

Anaphylaxis Lesson Day #1

For: Unit #3 - Nutrition, Health & Well Being, Activity #4
Lifestyle & Health Issues - follow-up to group presentations on health issues which require dietary modifications.

Grade: HFN10 - Food & Nutrition

Expectation for Ministry:

- 1) Identify different types of dietary regimens and the reasons behind these dietary choices.
- 2) Demonstrate creative meal planning that meets the specific needs of a particular individual and family.

Lesson Plan - Day 1

Preparation

- 1) Assign various allergens to the students: e.g. peanuts, other nuts, milk, soy, etc.
- 2) Have students read the labels of all foods they eat within a 24-hour period.
- 3) They will have to research alternate names for their allergen, as not all labels are in plain language. These can be found at **www.gosafe.ca**.
- 4) Have them list the foods that they would have to forgo if they had the assigned allergy.
- 5) Book computer time for the class to use and be sure your system is set-up to play *QuickTime* movies.

Day of Lesson

- 1) Have students share the results of their observations.
 - a) Could they find the ingredients for all foods?

- b) How many of the labels said the name of the ingredient in plain language?
 - c) What foods would they not be able to eat?
 - d) What are some of the ways in which anaphylaxis might change their lives?
- 2) Assign students to work in partners. They will be visiting one website: **www.gosafe.ca**
- 3) Students will complete the 'Anaphylaxis Work Sheet #1'.