someone gets sick with an allergic reaction, it’s an emergency.
 - a. Speak up and get an adult right away.
 - b. Find out where their medicine is.
- 5) Tell an adult and get help if someone ever was feeling sick.

Classroom Discussion Questions:

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

Teacher Notes:



8) Adrenaline/Epinephrine

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.

Key Learning Points:

- 1) Adrenaline/epinephrine is an important medicine that can help with an allergic reaction.
- 2) It can commonly be referred to as an EpiPen[®], Allerject[®], Auvi Q[®] or other names. They all have the same medicine inside.
- 3) They are not a toy and should never be played with.
- 4) It should be used upon the first signs of anaphylaxis and can help save a life.
- 5) Two doses should be carried in case the first dose does not help subdue the reaction.
- 6) They are a very serious thing that can help in an emergency and should never be made fun of.

Classroom Discussion Questions:

- 1) Do you know of anyone who carries medicine for their allergies?
- 2) How is carry this medicine similar to wearing a seatbelt?
- 3) How can people carry them and where can they be stored?
- 4) Why should people with allergies always carry at least two doses?
- 5) If you ever saw one lying on the ground, should you ever touch it?
- 6) After someone uses adrenaline/epinephrine, where should they go and why?

Teacher Notes:



9) Inclusion

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:

