



Allergen Display Pack:

Allergen Awareness

One of the hardest concepts for children is to understand that a person with an allergy is unable to have contact with the allergen in any form.

This display pack is designed to help children understand that allergens are found in a variety of foods which mean that the person with the allergy has to avoid them all.

We have some suggested titles and questions to use on the display board alongside the images in this pack.

Suggested titles

What's Inside Your Food?
The Hidden Allergen Hunt
Food Safety: Spot the Allergen!
Sneaky Allergens: Where Do They Hide?
Allergen Detectives!

Questions to use with the display

Where do allergens usually hide?

- Answer: They often hide in foods you would not expect, like wheat in soy sauce or milk powder in barbecue crisps. Always read the back of the packet!

How can we check if a food is safe?

- Answer: Look at the ingredients list on the packaging. Allergens are usually printed in **bold**, underlined, or listed in a special "Contains:" box.

What are some good food swaps?

- Answer: You can swap cow's milk for oat milk, use seed butter instead of peanut butter, or choose gluten-free bread instead of regular wheat bread.

How can we look after our friends with allergies?

- Answer: Never share your lunch with them, always wash your hands after eating, and tell a teacher immediately if a friend feels unwell.

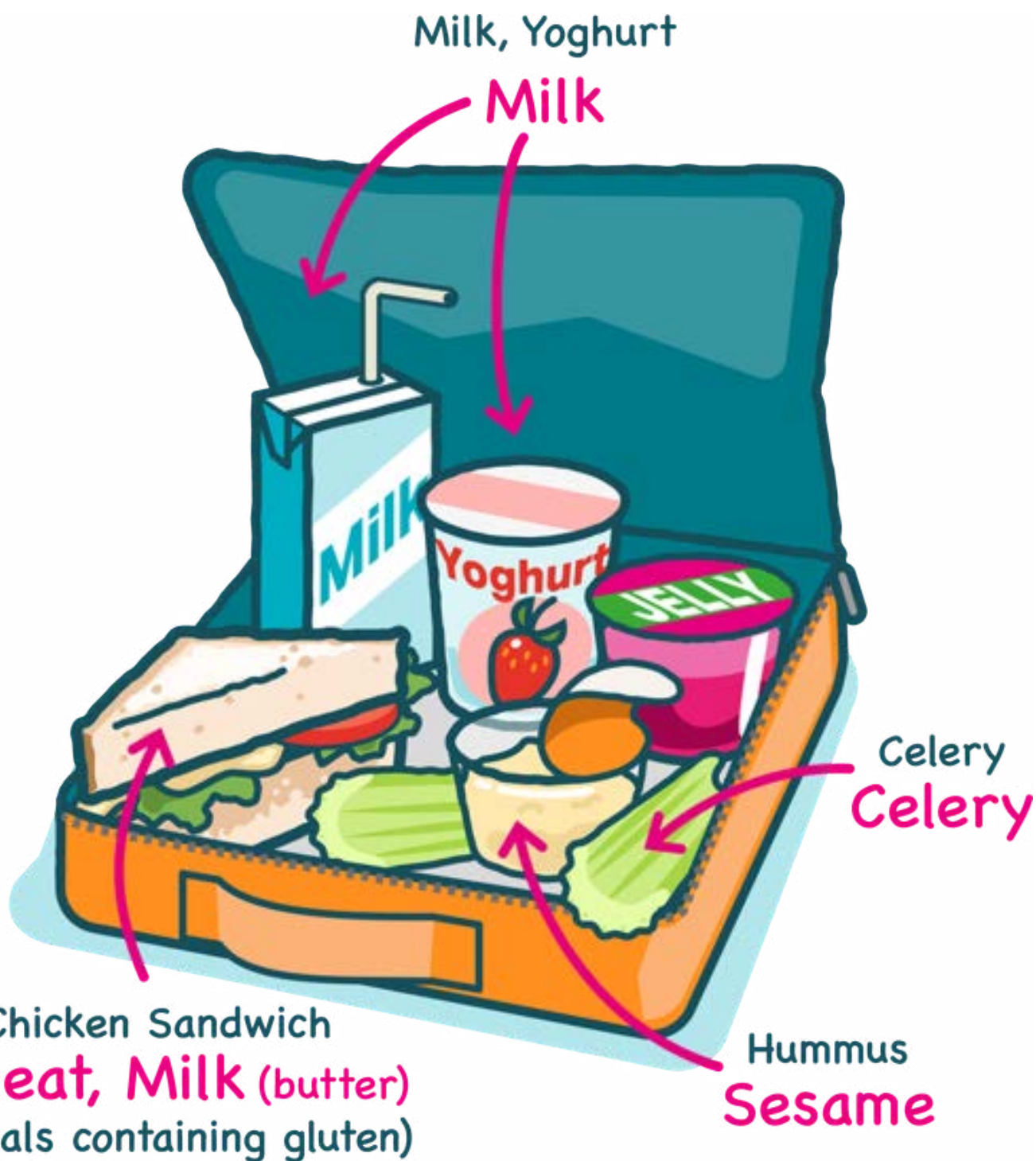
Can you name 5 foods that are made using milk?

