

# Kids Talk: Food Allergy Teacher's Guide

## What is a food allergy?

A food-allergic reaction happens when our body's immune system, which normally defends us against disease, mistakes a certain food as an invader and attacks it

## What are the top 8 food allergens?



## What are common allergic reaction symptoms?

**Mouth & Throat:** Itching, Swelling of lips and/or tongue, Tightness/closure of throat, Coughing

**Skin:** Itching, Hives, Redness, Swelling

**Cardiovascular:** Dizziness, Fainting, Rapid weak pulse, Drop in blood pressure

**Stomach:** Vomiting, Nausea, Stomach pain

**Respiratory:** Trouble breathing, Wheezing, Coughing

## What are some common medications?

### Epinephrine Auto-Injectors:

- EpiPen®, EpiPen Jr.®
- Adrenaclick® (generic), Adrenaclick Jr.®(generic)

\*\*Jr's: 0.15mg for children who weigh 15-30kg (33-66 pounds)

\*\*Non-Jr's: 0.3mg for individuals who weigh ≥30kg (≥66 pounds)

**Antihistamines:** Benadryl®, Zyrtec®, Claritin®, Allegra®

**Albuterols:** Alupent®, Proventil®, Ventolin®



*Epinephrine Auto-Injector Examples*

### To use an Epinephrine Auto-Injector:

1. Pull off safety cap
2. Firmly press into outer thigh until it clicks and hold for 3 seconds
3. Call 9-1-1 immediately

\* Can be given through clothing

\* Needle will not be seen

## What is anaphylaxis?

- Definition: a severe, potentially life-threatening allergic reaction that is rapid in onset and usually affects at least two body systems (please see above).
- Signs and symptoms: rapid weak pulse, a skin rash, nausea and vomiting, and a feeling of impending doom
- Medications: Use an epinephrine auto-injector and seek medical attention right away

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## What is cross-contact?

Cross-contact happens when one food comes into contact with another food and their proteins mix. As a result, each food then contains small amounts of the other food. For example, cross-contact can happen when the same knife or spoon touches multiple foods without washing it in between.

**Food Allergens are not always easy to see, which is why it is important to always read food labels and double-check ingredients before eating foods.**

## What are common food allergy labels?

- May Contain:
- Allergy Information:
- Contains:
- Manufactured on Equipment that Processes:
- Allergy Advice:
- Manufactured in a Plant that Processes:
- Ingredients listed in **Bold** are also allergens

## What are 3 things to do if someone is having a reaction?

1. Get help; tell an adult and call 9-1-1 if needed
2. Stay with your friend and watch for symptoms
3. Give medications if needed

## What are 3 ways to support someone with food allergy?

1. Know that food allergies are serious
2. Don't share your food with friends who have food allergies
3. Help all of your friends and classmates have fun together

## Common Core Suggestions:

- *Bring in food labels and have kids play a game by "hunting" for the allergy related words*
- *During the video stop at different points and give kids the chance to turn and talk to a neighbor.*
  - *Example: Video asks: "Is there anything we can do to help our friends with food allergies?" Let the kids brainstorm a bit, then press the button and continue onward with the video.*
- *Have students make posters for: what are 3 things to do if someone is having a reaction AND what are 3 ways to support someone with a food allergy.*
  - *Post them around the school to educate others*