

Anaphylaxis Lesson Day #2

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 creativity in planning a meal that meets the specially defined needs of a particular individual and family.

Lesson Plan - Day 2

- 1) Discuss with students situations that pose a threat to people living with anaphylaxis.

Examples:

- a) Nut-free cookies are placed on the same serving platter as cookies with nuts.
 - b) A person who has peanut butter on their hands touches a desk, computer, basketball, volleyball or other equipment and leaves trace amounts of peanut protein.
 - b) A knife that has been used to cut a peanut butter sandwich is not cleaned properly and used to cut a cheese sandwich.
 - c) Children share recess snacks.
 - d) Bulk foods
 - e) Halloween
 - f) Lunchrooms at school
 - g) Bake sales
- 2) Discuss the following with the class:
 - a) Do "peanut free" schools ensure complete safety for students who are allergic to peanuts?
 - b) Should schools be "peanut free"?
 - c) Should students with food allergies be allowed to take food courses in school?
 - d) What emotional and social challenges might a child/adolescent with allergies encounter? How are these similar or different from other health issues (diabetes, heart disease, anemia)?
 - 3) Give assignment for Day 2.