

Child Care Training and Resource Kit

Food Allergies

Lesson Plan

FOOD ALLERGY LESSON PLAN

Submitted by: Betty Anderson Shuler, RD, MPH, Region X Head Start Quality Center, Portland State University; from work she did while at Public Health, Seattle and King County, Child Care Health Program.

Course Length: 1 ½ hours

Objectives: Participant will:

- Define of food allergy and the most common food's children may be allergic too.
- Demonstrate knowledge of the principles of managing food allergies in the childcare setting.
- Explain the critical importance of taking food allergies seriously.

Handouts:

- Alternatives to Peanut Butter: See Handout file.
- Food Allergies: International Food information Center, <http://www.ifcinfo.health.org/insight/fa-dangr.htm>
- How To Read a Label for Milk-FREE Diet, How to Read a Label for an EGG-FREE DIET, How to Read a Label for a PEANUT-FREE DIET, How to Read a Label for a WHEAT-FREE DIET, How to read a Label for a SOY-FREE DIET, How to Read a Label for a TREE NUT-FREE DIET, How to Read a Label for a SHELL FISH-FREE DIET: <http://www.foodallergy.org/> These are all handy wallet cards from the Food Allergy Network.
- Food Allergy Outline: See Handout file.
- Food Allergy/Intolerance Statement: See Handout file.
- Child Care Emergency Plan For Severe Allergic Reaction: See Handout file.
- Latex allergies: This is from Safe and Prepared, Seattle Chapter American Red Cross Newsletter, Fall 1999
- Latex Allergy sites on the internet: <http://www.cdc.gov/niosh/98-113.html> and <http://www.cdc.gov/niosh/latexpg.html#links>

Instructor Enrichment:

- “The Childcare and Preschool Guide to Managing Food Allergies,” available from The Food Allergy Network, www.foodallergy.org
- “Anaphylaxis: Causes and Management,” by Robert A. Wood, Contemporary Pediatrics July 1996
- “Clinical Features of Acute allergic Reactions to Peanut and Tree Nuts in Children” by Scott Sicherer, a. Wesley Burks, and Hugh A. Sampson, Pediatrics, vol. 102, No 1 July 1998, pg 6

Materials Needed:

- Overheads, teacher notes, flip chart and pens.

Activity: Welcome and Introductions:	Process: Welcome and Introductions: Introduce yourself and have them introduce each of themselves and briefly mention a food allergy they may have dealt with.	Time: 15 minutes	Materials: Welcome and Introductions:
Interactive Lecture:	Interactive Lecture: Using the overheads and teacher notes, discuss food allergy.	60 minutes	Interactive Lecture: Overheads and TV/VCR.
Evaluation:	Evaluation:	15 minutes	Evaluation: forms