

Unit 14

Food Allergies

# FOOD ALLERGIES OVERVIEW

## OBJECTIVES

- Increase awareness of the challenges faced by students with food allergies.
- Increase empathy by providing an opportunity for students to experience what it is like to try to order food at a restaurant if you have food allergies.
- Increase thoughtful behavior by providing students with simple ways they can be helpful to a student with food allergies.

## LEARNING TARGETS

- Learn what it is like not to be able to order anything I want so that I can understand:
  - That not every food is safe for everybody
  - That eating out can be challenging for kids with food allergies.
  - That it is important for kids with food allergies to know exactly what ingredients are in their foods and to keep their food separate from other foods.
  - How to be a supportive friend.

## FOOD ALLERGY LESSON OVERVIEW

Lesson	Description	Materials
Lesson 1	Pre-Lesson	Pre-Test Common Food Allergies Pack a Lunch
Lesson 2	Introduction	Book (See WIMS recommended book list) Food Allergies True and False Sort
Lesson 3	*Perspective Taking	Activity Assignments Activity Reference Sheets (A, B) Activity Menu
Lesson 4	Follow-Up	"I Can" Statements Post-Test
Lesson 5	Put it into Practice	Plan a Party! PBL Free Zone Poster



# FOOD ALLERGIES PRE-LESSON

Walk In My Shoes  
Unit 14, Lesson 1

## REVIEW

Review previous unit disabilities. *How do you think food allergies might be the same or different from some of these previous disabilities? Do you think people with food allergies get lonely?*

## PRE-TEST

Have the students complete the pre-test. There are two versions of the pre-test that you can use based on grade/student level.

## INTRODUCE COMMON FOOD ALLERGIES

Use this sheet as a teaching tool or print out for students to review the most common types of food allergies. Remind them that these are just the most common allergens and that other people can be allergic to other types of food.

## PACK A LUNCH BOX

Have students work independently or in groups to pack a lunch box avoiding common allergens. Remind them that sometimes food allergens can be an ingredient in the food such as milk in cookies. They should never share their food with a friend.

## CLOSING

Discuss what students already learned about food allergies. *What are some of the most common food allergies?* Emphasize that there are many more than these. *You will learn more about food allergies and what it is like to go out to eat or go to a party with food allergies.*





## Food Allergies Pre-Test

**SHOW WHAT YOU KNOW ABOUT FOOD ALLERGIES!**

**NAME:**

**DATE:**

**SECTION:**

**SCORE:**

1. What is a food allergy?
  - a. When you don't like a food
  - b. When you can't eat peanuts
  - c. When your body reacts to a certain food
  
2. Which is NOT a symptom of food allergies?
  - a. Trouble breathing
  - b. Sitting still
  - c. Rash or hives
  
3. We can help our friends with food allergies by...
  - a. Sitting with them
  - b. Washing your hands
  - c. Both a and b
  
4. You can catch a food allergy from someone?
  - a. True
  - b. False
  
5. Some people can have a reaction when touching foods.
  - a. True
  - b. False

## Food Allergies

### Pre-Test Answers

SHOW WHAT YOU KNOW ABOUT FOOD ALLERGIES!

NAME:

DATE:

SECTION:

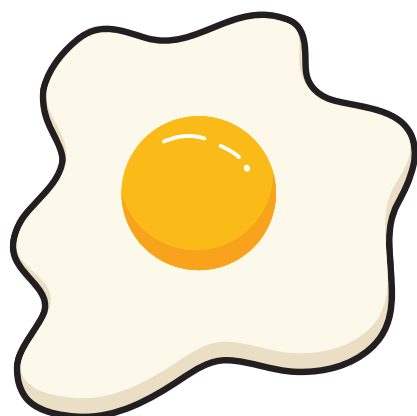
SCORE:

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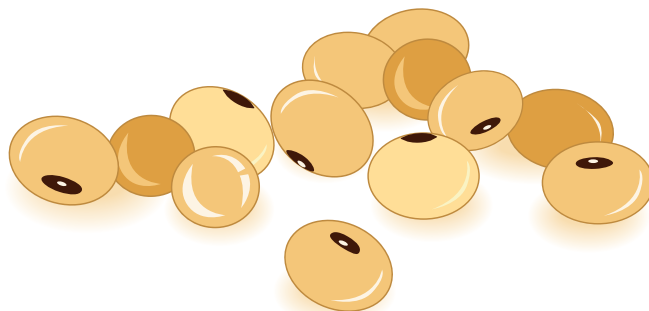
# PRE-LESSON COMMON FOOD ALLERGIES



People can be allergic to many different things.  
There are 9 foods that **MANY** people are allergic to.



eggs



soy



sesame



wheat



peanuts



shellfish



tree nuts



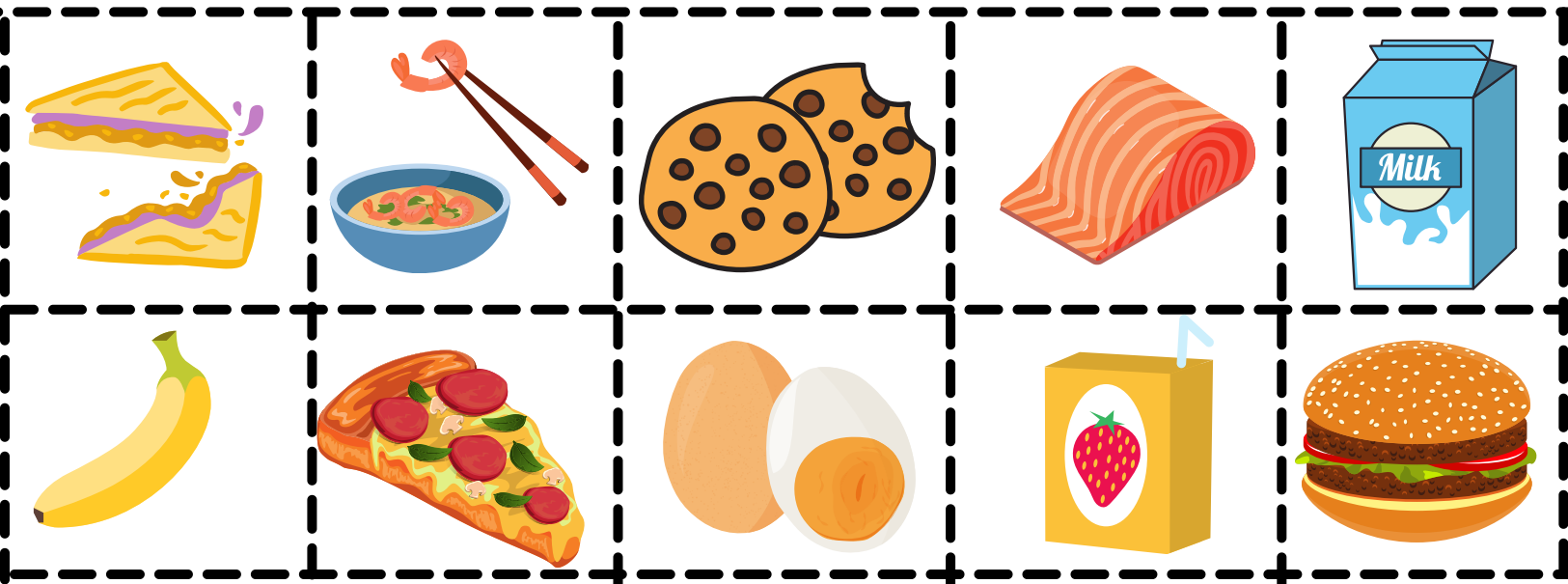
fish

# PRE-LESSON PACK A LUNCH!



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

**Directions:**  
Try to pack your  
lunch box  
avoiding  
common  
allergens.



# FOOD ALLERGIES INTRODUCTION

Walk In My Shoes  
Unit 14, Lesson 2

## FOOD ALLERGY INFORMATION

*A food allergy is when your body reacts to a certain food, and even a tiny bit of that food can cause problems. Sometimes food allergies are mild and sometimes they are so serious that their food can't even touch nuts or wheat or whatever they are allergic to. Kids with food allergies have to order carefully. This could mean asking questions about the food before they order, notifying their waiter of their food allergies, or choosing something that is safe- even if it is not what they really want.*

## READ BOOKS!

Choose from the list of books provided or find your own! You can choose to do a read aloud, independent reading, reading just one book, or doing a book study of several of the books.

## FOOD ALLERGY TRUE OR FALSE SORT

Read the statements and sort them as true or false. This can be done as a whole class, large, or small groups or independently! Use the Answer Key to make sure students learn which are correct or not!





# FOOD ALLERGIES INTRODUCTION- BOOKS

Walk In My Shoes  
Unit 14, Lesson 2

1. **Horace and Morris say cheese (which makes Dolores sneeze)! By: James Howe** The timing could not be worse for Dolores the mouse when she develops a food allergy to yummy cheese right before the EVERYTHING CHEESE festival.
2. **The Princess and the Peanut Allergy By: Wendy McClure** Regina must find a solution when she learns her best friend has peanut allergy and cannot eat Regina's fabulous planned birthday cake. Includes note from a pediatric allergist.
3. **Max and Zoe the Lunchroom Fight By: Shelley Swanson Sateren** After Max and Zoe quarrel over who will sit with Anna at the peanut-free table, they look for a solution that will make everybody happy.
4. **My Perfect Cupcake By: Rebecca Greene** "A recipe for thriving with food allergies!" The main character in the story models a positive response to his food allergy diagnosis, shows empathy for others, and demonstrates resilience
5. **Nutley the Nut-Free Squirrel By: Stephanie Sorkin** Nutley is a squirrel who finds that he is allergic to nuts. When he tells his freinds, he finds out that many of them have food allergies too! They work together to make sure they all bring allergy-free foods when they get together.
6. **Cody The Allergic Cow By: Nicole Smith** Cody is a cow with a milk allergy. This story focuses on how a kid might feel when they learn that they have a food allergy and how they work through those feelings.
7. **Trade-or-Treat Halloween and Sports-Tastic Birthday Party By: Heather Mehra & Kerry McManama** Part of The No Biggie Bunch series, these two books focus on how a group of kids celebrate their food allergies!
8. **The Peanut-Free Café By: Gloria Koster** Simon loves eating peanuts, the most popular lunch item at his school, however his new friend, Grant, is allergic to peanut. The principal makes a peanut free table but no one wants to sit with Grant until the other students learn about allergies and find alternative foods to eat.





## Teacher Reference Page

### True

- Someone with a peanut allergy could get sick if you forget to wash your hands after eating a peanut butter cracker
- The first thing to do when someone is having an allergic reaction is find an adult
- People can be allergic to more than one food.
- People having an allergic reaction could be itchy.
- Allergic reactions are an emergency.
- One sign of an allergic reaction is a rash.
- People with food allergies need to read labels on all of the food they eat.
- Sometimes people with food allergies can feel left out or lonely.
- It is everyone's responsibility to keep people with food allergies safe.
- Peanuts are one of the most common food allergies.

### False

- Someone can only get sick from eating a food they're allergic to.
- You can catch an allergy like catching a cold.
- People are only allergic to foods.
- Hand sanitizer will keep my friends with food allergies safe.
- Only children have food allergies.
- An EpiPen is something you write with.
- You can tell someone has a food allergy from looking at them.
- People with allergies get bullied.
- You can always tell if a food has an allergen just by looking at it.
- You should always share your food with your friends.

# FOOD ALLERGIES INTRODUCTION- TRUE OR FALSE SORT



Cut the true and false statements out and paste them under the correct section.

**True**

**False**



# FOOD ALLERGIES INTRODUCTION- TRUE OR FALSE SORT

The first thing to do when someone is having an allergic reaction is find an adult

People with food allergies need to read labels on all of the food they eat.

Someone can only get sick from eating a food they're allergic to.

Someone with a peanut allergy could get sick if you forget to wash your hands after eating a peanut butter cracker

Sometimes people with food allergies can feel left out or lonely.

You can catch an allergy like catching a cold.

Someone can only get sick from eating a food they're allergic to.

Hand sanitizer will keep my friends with food allergies safe.

# FOOD ALLERGIES INTRODUCTION- TRUE OR FALSE SORT



People having an allergic reaction could be itchy.

Allergic reactions are an emergency.

An EpiPen is something you write with.

People with allergies get bullied.

Peanuts are one of the most common food allergies.

You should always share your food with your friends.

You can always tell if a food has an allergen just by looking at it.

You can tell someone has a food allergy from looking at them.

# FOOD ALLERGIES INTRODUCTION- TRUE OR FALSE SORT



It is everyone's responsibility to keep people with food allergies safe.

One sign of an allergic reaction is a rash.

Only children have food allergies.

People are only allergic to foods.

People can be allergic to more than one food.

# FOOD ALLERGIES ACTIVITY SCRIPT

## REVIEW

Feel free to review the story you read and/or review the true and false statements that the students worked with in the previous lesson.

Ask questions to review and discuss food allergies as a class.

