

Allergy lesson

Key stage 1



Learning objectives:

- Know that there are 14 top food allergens and be able to name them
- Know that allergens are not always obvious and can be in a range of different foods and other substances
- Know some signs and symptoms of an allergic reaction
- Know how to include an allergic child and keep them safe in school

Unit

RSE curriculum:

The facts and science relating to allergies, immunisation and vaccination and how to make a clear and efficient call to emergency services if necessary (page 34).

Maths:

National Curriculum Y2

- interpret and construct simple pictograms, tally charts, block diagrams and simple tables
- ask and answer simple questions by counting the number of objects in each category and sorting the categories by quantity
- ask and answer questions about totalling and comparing categorical data

English:

Links to all aspects of National Curriculum writing
– composition and SPaG

Vocabulary

Allergy

Allergen

Reaction

Antihistamine

Tingly

Swollen

Airway

Immune system

Anaphylaxis

Emergency services

Ambulance

Links

Anaphylaxis UK
children's
anaphylaxis
poster

AllergyWise for
schools

Anaphylaxis
factsheet

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Activities

If there is a child with a food allergy in class use the allergy awareness presentation.

1 **Look at the allergy awareness presentation (slides 1-4) or use objects** - discuss and introduce top 14 food allergens.

Sort allergens into food and non-foods, create a venn diagram (Sheet 1).

Identify the milk/egg/wheat allergen in common foods. Use pictures and sort, create a pictogram (Sheet 2).

2 **Look** at: clip from **Operation Ouch**. Beginning until 3:22. This shows Max's allergic reaction.

Discuss: What happened? How did Max feel? What was the hospital worried about? Why did Max's body react this way?

Draw themselves/use the worksheet of a person - label the symptoms that can happen during an allergic reaction.

3 *Teacher to decide if this activity is more suitable for Year 1 or Year 2.*

Watch Leo's Story Discuss: What happened? How did Leo feel? Why? What can they do about it? If there is an allergic child in the class, see if they are comfortable talking about how they feel.

NB: discuss in advance with the parent & the child. Parent may be willing to participate in lesson too. Consider the children's favourite foods. What would it be like if they could never eat it again because they would be sick? How can they help others in their class/school to be safe. **Look at the allergy awareness presentation (slide 10 onwards).**

Write dos & don'ts for including allergic children in class, and keeping allergic children safe.

Write to the Headteacher to make school safe for allergic children.



Remember!

If there is an allergic child in the class do not use anything that could have traces of their allergen left on it/in it. Only use play objects or pictures for the allergen.

Teacher's notes

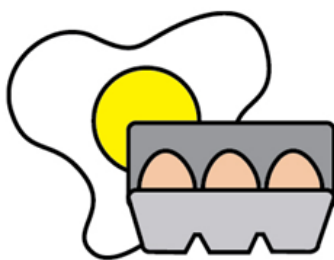
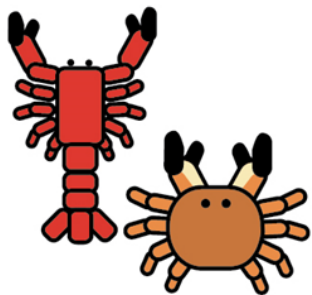
Top 14 food allergens:

Celery - Cereals containing gluten
- Crustaceans - Eggs- Fish - Lupin
- Milk - Molluscs - Mustard - Nuts - Peanuts - Sesame seeds - Soya - Sulphur dioxide/Sulphites

Allergy lesson

Key Stage 1 - Sheet 1

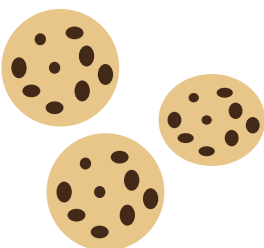
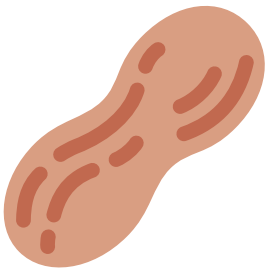
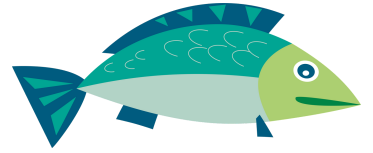
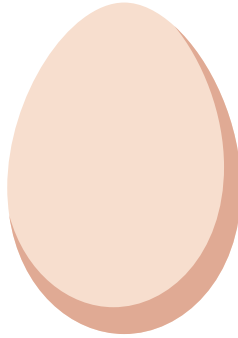
Allergen sorting (cut the images out)
Some are food allergens and some are non-food allergens



Allergy lesson

Key Stage 1 - Sheet 2

Allergen sorting (cut the images out)
Some are common allergens and some contain
common allergens



Add the names of the symptoms of an allergic reaction to the picture below

