

Anaphylaxis Lesson Day #1

For: Unit #3 - Nutrition, Health & Well Being, Activity #4
Lifestyle & Health Issues - follow-up to group presentations on health issues which require dietary modifications.

Grade: HFN10 - Food & Nutrition

Expectation for ministry:

- 1) Identify different types of dietary regimens, and the reasons behind these dietary choices.
- 2) Demonstrate creativity in planning a meal that meets the specially defined needs of a particular individual and family.

Lesson Plan - Day 1

Preparation

- 1) Assign various allergens to the students e.g. peanuts, tree nuts, milk, soy, egg, fish, shellfish etc. Have students read the labels of all foods they eat for a 24-hour period. Have them list the foods that they would have to forgo if they had a specific allergy.
- 2) Book computer time for the class to use and be sure your system is set-up to play QuickTime movies.

Day of Lesson

- 1) Have students share the results of their observations. What foods would they not be able to eat? Could they find the ingredients for all foods? How would anaphylaxis change their lives?
- 2) Assign students to work in partners. They will be visiting one website - www.anaphylaxis.org.
- 3) Students will complete the 'Anaphylaxis Work Sheet'.