

Anaphylaxis Work Sheet Day #2

Date: _____

Names: _____

Plan a day's meals for a family with a teenager living with anaphylaxis. Begin by developing a case study to describe the structure and lifestyle of the family.

The meals should be planned according to Canada's Food Guide for Healthy Living.

To ensure the safety of the family member with life threatening allergies make a grocery list for the day's meals and read the labels of all food that will be used. Look carefully to ensure there are no peanuts, peanut products or peanut traces. Make a revised grocery list. Investigate the coping strategies that a person who is at risk for anaphylaxis should employ.