

# Anaphylaxis Work Sheet Day #2

Date: \_\_\_\_\_

Names: \_\_\_\_\_

\_\_\_\_\_

Plan a day's meals for a family with an anaphylactic teenager. Begin by developing a case study to describe the structure and lifestyle of the family.

The meals should be planned according to Canada's Food Guide for Healthy Living.

To ensure the safety of the anaphylactic family member, make a grocery list for the day's meals and read the labels of all food that will be used. If peanuts are the designated allergen, for example, then look carefully to ensure there are no peanuts, peanut oil or trace amounts of peanuts. Make a revised grocery list. Investigate the coping strategies that an anaphylactic person could employ.