ELEMENTARY SCHOOL

ALLERGY AWARENESS CHALLENGE

WITH Food Allergy Canada

Teacher Lesson Plan

"Let's Learn about Allergies"

Kindergarten

1. Respecting Differences
2. Allergies
3. No Sharing Food
4. Getting an Adult for Help
5. Hand Washing
6. Epinephrine

Topic 1: Respecting Differences

Key Learning Points:

1. Understand that we are all similar in many ways.
2. Understand the things that can make us different:
    a. Physical (e.g., appearances).
    b. Emotional (e.g., feelings).
    c. Health (e.g., conditions).
3. Know that all differences are okay and make us unique.

Suggested Materials: "Differences" Colouring Sheet, Follow the Pattern

Activity: Discussion

Questions and Explanations:

1. **Can you name one thing that we all have in common?**
    - We all have ears, eyes, noses etc.

2. **What's something that makes us different from each other?**
    - Appearances (hair/eye colour, glasses)
    - Culture (e.g., family heritage)
    - Feelings
    - Hobbies
    - Health

3. **Is it okay to be different?**

Ask children to put up their hands for different categories to show that we're all different (e.g., "Who has green eyes? Blue eyes? Brown eyes?"). Being different is a good thing as these differences make us unique and special and should be respected. Some of us have different bodies and health issues. Some people can't eat the same foods as everybody else.

4. **Do you know what it's called when certain foods make someone very sick?**

Food allergies. People with food allergies are different because they can't eat all of the same foods as everybody else. They can get very sick by eating foods they're allergic to. Some people are allergic to peanuts, nuts, milk or many other foods.

5. **Did you know there are students in our class/school that have food allergies?**

We can all help them stay safe!

Topic 2: What are Allergies?

Key Learning Points:

1. Learn what are the common allergens.
2. Reinforce which foods are safe/unsafe to have at school.

Suggested Materials: Memory Flash Cards, How Many Peanuts Sheet, Maze

Activity: Discussion

Questions and Explanations:

1. **Do you know someone with an allergy?**
    - What are they allergic to?

2. **Why are food allergies so serious?**
    - Because they can make people very sick. So sick they might need to go to the hospital.

3. **Do you know what these foods are?**
    - Show pictures from Memory Flash Cards
    - Inform students that these foods can be very common food allergies:
        i. Peanut, Tree Nut, Egg, Milk, Fish, Shellfish, Wheat, Sesame and Mustard.

4. **It's important that we don't bring _____ (include any classroom food restrictions).**
    - Some of our classmates have food allergies and we don't want to make them sick.

People can be allergic to many different things, from foods, insect stings, medicine and more. We need to take all allergies seriously as they can make people very sick. We will learn much more about how we can keep our classmates with allergies safe.

Topic 3: No Sharing Food

Key Learning Points:

1. Learn what's okay to share, what's not okay to share.
2. Understand "no sharing food" is a rule at our school to keep everyone safe.

Suggested Materials: "No Sharing Food" Colouring Sheet, Maze

Activity: Discussion

Questions and Explanations:

1. **Who likes to draw? Is it okay to share crayons with each other at school?** [Yes]

2. **Who likes to play? Is it okay to share toys with each other at school?** [Yes]

3. **Who likes to play soccer? Is it okay to share the soccer ball with each other?** [Yes]

4. **Now, what about food? Is it okay to share food with each other?** [No]
    a. Why do you think we can't share food at school?

Some students have food allergies and cannot eat certain foods. Those foods can make them very sick and send them to the hospital. It's really important to keep our food to ourselves and on our own tray, plate or lunchbox. No sharing, no trading, no giving away food.

5. **Let me test you! Is it okay to share:**
    - Soccer balls?
    - Lunch?
    - Books?
    - Markers?
    - Snacks?
    - Napkins?
    - Colouring Sheets?
    - Forks?

It's important that we keep our food to ourselves, on our own plate or tray. Review with students which room(s) they are allowed to eat food in at school.

Topic 4: Getting an Adult for Help

Key Learning Points:

1. Tell the teacher or an adult if you, or someone else is having an emergency.
2. How to contact emergency services.

Suggested Materials:

- Who Can Help? Memory Flash Cards

Activity: Discussion

Questions and Explanations:

1. **Who would you tell if …** (Flash cards can be used)
   - You're scared?
   - Have to go to the washroom?
   - Feel sick?
   - Get hurt?
   - See a friend in trouble?
   - A stranger tried to talk to you?

2. **What number do we call in emergencies?**
   - 911. Discuss when students would need to contact police, ambulance and the fire department.

3. **Why is it important to tell an adult right away if you, or someone else feels sick?**
   a. People who are sick need medical help right away to help them feel better. An adult can help get their special medicine and then call an ambulance.
   b. Someone with food allergies would need special medicine right away to help them feel better.

Topic 5: Hand Washing - Glitter Experiment

Key Learning Points:

1. Learn how, when and why we wash our hands.
2. Understand the importance of washing hands before and after meals.

Suggested Materials:

- Glitter
- Sink with soap
- Paper towel
- Hand washing colouring sheet

Activity: Demonstration

Questions and Explanations:

1. **What do you think is better at getting rid of food off of our hands? Soap and water, or hand sanitizer?**

Let's do an experiment to find out!

Ask volunteers to put glitter on their hands.
Ask the class: What do you think will work best at getting the glitter off your hands?

a. Playing with toys
b. Wiping them on a napkin
c. Wash them with soap and water

Now a brainstorm with students on when it is appropriate to wash your hands (before and after meals) to keep everyone safe and healthy.

2. **Why is it important that we wash our hands before <u>and</u> after meals?**
   a. Our hands pick up dirt, germs and bacteria through the day, which we don't want transferred onto our food when we eat. We wash our hands after we eat, we do not want to get traces of our food everywhere.

Topic 6: Epinephrine

Key Learning Points:

1. Learn what auto-injectors are and how they keep people safe.
2. Discover the importance of inclusiveness in the classroom.

Suggested Materials:

- Safety Equipment Worksheet
- Thumbs Up, Thumbs Down Activity

Activity: Show and Tell, Discussion

*Prior to activity ask any student with allergies if they would like to share with the class their auto injector.

Questions and Explanations:

1. **Can you name any tools or devices that help keep you safe and protected?**
    a. Introduce safety devices through the pictures on worksheet (e.g., seatbelt, helmets) and brainstorm why we use them.

2. **Why do we use special gear or equipment in certain situations?**
    a. Ask the students if they participate in any activities where they wear safety equipment.

3. **Did you know people with food allergies have safety gear with them that can help them during an allergic reaction? In fact, we have students in our classroom with one.**
    a. Show an EpiPen® and explain that it is a special medicine that can help make an allergic reaction go away.
    b. Ask a student with allergies where they keep it.

4. **Should we ever play with one of these if we ever found one?**
    a. Explain that they are not toys. It is a very serious medicine that we should never play with or joke around about. If you ever saw one on the ground, tell a teacher.

5. **Is it okay to tease someone about having their medicine with them?**
    a. We all have differences and different ways of staying healthy and safe. Similar to wearing a bike helmet, people with allergies make sure they are protected in case they have an accident with food.