



Food Allergy Spelling Bee

Food Allergy Spelling Bee: **Game Instructions**

NEEDS

- **Teacher/host to run the game** – To read the words/definitions
- **List of words and definitions** – To read to the participants.
- **Accompanying PowerPoint slides** – An optional guide that shows the definitions, but not the correct spelling until the answer period.
- **Writing materials** - Players will need a pen and paper to write down their words.

INSTRUCTIONS

Food Allergy Spelling Bee consists of five rounds with three words in each with a total of 15 words to spell.

During each round, the host will read out three words along with their definitions. Participants will then write down the word attempting to spell it correctly. Teachers can also conduct a verbal spelling bee, which would work best with a smaller group.

At the end of each round, the host will give the correct spelling for each word.

At the end of the game, the host will ask to see, by show of hands, how many players have achieved a perfect score, one mistake, two mistakes, and so on.

SCORING

Players will be asked to keep their own score.

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Food Allergy Spelling Bee **Words and Definitions**

Round 1 - Hard

Word 1: Anaphylaxis (ana-phy-lax-es)

Definition: A severe, potentially life-threatening allergic reaction. It can happen within seconds or minutes of an allergen entering the body.

In a sentence: I have a friend with a very severe shellfish allergy who is at-risk for anaphylaxis.

Word 2: Immune System (im-mune sys-tem)

Definition: It defends people against germs and bacteria. An allergy is when it overreacts to something that's harmless to most people causing allergic symptoms.

In a Sentence: Food allergies are caused by the immune system while a food intolerance is caused by the digestive system.

Word 3: Symptoms (symp-toms)

Definition: Signs or evidence of someone's medical condition.

In a Sentence: Dayna ate a hazelnut by accident and she started having trouble breathing and had rashes on her skin – both of which are symptoms of an allergic reaction.

Round 2 - Harder

Word 4: Asthma (asth-ma)

Definition: A lung condition that causes difficulty breathing. Symptoms include coughing, wheezing, and shortness of breath. It is often associated with allergies.

In a Sentence: If I had an anaphylactic reaction, my asthma could make it worse by making it even more difficult to breathe.

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Word 5: Epinephrine (epi-neph-rine)

Definition: It is another name for adrenaline and is the medicine of choice for controlling anaphylactic reactions. In Canada we have EpiPen®.

In a Sentence: My teacher has a serious milk allergy and carries an epinephrine auto-injector in case he ever has an allergic reaction.

Word 6: Immunotherapy (im-mu-no-ther-a-py)

Definition: A medical process where doctors give increasing doses of an allergen in the hope that the body and immune system becomes used to it.

In a Sentence: Troy is taking allergy immunotherapy shots to try and decrease his bee allergy.

Round 3 – Extra Hard

Word 7: Anxiety (anx-i-ety)

Definition: A feeling of worry, nervousness, or unease, typically about an upcoming event or something with an uncertain outcome.

In a Sentence: Sometimes I feel anxiety when I go to a new restaurant, as I don't know whether the staff will remember my allergies when preparing my food.

Word 8: Wheezing (wheez-ing)

Definition: A whistling noise in the chest accompanied by difficulty breathing that is caused by the tightening of the airway. It is a serious sign of an allergic reaction.

In a Sentence My doctor told me to use my EpiPen if I ever experience really bad wheezing during an allergic reaction.

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Word 9: Biphasic (bi-phas-ic)

Definition: An allergic reaction that has two stages. Often the first stage of symptoms will be under control; however, the second stage has symptoms that may return hours later.

In a Sentence: It is important to go to the hospital after using epinephrine for anaphylaxis as the symptoms may come back during a biphasic reaction.

Round 4 - Really Hard

Word 10: Cross-Contamination (cross con-tam-in-a-tion)

Definition: Occurs when a food that does not itself contain any allergens is accidentally in contact with an allergen during food preparation, cooking, storage, or serving.

In a Sentence: The kitchen had two separate knives used for peanut butter and margarine to avoid cross-contamination.

Word 11: Diagnosis (di-ag-no-sis)

Definition: Identifying a condition such as allergies through a doctor's examination of the symptoms.

In a Sentence: Bridget received a diagnosis of having food allergies by her allergy doctor, known as an allergist.

Word 12: Eczema (ec-ze-ma)

Definition: A skin problem that has itchy, red rashes typically found behind the elbows and knees.

In a Sentence: When Matt was young his eczema caused him to scratch behind his knees.

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Round 5 – Crazy Hard!

Word 13: Rhinitis (rhi-ni-tis)

Definition: A runny nose with swelling, redness and soreness, more commonly referred to as hay fever.

In a Sentence: My nose became very runny and irritated when I had allergic rhinitis.

Word 14: Bronchospasm (bron-ko-spasm)

Definition: A tightening or narrowing of your airway making it hard to breathe.

In a Sentence: Erin's anaphylactic reaction was very severe as she had difficulty breathing due to a bronchospasm of her airways.

Word 15 Eosinophil (e-o-sin-o-phil)

Definition: A white blood cell that is involved in the immune response in allergic diseases.

In a Sentence: My blood has a high eosinophil count.