- *What are some things you learned about food allergies?*
- *Do you think it would be lonely to have a food allergy? Why or why not ?*
- *How easy or difficult was it to pack your lunch avoiding common food allergies?*

## SET UP AND MATERIALS

- Print and cut Food Allergy Assignments (there are 6 on the page, make enough copies for each student to choose one)
- Print the Food Allergies Activity Menu (in Spanish or English). You can print per student or for the table
- Print Food Allergies Reference Sheets (optional- can be a teacher reference or students can use it to self- check)
- Paper plates (Set up paper plates with the Food Allergy Assignments pasted on the bottom)
- Table cloth (optional)
- Apron with WIMS Café and Logo (optional)

Tip: You can make this activity as simple or as extravagant as you wish! Feel free to decorate your room as a Café and have students sit at the set tables to order their foods!



# FOOD ALLERGIES ACTIVITY SCRIPT

## ACTIVITY DESCRIPTION/INSTRUCTIONS

*Welcome to the WIMS Café, I will be your server today! What is your favorite food to order when you go out to a restaurant? [give them a few seconds to answer.] You will be choosing items off of this menu and then you will be assigned a food allergy and we will see if you can still have the item you wanted. A food allergy is when your body reacts to a certain food, and even a tiny bit of that food can cause problems. Sometimes food allergies are mild and sometimes they are so serious that their food can't even touch nuts or wheat or whatever they are allergic to. Kids with food allergies have to order carefully. This could mean asking questions about the food before they order, notifying their waiter of their food allergies, or choosing something that is safe--even if it is not what they really want.*

Students attempt to order from a simple kids menu based on the food allergies they are assigned.

- 1. Look at the menu and think of one thing you would like to have from each color block. [give them a moment and then hand out plates with their assigned allergies].*
- 2. Now look at your food allergies and see if you can still have what you wanted.*
- 3. Do you need to ask your server any questions? [tell them about accommodations you could make, for example, "you can have the burger with no cheese and no bun, would you like that?"].*
- 4. Would you like the special of the day? [pick something they are allergic to].*
- 5. Try to order something that is safe for you to have based on your food allergies.*





# FOOD ALLERGIES ACTIVITY SCRIPT

## HOW CAN YOU HELP A FRIEND?

After completing the activity, have a discussion as a class. Think about how it felt going through the activity and not being able to order what you want and then discuss how you can help a friend with a food allergy.

*It can be frustrating for kids when they can't order what they want. How did it feel to not be able to order whatever you wanted? Did you like having to explain your situation to the waiter and ask questions before you could order? Now let's talk about how we can keep our friends with food allergies safe at school, on the bus, on field trips, etc. What about lunchtime at school...did you know it can be lonely to have to sit at a special table during lunch? How can you help a friend?*

- a. Sit with your friend at the food allergy table so they don't feel so alone.
- b. Ask your parent not to pack food in your lunch that your friend is allergic to so you could sit with them at lunch or during field trips.
- c. Wash your hands
- d. Don't share food
- e. Don't touch someone else's food
- f. Don't throw food as this could be dangerous for a child with food allergies.



# FOOD ALLERGY ACTIVITY ASSIGNMENTS



Print and cut out the boxes below. Paste or tape one box on the back of each of the 6 paper plates. Have the kids partner up and try to order a meal based on the food allergy they find on their plate. When they order, they tell their server their "Allergy #" so the server can tell them whether or not they can have that item and why/why not.

-----  
**#1**

**You are allergic to:  
Dairy, Soy, and Gluten**

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**#2**

**You are allergic to:  
Peanuts and Sesame**

-----  
**#3**

**You are allergic to:  
Apples, Tomatoes, and Onions**

-----  
**#4**

**You are allergic to:  
Eggs, Dairy, and Corn**

-----  
**#5**

**You are allergic to:  
Tomatoes and Citrus Fruits**

-----  
**#6**

**You are allergic to:  
Chocolate, Gluten, and Tree Nuts**



# FOOD ALLERGY ACTIVITY REFERENCE SHEET A

food options	yes	no	comments
Chicken Fingers	#2, #3, #5	#1, #4, #6	Contains gluten from the breading and the batter is made with buttermilk eggs.
Grilled Cheese	#2, #3, #5	#1, #4, #6	Contains gluten and dairy
Spaghetti and Meatballs	#2	#1, #3, #4, #5, #6	Noodles contain egg and gluten, meatballs are made with bread crumbs and onion, sauce contains tomatoes, topped with parmesan cheese
Cheeseburger on a Sesame Bun	no one can have it as is	#1, #2, #3, #4, #5, #6	Bun contains sesame, gluten, and eggs. It is served with tomato and onion. They can choose a plain burger without cheese, tomato, onion, or without a bun
French Fries	#2, #5	#1, #3, #4, #6	Fries are fried in the same oil as chicken fingers (gluten, egg, dairy) and onion rings (gluten, egg, dairy, onion)
Onion Rings	#2, #5	#1, #3, #4, #6	Onion rings are fried in breadcrumbs and batter contains eggs and buttermilk.
Fruit Cup	#1, #2, #5, #6	#3, #5	Contains apples and oranges.

