

Anaphylaxis Lesson Day #2

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 2

- 1) Discuss with students the conditions that pose an increased threat to anaphylactic individuals.

Examples:

- a) Cookies without any nuts or nut oils that are placed on the same serving platter as cookies with nuts.
 - b) Desks, computers that have been touched by someone with a small amount of peanut butter on their hands.
 - c) Basketballs, volleyballs or other equipment that have been touched by someone with a small amount of peanut butter.
 - d) Knives that have been used to cut a peanut butter sandwich, not cleaned properly and used to cut a cheese sandwich.
 - e) Children sharing recess snacks.
 - f) Bulk foods
 - g) Halloween
 - h) Lunchrooms at school
 - i) Bake sales.
- 2) Discuss the following with the class:
 - a) Do "peanut free" schools ensure complete safety for anaphylactic students?
 - b) Should schools be "peanut free"? What about "milk free"?
 - c) Should students with food allergies be allowed to take food courses in school?
 - d) How should a family with a peanut allergic member keep a peanut safe home?
 - e) What emotional and social challenges might an anaphylactic child/adolescent encounter? How are these similar or different to other health issues (diabetes, heart disease, anemia)?
 - 3) Give assignment for Day 2.