

Teach Teal:

Food Allergy Awareness

Activity Book

This activity book belongs to:

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Noelle Nelson's Girl Scout Gold Award Project

Thank You!

*Thank you to all who helped
with my Gold Award
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first school to use the Teach
Teal: Food Allergy
Awareness Program!*

- Noelle

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Parents

Dear Parents,

Welcome to the Teach Teal: Food Allergy Awareness curriculum! Your child is about to embark on a learning journey that is unique. For the next few days, your child will learn all about food allergies, a condition that affects over 32 million Americans including 1 in 13 children. Food allergies are not always taught in schools yet kids with food allergies attend schools and face many experiences such as food allergy bullying, allergic reactions in school, and more. While your child may not have food allergies, they may one day meet someone who does and this curriculum will prepare them for when that occurs. Your child will learn everything from the science of food allergies to reading ingredients. On top of that, your child will learn about empathy and compassion that can be applied to their lives right now. We encourage asking your child questions about what they are learning during the three days. By the end, your child will be a mini food allergy advocate!

Website: teachtealfoodallergyawareness.weebly.com



Day 1: Food Allergy Basics

Day 1 Vocabulary Words: Allergy, Allergen, Anaphylaxis, Benadryl, Epinephrine, Histamine, Immune System, IgE antibodies, Life-threatening, Oral Food Challenge, Symptoms, and Zyrtec.

Today's Lessons

What is a food allergy?

The Science Behind Food Allergies

Top 9 Allergens

Symptoms of Allergic Reactions

Anaphylaxis

Statistics

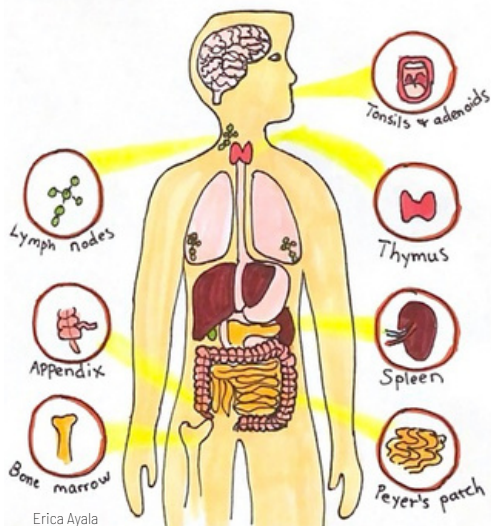
Stories From Food Allergy Friends Day 1:

Jadin and Bella

Objective: Students will learn what a food allergy is, the science behind food allergies, the signs of allergic reactions (including information on Anaphylaxis), what to do if someone is having an allergic reaction, and some tips if they have food allergies. Students will be able to name the top 9 allergens, a few food allergy statistics, and medications that are used with allergic reactions. Students will know and understand that kids with food allergies are just like them but have to go through some scary challenges.

Review Time

- Food allergies are when a person's immune system dangerously reacts to proteins in certain foods.
- The top nine allergens are dairy (milk), egg, wheat, soy, sesame, tree nuts, peanuts, fish, and shellfish. An allergen is a food a person is allergic to.
- If a person has a food allergy and consumes the food they are allergic to, they can have a mild allergic reaction or a very dangerous and severe allergic reaction called Anaphylaxis.
- If someone is having an allergic reaction, find an adult!
- If you have food allergies, don't keep them a secret!
- An EpiPen or another medication with epinephrine can help a person if they are having an allergic reaction.
- 32 million people have potentially life-threatening food allergies.
- You can't catch food allergies!
- Kids with food allergies like to play video games, perform in theatre, play softball, and win awards in competitions just like any other kid. Kids with food allergies have to go through some extra challenges that require them to be really brave!
- Food allergies are serious.



Day 2: Be Kind

Day 2 Vocabulary Words: Asclepius, Caduceus, Compassion, Empathy, Inclusion, Oral Immunotherapy, and Universal.

Today's Lessons

Bullying

Inclusion with Food Allergies:

How can I help?

Medical Alert Jewelry

Empathy and Compassion

Stories From Food Allergy

Friends Day 2: Luna

Objective: Students will learn why it is wrong to bully a person with food allergies, how they can include a friend with food allergies, and how to be empathetic and kind. Students will be able to name the different medical alert symbols.

Students will understand that people with food allergies go through many experiences.



Erica Ayala

Review Time

- Bullying is always wrong. It is especially dangerous to bully a person with food allergies using their allergens.
- Everyone deserves to be treated with kindness and respect no matter who they are, even if they have food allergies!
- Kids with food allergies go through a lot of experiences you may not even recognize!
- There are many ways we can help our friends with food allergies such as knowing how serious food allergies are, including our friend in activities, not bullying our food allergy friends, not sharing food, and washing our hands!
- Medical alert jewelry can help people with food allergies so that others know what they are allergic to in case of an emergency.
- Empathy is stepping into someone else's shoes and trying to imagine what it would be like to live how they have to.
- Compassion means that we care about others even if they look different from us, have different experiences, have different likes and dislikes, and more.
- Kids with food allergies have experienced being alone or treated as 'different' but if we treat our friends with compassion and empathy, we can help them not feel so alone.



