

1. Unit Overview

Unit 12 Food Allergy

SMEs:

Evaluators:

Timeline:

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.



Lesson 1: Pre-Lesson	
Gather pre-test data Introduce students to common food allergies Engage prior knowledge	
Pre-Test	keep in mind the end objectives, 5 questions
Common Food Allergies	visual with information on common food allergies. Make sure to explain this is not comprehensive
Pack a Lunch	cut and paste activity to reinforce common food allergies

Lesson 2: Introduction	
Build upon prior knowledge Give information about food allergies in a hands-on engaging manner Connect to literature through age appropriate books	
Food Allergy Information	For teachers including options for class discussion
Books	List of related books. From director and librarian
Food Allergy Facts	True/False sorting activity with teacher reference guide

Lesson 3: Perspective Taking Activity	
Disability simulation engaging students in empathy building activity to understand what it is like to have a food allergy	
Teacher Script & Reference Sheet	Based on WIMS assembly activity guide, reference sheet for answers
Food Allergy Assignment Strips	Listing food allergy options for students to choose based on WIMS assembly activity guide for students
Food Allergy Menu	Based on WIMS assembly activity, for students

Lesson 4: Follow Up	
Review and reflect Focus on how to help a friend	
Class Discussion guide	For teachers, review information, review experiences of perspective taking activity, focus on how to help a friend
"I Can" Activity	have students complete "I Can" statements on how they can help others with food allergies.
Post-Test	Same as pre-test

Lesson 5: Put it into Practice	
Put empathy into practice	
Plan a Party	PBL plan a party without any allergens
"Free Zone"	Create "nut free zone" posters that can be filled in with different allergens and hung in classrooms
Review	Make sure students have time to ask questions, review information, etc. - guide for teachers

2. Storyboard Lesson Planning

