



Teacher Resource

Hay Fever Season

Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. How many Australians are affected by hay fever?
 - a. 1 in 5
 - b. 1 in 50
 - c. 1 in 100
2. What are allergens? Give at least two examples.
3. How does a person's body react if they have hay fever?
4. What are the symptoms of hay fever?
5. What can people do to control hay fever?

Activity: Class Discussion

Before watching

Before watching the BTN Hay Fever Season story students will discuss in small groups what they already know about hay fever and how it impacts people.



After watching

Students will respond to one or more of the following questions after watching the BTN story:

- What did you learn from the BTN story?
- What do you THINK about what you saw in the BTN Hay Fever Season story?
- Do you or someone you know suffer from hay fever?
- What are some of the signs and symptoms of hay fever?
- Think of three questions you have about the story.



EPISODE 34

22nd November 2022

KEY LEARNING

Students will learn more about the causes, symptoms, treatment, and prevention of hay fever.

CURRICULUM

Health and Physical Education – Year 3 and 4

Identify and practise strategies to promote health, safety, and wellbeing.

Describe strategies to make the classroom and playground healthy, safe and active places.

Health and Physical Education – Year 5 and 6

Plan and practise strategies to promote health, safety and wellbeing.

Health and Physical Education – Year 7 and 8

Practise and apply strategies to seek help for themselves or others.

Investigate and select strategies to promote health, safety and wellbeing.

Evaluate health information and communicate their own and others' health concerns.

Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities.

Activity: Glossary

Students will brainstorm a list of key words that relate to the BTN Hay Fever Season story. Here are some words to get them started.

TRIGGER	HAY FEVER	ALLERGEN
SYMPTOM	IMMUNE SYSTEM	ALLERGIC REACTION

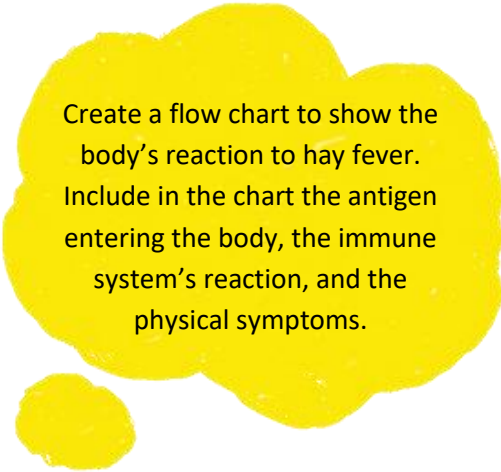
Activity: Research

What questions were raised in the discussion about the BTN Hay Fever Season story and what are the gaps in students' knowledge? The following KWLH organiser provides students with a framework to explore their knowledge on this topic.

What do I know ?	What do I want to know?	What have I learnt ?	How will I find out?

Students will develop their own question/s to research or choose one or more of the questions below. Encourage students to collect and record information from a wide variety of sources and present the information they find in an interesting way.

- Why is hay fever called 'hay fever'? Investigate when hay fever was discovered.
- How does hay fever affect the body? Use the following scientific words in your description: symptom, allergens, immune system, and antibodies.
- What is the difference between an allergy and a cold? Create a Venn diagram to show the similarities and differences.
- How do you find out what is causing allergies?
- What impact has La Nina had on hay fever season this year?
- Why does pollen cause hay fever? Look at pollen under a microscope and record your findings. Investigate the [pollen count](#) in your area.
- What are histamines and what symptoms do they produce? How do antihistamines work?



Create a flow chart to show the body's reaction to hay fever. Include in the chart the antigen entering the body, the immune system's reaction, and the physical symptoms.

Activity: Choose a project

Individually or in small groups, students will choose one of the following projects to work on and then present their findings to the class.

Did you know?

Using the information in the BTN story and your own research, create a *Did You Know* fact sheet to show what you have learnt.

Publish using [Canva](#)

Quiz

Create a true or false quiz to test your classmate's knowledge about hay fever.

Summary

Write a summary of the hay fever story. Explain in your own words what hay fever is, what causes it, the symptoms and how it can be treated.

Campaign

Design a public education campaign to raise awareness about allergies and how they can be treated and prevented. Think about your campaign's aim and target audience.

Activity: Hay Fever Quiz

1. An allergen is...

- A. A substance that triggers an allergic reaction
- B. Medicine used to treat an allergy
- C. A symptom of an allergic reaction

2. Which of these allergens can trigger hay fever?

- A. Pollen
- B. Grass
- C. Dust
- D. All of the above

3. How many Aussies are affected by hay fever?

- A. 1 in 5
- B. 1 in 50
- C. 1 in 100

4. Australia has one of the highest rates of hay fever in the world.

- A. True
- B. False

5. What system in our body does hay fever mostly affect?

- A. Digestive
- B. Immune
- C. Nervous

Quiz Answers:

1A, 2D, 3A, 4A, 5B

Useful Websites

- [Hay Fever Problem](#) - BTN
- [Hay Fever](#) – Raising Children
- [Hay fever: Why seasonal allergies are peaking, and why climate change may make them worse](#) – ABC News
- [Hay fever](#) – Queensland Health