



Teacher Resource

Food Allergy Guidelines

Focus Questions

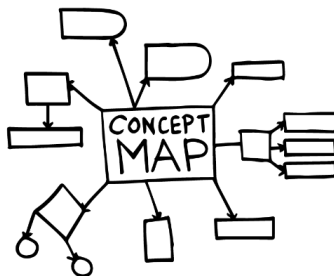
1. Summarise the Food Allergy Guidelines story.
2. What types of foods cause allergies? Give 3 examples.
3. What are some common symptoms of an allergic reaction?
4. What does it mean when a school is 'nut aware'?
5. What do new national guidelines recommend for schools and their 'no nut' policies?

Activity: Class Discussion

Before watching the BTN story students will write down as much as they can about food allergies. Do they have a food allergy? Do they know of anyone with a food allergy?

After watching the BTN story hold a class discussion about food allergies using the questions below as a guide. Record the main points of discussion on a mind map.

- What is an allergy?
- What sorts of allergies can people have?
- What do you know about food allergies?
- Give examples of food that people can be allergic to.
- What is an allergen? Give examples.
- What are the signs and symptoms of a mild to moderate allergic reaction?
- What are the signs and symptoms of a severe allergic reaction?
- How is a severe allergic reaction treated?
- Which foods cause 90% of food allergies?
- What do you do if you see someone at school having an allergic reaction?



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KEY LEARNING

Students will learn more about what allergies are and the signs and symptoms of allergic reactions.

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 Food Allergy Guidelines story. Students may want to use pictures and diagrams to illustrate the meaning and create their own glossary. Here are some words to get you started.







ALLERGY	SYMPTOM	ALLERGIC REACTION
ANAPHYLAXIS	IMMUNE SYSTEM	ALLERGEN
ANTIBODIES	AWARENESS	SEVERE

Activity: Six Hat Thinking

As a class, use Edward De Bono's Six Hat Thinking to explore the issues raised in the BTN Food Allergy Guidelines story. Make your own coloured hat cut-outs and place on the floor. Students will take it in turns answering questions in relation to what they already know about the topic, what they have learned from the story and what they want to learn further about the issue.

Reflection

After this activity, ask students to reflect on what they have learnt. Students can include details about how their thinking on this issue has changed.

 feelings and emotions	How did the <i>Food Allergy Guidelines</i> story make you feel?
 facts and information	What do you know about the topic? What have you learnt from the story?
 positives	Were there any positives from the story? If so, what were they?
 negatives	What are some of the negatives or challenges that you learnt from the story?
 creativity	Why is it important to find out more about the topic?
 thinking about thinking	What questions were raised during this activity? What do you want to learn further about this topic?

Activity: Research

Define: What do I want to know?

Key questions to research

Students can choose one or more of the following questions or come up with their own:

- How do allergies affect the body? Use the following scientific words in your description: *symptom, allergens, immune system and antibodies.*
- What is the difference between a food allergy and a food intolerance?
- What are the signs and symptoms of a severe allergic reaction (anaphylaxis)? How can it be prevented? How can it be treated?
- What can I do if I see someone having an allergic reaction?
- Investigate what students can do to help those with food allergies avoid their triggers. What can students with food allergies do to avoid triggers?

Locate: Where do I find the information?

What resources will help answer my questions? (Internet, people, resource centre, organisations, print). Discuss with students what a reliable source is.

Select: What information is important for the investigation?

Students may need support to sort through and select relevant information.

Organise: How do I make sense of the information?

Students can organise their research by creating main headings from their questions. Write each heading on a separate piece of paper. Record the information found for each question.

Present: How do we let others know about this information?

Each group needs to discuss then decide on the best way to present the information. Possibilities could include:

- A 'Did You Know' Facts sheet
- Oral presentation
- [Prezi](#) presentation
- Create a poster using [Canva](#)

Evaluate: What have we learnt?

Each group reflects on what they have learnt about food allergies during their investigation. Students will reflect on their learning and respond to the following.

- What I learned...
- What I found surprising...
- What I would do differently next time...

Activity: Food allergies and product labelling

Students will learn more about the foods that trigger most allergic reactions and why product labelling is important to people with a food allergy. Below is a list of the foods that cause 90% of food allergies. Discuss with students why product labelling is important to people with a food allergy. Explain that foods on products may have different names. Ask students to match the other names below to the most common allergens. Some foods may have more than one name. To extend the activity, students can give examples of products that contain the food allergens.

Albumin	Anchovy	Egg solids	Macadamia
Almond paste	Tuna	Hydrolysed whey	Lactose
Triticale	Casein	Walnut	Tahini
Ground nuts	Tofu	Gluten	Crab

Egg Other names food may be called on ingredients list:	Fish Other names food may be called on ingredients list:	Soy Other names food may be called on ingredients list:
Wheat Other names food may be called on ingredients list:	Tree nut Other names food may be called on ingredients list:	Peanut Other names food may be called on ingredients list:
Shellfish Other names food may be called on ingredients list:	Milk Other names food may be called on ingredients list:	Sesame Other names food may be called on ingredients list:

Activity: Food Allergies 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. Anaphylaxis is a severe allergic reaction.

- A. True
- B. False

3. An EpiPen, which is used to treat anaphylaxis, contains...

- A. Adrenaline
- B. Insulin
- C. Cortisol

4. If someone is allergic to gluten, then they should avoid...

- A. Tree nuts
- B. Casein
- C. Wheat

5. A macadamia isn't a tree nut.

- A. True
- B. False

6. Hummus contains tahini which is...

- A. Chickpea paste
- B. Almond paste
- C. Sesame paste

7. If a person is allergic to albumin, they should avoid food containing...

- A. Soy
- B. Shellfish
- C. Eggs

8. What are peanuts sometimes called on food labels?

- A. Pistachios
- B. Pine nuts
- C. Ground nuts

9. About what proportion of kids have a food allergy?

- A. 1 in 10
- B. 1 in 20
- C. 1 in 50

10. There is no cure for food allergies.

- A. True
- B. False

Quiz Answers: 1A, 2A, 3A, 4C, 5B, 6C, 7C, 8C, 9B, 10A.

Useful Websites

- [New national food allergy guidelines recommend education instead of bans](#) – ABC News
- [Food Allergy Week](#) – BTN
- [Food Allergies](#) – BTN