

Teach Teal:

Food Allergy Awareness

Lesson Plans

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Noelle Nelson's Girl Scout Gold Award Project

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Website: teachtealfoodallergyawareness.weebly.com

Day 1: Food Allergy Basics

Lesson Plan

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.

Order of Readings and Activities:

Read with students the following found in their student textbooks (Have students either read aloud, popcorn read, or you as the teacher can read it aloud):

- What is a Food Allergy"
- "Allergic Reactions"
- "Anaphylaxis"

Have students watch "Binky Goes Nuts" Arthur clip on food allergies found on YouTube.

Clip 1:

<https://youtu.be/QZ5JB7z7n0k>

Clip 2:

<https://youtu.be/yabNpHplK1M>

During the videos, try to point out specific aspects of the concepts students learned.

Continue reading the section titled "Food Allergies" then go to "Stories From Food Allergy Friends"

Next play Jeopardy Game link found here:

<https://jeopardylabs.com/play/how-much-do-you-know-about-the-food-allergy-basics-2>

Finally, if time allows, students can complete the Word Search Activity or they can do this for homework.

Materials Needed for Students:

- Teach Teal: Food Allergy Awareness Student Textbook
- Pencils, Coloring Materials
- Word Search Activity
- **Optional:** Teach Teal Food Allergy Awareness Activity Book (Printed)

Materials Needed for Teachers:

- Teach Teal: Food Allergy Awareness Teacher's Guide
- Device With Access to YouTube
- Device with Access to www.jeopardylabs.com

Topics Covered:

- What is a food allergy?
- Top 9 Allergens
- Allergic Reactions
- Anaphylaxis
- What to do if you have food allergies.
- Statistics and Facts
- How Do You Find Out?

Day 1 Vocabulary Words:

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

Day 2: Be Kind Lesson Plan

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.

Order of Readings and Activities:

Read with students the sections "Bullying" and "Inclusion With Food Allergies." Have students either read aloud, popcorn read, or you as the teacher can read it aloud.

Play the "Ingredients Game," instructions found on the website and in the Teacher's Guide.

Continue reading the section titled "Medical Alert Jewelry" and read to "Stories With Food Allergy Friends."

Complete the "Empathy Shoes" Activity
Finish reading anything you couldn't finish from yesterday while students work on their Empathy shoes.

If there is more time, students can do the activity "Designing Medical Bracelets" or they can do it for homework/free time.

Day 2 Vocabulary Words:

**Asclepius, Caduceus,
Compassion, Empathy,
Inclusion, Oral
Immunotherapy, and
Universal.**

Materials Needed for Teachers:

- Teach Teal: Food Allergy Awareness Teacher's Guide
- "Ingredients Game Activity Pieces" (which can be laminated or mounted on cardboard).
- "Ingredients Game Allergens Per Table" (which can be laminated or mounted on cardboard).

Materials Needed for Students:

- Teach Teal: Food Allergy Awareness Student Textbook
- Pencils, Coloring Supplies
- Scissors
- "Ingredients Game Worksheet
- "Ingredients Game How to Read A Food Label" Worksheet
- "Empathy Shoes" Activity
- "Designing Medical Bracelets" Worksheet
- **Optional:**
Teach Teal: Food Allergy Awareness Activity Book (Printed)

Topics Covered:

- Food Allergy Bullying
- What Kids With Food Allergies Go Through
- How to Include A Friend With Food Allergies
- Medical Alert Jewelry
- Empathy and Compassion

Day 3: Teal and the Truth

Lesson Plan

Objective:

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.

Order of Readings and Activities:

First, have students work in table groups or with a partner to see who can name the top 9 allergens. Next, read with students the sections "Myths and Misconceptions" and "Food Allergies in the Media" Have students either read aloud, popcorn read, or you as the teacher can read it aloud.

Play the "Quiet On Set" game, instructions found on game paper and included in the course of the curriculum.

If time allows, watch an example of negative media representation of food allergies in TV or movies and have students analyze it.

Continue reading the section titled "Supporting People With Food Allergies," "Now I am a Food Allergy Advocate," "Stories With Food Allergy Friends," and "Food Allergy Advocates."

Complete the Teal T-Shirts Activity or the modified version included in the course of the curriculum.

Hand out the Food Allergy Advocate Certificates while students wear their shirts! Have students finish reading the sections they did not get to finish in class for homework.

Day 3 Vocabulary Words:

Advocate, Assumption, Cross-Contact/Cross-Contamination, Inaccurate, Media, Misconception, and Myth.

Materials Needed for Students:

- Teach Teal: Food Allergy Awareness Student Textbook
- Coloring Supplies (If using the modified activity).
- Fabric Markers (handed out during the activity "Teal T-Shirts").
- Teal T-Shirts (handed out during the activity).
- **Optional:**
Teach Teal: Food Allergy Awareness Activity Book (Printed)

Topics Covered:

- Myths and Misconceptions About Food Allergies
- Food Allergy Representation in the Media
- Supporting People With Food Allergies
- Food Allergy Awareness
- What is an advocate?
- Being a Food Allergy Advocate

Materials Needed for Teachers:

- Teach Teal: Food Allergy Awareness Teacher's Guide
- "Quiet On Set" Scenario Pieces
- Device With Access to YouTube
- Food Allergy Advocate Certificates for Students

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