# FOOD ALLERGY ACTIVITY REFERENCE SHEET B

Walk In My Shoes  
Unit 14, Lesson 3

food options	yes	no	comments
Mixed Vegetables	#1, #2, #3, #5, #6	#4	Contains corn..
Milk	#2, #3, #5 ( #6 if not chocolate)	#1, #4,	Contains dairy and chocolate
Juice	#1, #2, #4, #6 can have either.	#3 no apple. #5 no orange.	#3 can have orange. #5 can have apple.
Soda/Shirly Temple	#1, #2, #3, #5, #6	#4	Soda contains corn syrup
Chocolate brownie	#2, #3, #5	#1, #4 #6	Contains chocolate, eggs, dairy and gluten.
Chocolate waffle with almonds	#2, #3, #5	#1, #4 #6	Contains chocolate, wheat and corn flour, and almonds on top
Vanilla ice cream	#2, #3, #5, #6	#1, #4	Contains dairy
Apple pie a la mode	#2, #5	#1, #3, #4, #6	Contains apples, eggs, dairy and gluten.

# FOOD ALLERGIES ACTIVITY MENU ENGLISH



Graphics by Lauren Tant

# FOOD ALLERGIES FOLLOW UP

Walk In My Shoes  
Unit 14, Lesson 4

## DISCUSS

- *So far we've learned about some things that are true or false about food allergies. What are some things about food allergies that surprised you?*
- *Yesterday you experienced what it's like to have a food allergy while dining out. How did you feel going through that activity? Was it easy? Hard?*
- *There's a lot we can do to help make our friends feel included. What are some of those things we talked about?*

## I CAN STATEMENTS

Have students write "I can" statements sharing how they can help their friends with food allergies! Some answers include:

- I can keep my food to myself.
- I can party with games, crafts, and toys instead of food.
- I can keep my food for myself.
- I can bring safe food to eat with my friends
- I can sit with my friends at lunch.

## POST-TEST

Have students complete the post-test and compare to their pre-test. You may even choose to conduct the true/false activity again to review what you've learned!



# FOOD ALLERGIES FOLLOW UP "I CAN"



**There are many things we can do to help our friends with food allergies. Write "I can" statements and draw a picture of the things you can do to help keep your friends safe and feeling included!**

I can wash my hands after I eat.

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## Food Allergies Post-Test

**SHOW WHAT YOU KNOW ABOUT FOOD ALLERGIES!**

**NAME:**

**DATE:**

**SECTION:**

**SCORE:**

1. What is a food allergy?
  - a. When you don't like a food
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3. We can help our friends with food allergies by...
  - a. Sitting with them
  - b. Washing your hands
  - c. Both a and b
  
4. You can catch a food allergy from someone?
  - a. True
  - b. False
  
5. Some people can have a reaction when touching foods.
  - a. True
  - b. False



# FOOD ALLERGIES PUT IT INTO PRACTICE

Walk In My Shoes  
Unit 14, Lesson 5

*We've learned a lot about food allergies and you even got to experience what it was like to have to order at a restaurant. Now we are going to imagine what it would be like to attend a party with a food allergy!*

## **PLAN A PARTY!**

Have students work independently or in groups to complete a project based learning lesson where they answer the driving question "As a party planner, how can you create a party (birthday, holiday, class party, etc.) that is food allergy friendly?" If you have an upcoming class party they could develop a plan for that!

They can present their party plan in any way they wish!

Some guiding questions can include:

- What are essential elements to a party? Invitations, Venue, Menu, Cake, Party Favors, Games?
- Are you going to eliminate all food? Replace certain ingredients? OR just make sure to label food?
- If you had a food allergy and went to a party what would you want to know ahead of time?



