

Allergy lesson

Key stage 2 (Years 3 & 4)

Learning objectives:

- Learn what an allergy is and how it is treated
- Learn how to find out if food has an allergen in it
- How to keep people with allergies safe at lunchtime

Unit

If you have a child with an allergy in your class, it is recommended that you speak with them and their parent before teaching this unit as the child may have experienced reactions that could make this unit difficult. The parent will be able to support you and the child if they know in advance.

Teaching this unit should promote understanding and kindness, be alert for anything different and unkindness/exclusion happening.

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).

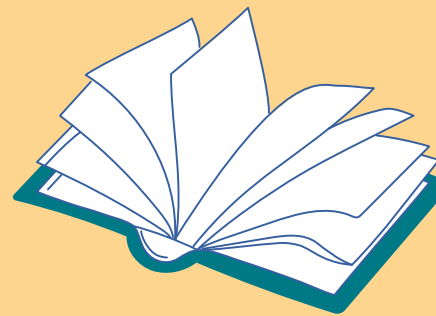
English:

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

DT:

Whilst not explicit, when teaching cooking and nutrition, this would be good to include.

Packaging and labelling also fit with the design, make, evaluate cycle.



Vocabulary

Allergy

Allergen

Reaction

Antihistamine

Tingly

Swollen

Airway

Immune system

Anaphylaxis

Emergency services

Ambulance

Trigger

Immune response

Ingestion

Inhalation

Auto injector

Adrenaline

Jext

EpiPen

Emerade

Links

Anaphylaxis poster

AllergyWise for schools

Anaphylaxis factsheet

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Activities

1

Look at the allergy awareness presentation (slides 1-8).

Watch Operation ouch – from 6.22 mins to end (about 6 minutes). This covers:-

- Signs and symptoms
- Cross contamination - reactions happen from contact - mum was eating nuts
- Allergy testing

Take the allergy lesson quiz (PowerPoint).

Draw an allergen and the possible symptoms that may occur as a result of eating it. Make sure that cross contamination is included.

Write a diary for Holly or Harun focusing on their feelings during the food challenge test.

2

Investigate labelling:

Show the allergy awareness presentation with the top 14 food allergens (slide 3).

Look at physical food packaging and explore what the children notice about the packaging. The top 14 food allergens will be in bold.

Look at the recipe sheet below – highlight the top 14 food allergens on the sheet.

Create a label for one of the recipes.

3

Watch Keeping my friends safe.

Look at allergy awareness presentation (slide 10 onwards).

People who are allergic don't have to eat the allergen to have a reaction. **Discuss:**

If someone in your class had a reaction what would you do?

What would be good rules to have to keep people safe at lunchtime? (Handwashing/no food sharing/ know where the medicine is kept/know the signs).

Create a poster for safe lunchtimes.



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. If necessary use pictures instead of physical food packaging.

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



Recipe card 1: Bread loaf

Step 1: Sift 225g of flour into a bowl

Step 2: Mix 7g of yeast and 1 teaspoon of salt into the flour

Step 3: Add 170ml of warm water into the dry ingredients

Step 4: Mix together and form a ball of dough

Step 5: Leave the dough to prove for 1 hour

Step 6: Shape your dough into a loaf tin

Step 7: Glaze the top of your loaf with a beaten egg

Step 8: Sprinkle a handful of sesame seeds onto your dough

Step 9: Bake for 30 minutes in the oven



Recipe card 2: Victoria sponge cake

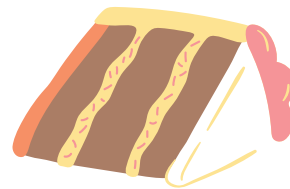
Step 1: Whisk together 100g of butter and 100g of sugar until light and creamy

Step 2: Add 2 eggs and beat into the butter and sugar

Step 3: Sift 100g of flour into the mixture and mix until fully combined

Step 4: Pour your batter into a cake tin and bake for 20 minutes

Step 5: Once your cake has cooled spread a layer of raspberry jam and cream in between the sponges



Recipe card 3: Cheese and ham sandwich

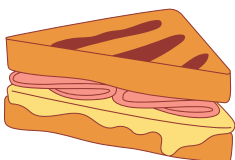
Step 1: Take 2 slices of your favourite bread

Step 2: Spread some butter onto each slice

Step 3: Carefully place some cheese and a slice of ham onto one slice of bread

Step 4: Complete your sandwich with a squirt of mustard

Step 5: Place the other slice of bread on top and enjoy!



Recipe card 4: Chicken satay skewers

Step 1: Put curry powder, honey and peanut butter in a bowl and mix with a splash of water to make a marinade

Step 2: Add your chicken pieces to the marinade and mix until they're all coated

Step 3: Push your pieces of chicken onto skewers

Step 4: Cook in the oven for 10 minutes

Step 5: Serve with rice and enjoy!