Day 3: Teal and the Truth

Day 3 Vocabulary Words: Advocate, Assumption, Cross-Contact/Cross-Contamination, Inaccurate, Media, Misconception, and Myth.

Today's Lessons

Myths and the Truth

The Media and Food Allergies

Supporting Food Allergy

Friends

Empathy and Compassion

Stories From Food Allergy

Friends Day 2: Leilani and D.J.

Objective: Students will learn myths and misconceptions about food allergies, how the media negatively portrays food allergies, and what teal means for food allergy awareness. Students will be able to define what an advocate is and name some of the ways people can support food allergies. Students will understand that they can be food allergy advocates.

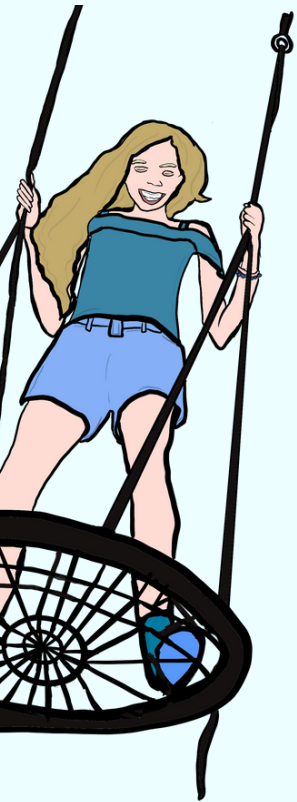
Review Time

- There are many myths and misconceptions about food allergies that are wrong.
- The media often shows food allergies in ways that are inaccurate.
- There are many ways to support people with food allergies such as wearing teal for food allergy awareness, participating in the Teal Pumpkin Project or partaking in the Turn It Teal Campaign!
- You are now a food allergy advocate so remember to tell one person you see today a fact you learned about food allergies!



Stories Continued

Learn more about food allergies with stories from our friends!



Cross-Contact/Allergic Reactions

"There were healthy snacks like smoothies, kale chips, and homemade granola being served at a school event a few years ago. Seeing that some of the food might contain nuts, I chose a fruit smoothie and a plate of kale chips. After having 3 pieces of kale chips, I felt a tingling sensation in the back of my mouth and my throat felt like it was swelling. Even though I didn't eat any of the nuts, I still reacted to the pieces of kale chips that happened to touch some of the nuts that were mixed into it. I also forgot to bring my allergy medication. Luckily, my mom had an extra Benadryl with her. I was able to take it before my throat felt like it was closing and my nausea became too extreme. I felt better afterwards but, I can't believe I forgot to bring allergy medicine and check for nuts in the food, even if I didn't expect it to have nuts in it at all."

-Leilani

Checking Ingredients/Allergic Reactions

"When I was seven, I learned my lesson about the importance of making sure to always know what the ingredients in food are without assuming! I tried to be careful but didn't really understand the importance of it. I was at my mom's office holiday party, and there was a big selection of different desserts. I took a small cream puff, thinking that it was a normal one, but when I ate it I instantly felt my throat close and knew I had eaten something with a nut in it. My mom had to take me to the emergency room, and I was okay after lots of medicine but really taught me the importance of checking things before I ate them; it had been a pistachio cream puff."

-Luna

Eating Out/Allergic Reactions

"A couple months ago, I was at a Greek restaurant where we ordered a dish with different types of dips. I should have asked what was in them, but I was really hungry and it just looked like a standard hummus. However, immediately after eating some, I felt my throat close up and knew I had eaten nuts. When we called the waiter over, he confirmed that there were walnuts in the dish. I took a Benadryl, but while my conditions weren't worsening, they weren't getting better either. We began getting ready to go home, when I vomited. At home, I felt miserable and sick, and had hives all over my upper body. Eventually, since my symptoms were still not getting better, my mom decided to take me to urgent care, but they were all full or closed! After a little while and more Benadryl, my symptoms finally went away."

-Bella

Oral Food Challenge/Food Allergy Experiences

"When I was in 7th grade, I participated in an Oral Food Challenge for dairy. An Oral Food Challenge is when a person with food allergies has to try an allergen they are allergic to little-by-little in a doctor's office with close supervision. I was nervous because I had avoided dairy for so long but now I was told to eat it. First starting with a small piece, I had to eat little bits of a muffin with milk in it while a nurse checked me during the process. Little by little, the amount of muffin I had to eat grew and by the end I had to eat a whole muffin with milk in it. That was the day I ate dairy for the first time."

-Noelle

Allergic Reactions

"When I was about three years old, my dad accidentally gave me a glass of cow's milk instead of rice milk. I had to be driven to the emergency room in order to survive. I remember waking up with a needle in my arm. My mom told me that the needle sent a ghost into my body that will help me survive. This was probably my worst allergic reaction."

-Jadin

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