# FOOD ALLERGIES PUT IT INTO PRACTICE

Walk In My Shoes  
Unit 14, Lesson 5

## PLAN A PARTY! CONTINUED...

Some things students may include (don't tell them the answers, let them explore on their own!):

- Giving toys instead of candy
- Finding a venue that can adapt to food allergies
- Label foods with ingredients for possible allergies
- Asking if there are allergies on your invitations
- Letting guests know of the menu ahead of time
- Find non-food party favors
- Filling a piñata with toys instead of food
- Having more parent volunteers to monitor and keep everyone safe

## "FREE" ZONE

The perfect activity to put it into real-life practice! Do you have food allergies in your classroom? Have students make a "\_\_\_ Free Zone" poster!

Fill the blank in and draw a picture of a food that can't be in your classroom or at a certain table at lunch!



# FOOD ALLERGIES PUT IT INTO PRACTICE PLAN A PARTY!



We know that people can be allergic to many different types of foods. At school it is hard for our friends with food allergies to find friends to sit with at lunch. We want to make sure they can always be included! Work in your group to plan a party that is food allergy friendly!

## Answer the Driving Question:

As a party planner, how can you create a party (birthday, holiday, class party, etc.) that is food allergy friendly?

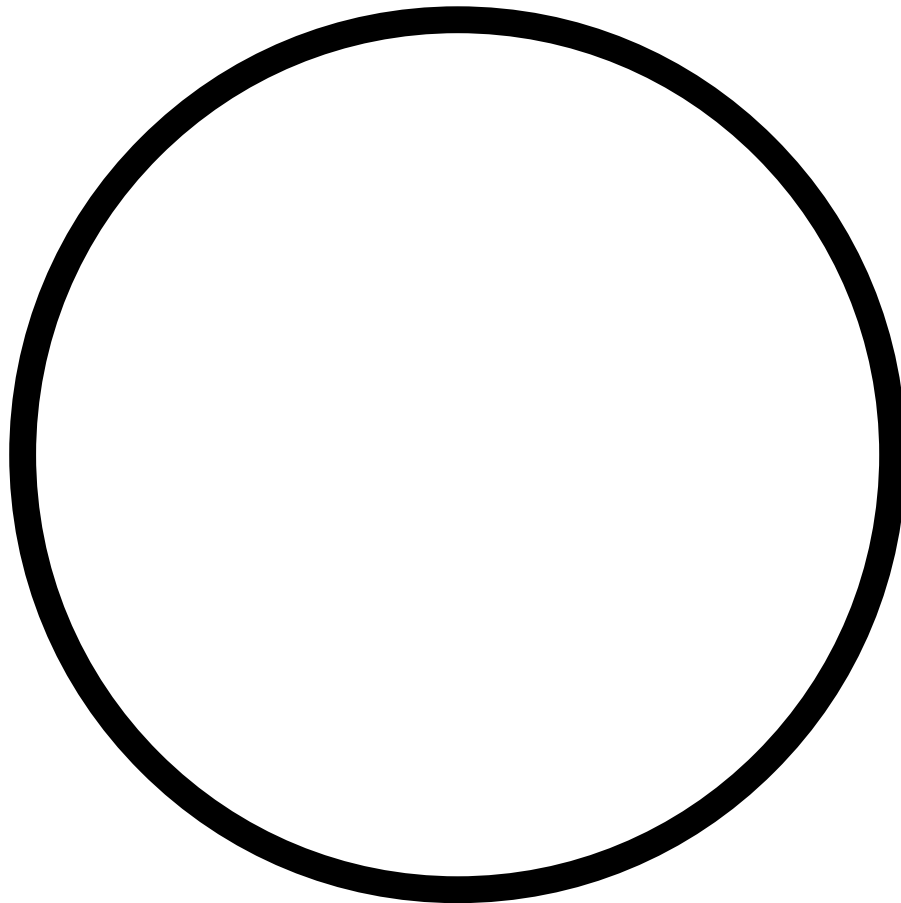
## Use the guiding questions to help you get started!

1. What kind of party are you going to plan?
2. Answer the WH Questions (When, Where, Why, and How)
3. What is typically at this type of party?
4. How is your allergy friendly party going to look different?
5. What materials do you need?
6. Now lay it all out!



YOU ARE ABOUT TO ENTER A

**FREE ZONE**



FOR THE SAFETY OF OUR FRIENDS, IF YOU COME IN CONTACT WITH THIS ALLERGEN TODAY, PLEASE WASH YOUR HANDS BEFORE YOU ENTER! THANK YOU!

