

Allergy lesson

Key stage 2 (Years 5 & 6)

Learning objectives:

- Understand what it is like to have an allergy
- Know the signs and symptoms of an allergic reaction
- Know how to administer an adrenaline auto-injector
- Be able to call an ambulance
- Be able to use the recovery position

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.

Links

[Anaphylaxis poster](#)

[Order Jext trainer device](#)

[Anaphylaxis factsheet](#)

[Order Emerade trainer device](#)

[AllergyWise for Schools](#)

[Order EpiPen trainer device](#)

We recommend ordering free trainer devices in advance.

Activities

1

Watch Izzy & Ben (duration 4.25 mins).

Discuss: impact on the person – how do they feel? Why?

What can they do to make the person feel included? – discuss.

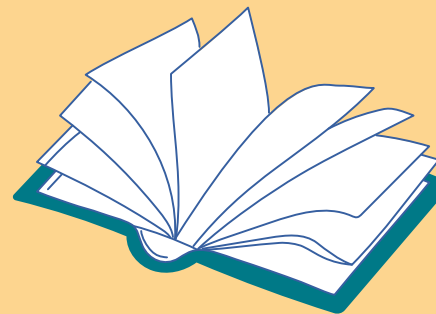
Look at the scenario cards: role play – how can these be made inclusive?

Look at the how much of an allergen PowerPoint:

Discuss how much of an allergen you need to cause a reaction. Consider how an allergic reaction can be prevented.

Plan a presentation to share with class/year group/school on how to prevent allergic reactions and how to ensure people with allergies are included.

Plan an event to raise allergy awareness.



Vocabulary

Allergy

Allergen

Reaction

Antihistamine

Swollen

Tingly

Airway

Immune system

Anaphylaxis

Emergency services

Ambulance

Trigger

Immune response

Ingestion

Inhalation

Auto injector

Adrenaline

Jext

EpiPen

Emerade

Recovery position

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Activities

- 2** **Look at different allergy posters.** What is the messaging on them?
<https://www.food.gov.uk/sites/default/files/media/document/thinkallergy.pdf>
<https://www.anaphylaxis.org.uk/posters/>
https://www.foodstandards.gov.scot/downloads/FSS_Allergy_Poster.pdf
Discuss: Why do we need to know about allergies? Who needs to know about allergies? What messaging should be in our posters?
Create posters and display around school.

- 3** **Signs, symptoms, treatment:**
Show the allergy awareness presentation with signs and symptoms (slides 5-9).
Watch how to use an adrenaline auto-injector - [EpiPen](#) [Jext](#) [Emerade](#)
Demonstrate/children practise using trainer devices (links to order are on first page. Trainer devices do not have a needle or contain any adrenaline). The 3 brands are slightly different so it is important for the children to see all types and to experience all.
Teach the [recovery position](#) and how to phone for an ambulance.

- 4** **Show the allergy awareness presentation (slide 10 onwards).**
Do allergies hold you back/stop you from doing things?
Famous people with allergies:
Ariana Grande
Serena Williams
Bear Grylls
Research: What can you find out about them? What are their allergies?



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.

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