- Answer: pancakes, chocolate, yoghurt, cheese, ice-cream.





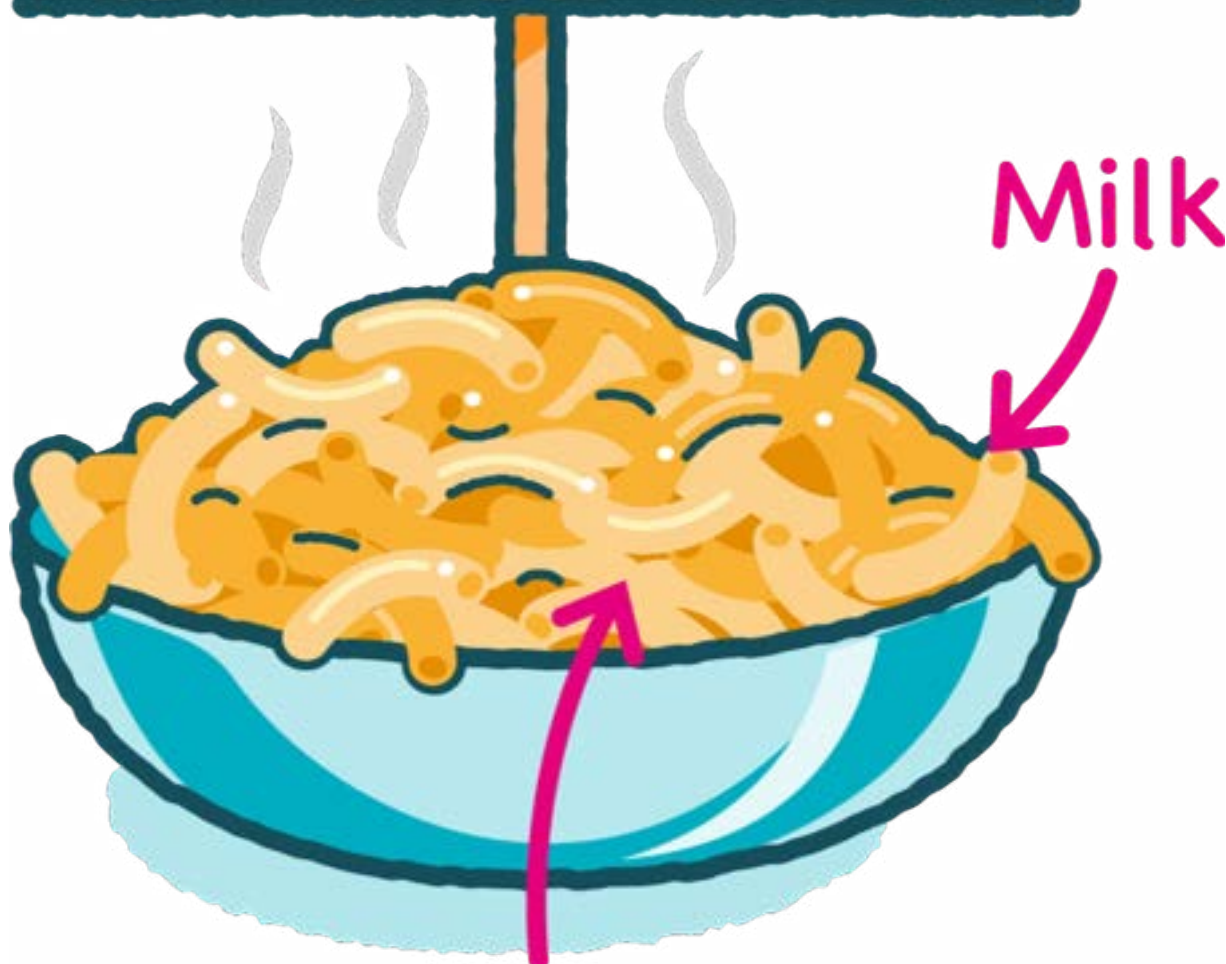
Safer Eating Display Pack:





Safer Eating Display Pack:

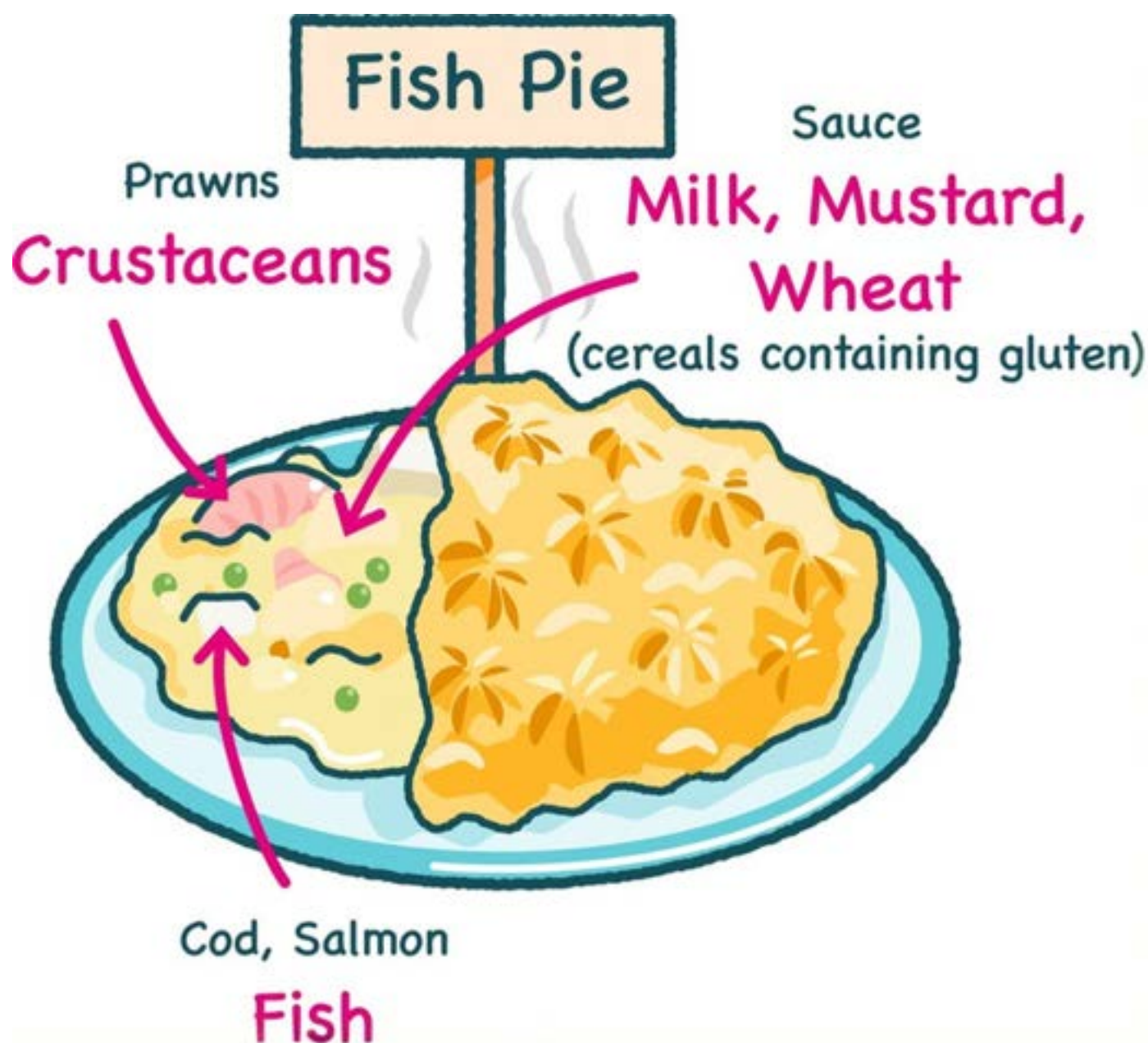
Mac & Cheese



Wheat
(cereals containing gluten)



Safer Eating Display Pack:





Safer Eating Display Pack:

Egg Sandwich

Egg

Milk (Butter)



Wheat

(cereals containing gluten)





Safer Eating Display Pack:



Wheat
(cereals containing gluten)



Safer Eating Display Pack:

