

Food Allergy Education in Schools

Teach Teal: Food Allergy Awareness

Noelle N.'s Girl Scout Gold Award Project



Photo Credit: Noelle Nelson

Hi, my name is Noelle. I am a rising junior who created the Girl Scout Gold Award Project Teach Teal: Food Allergy Awareness during my sophomore year of high school in hopes of spreading food allergy awareness in schools.

For my Girl Scout Gold Award Project, I created a curriculum, Teach Teal: Food Allergy Awareness to teach fourth grade students about food allergies. Food allergies affect so many people and although one in thirteen kids have food allergies (an estimated two per classroom) food allergies are not taught in schools. Since food allergies are not taught in schools, the severity of food allergies becomes undermined. More people need to be aware of what they can do to help, include, and support a person with food allergies; moreover, this education needs to start with children! The Teach Teal: Food Allergy Awareness curriculum will ensure that all

students go out into the world knowledgeable about food allergies and ready when they meet someone who lives with the daily challenges of food allergies. For these reasons, I created an accessible, easy to use curriculum that can be implemented into schools in order to teach students about food allergies. The entire program is free and all compiled onto one website

(teachtealfoodallergyawareness.weebly.com). This website includes all of the curriculum resources: activities, digital textbooks, the Teacher's Guide Video, and more. The website also includes stories from students with food allergies and other resources for people with or without food allergies.

When creating Teach Teal: Food Allergy Awareness, I wanted to make a program that would teach students in a way that was engaging and fun despite the large amount of information and sometimes hard to read topics. For this reason, the entire curriculum is colorful with engaging games and activities I created to reinforce all content. In addition, the lesson plans I made give teachers specific objectives including key concepts students should learn, be able to name, and understand by the end of the day making it easy to follow for teachers. Teach Teal is easily accessible for public schools, private schools, and even homeschool families!

As a part of my project, I shared my curriculum to my non-profit community partner school. The students loved all of the fun activities and they especially enjoyed hearing stories about other students with food allergies. Additionally, the fourth grade students who participated learned a lot about food allergies, now

knowing valuable information that can save lives such as the importance of reading ingredient labels and not sharing food.

The Teach Teal: Food Allergy Awareness Program will save lives by teaching students and teachers everything about food allergies. Students will not only learn how to help a friend with food allergies in this program but they will also learn the skills of empathy, compassion, and respect. Additionally, if a child learns this valuable information while they are young they will carry this knowledge with them throughout the rest of their lives. For this reason, share the Teach Teal Program by sending a simple link to the website to everyone you know, especially those in the education field. Just sending the link increases food allergy awareness and could change and save lives!

Website: teachtealfoodallergyawareness.weebly.com