

ALL ABOUT FOOD ALLERGY



Endorsed by



Introduction to the program

"All about food allergy" program for grades 4-6

"All about food allergy" is a free, medically-reviewed and curriculum-linked program designed to develop the knowledge and skills students need to support the health and well-being of self and others.

This program focuses on:

- Food allergy and anaphylaxis (what is it and how to treat it)
- What happens inside the body when someone has a food allergy and during anaphylaxis
- What triggers anaphylaxis
- Understanding how to be a good citizen
- Building skills around inclusion and empathy
- How to support others

Developed by Food Allergy Canada and the Sweet Caroline Foundation, this program is in response to research showing substantial gaps in the understanding and management of food allergy in Canada in community/public settings. By educating students, teachers can play a pivotal role in helping to significantly close these gaps. This goal of this program is to educate and enable the next generation in recognizing food allergy as a medical condition, and increase empathy and support for its management within community settings, especially schools.

This program is generously funded by The Schroeder Foundation and Sean Delaney Memorial Golf Classic.

Note: The term *"food allergy"* is used throughout this program (vs *"food allergies"*) as *"food allergy"* is the name of the medical condition.

Students will be able to apply their learning in situations that may occur at school, at home, and in the community.

Students can share their knowledge with other community members (e.g., family, peers, cultural and program leaders) to increase awareness and understanding beyond the classroom setting.



Skills-based approach

"All about food allergy" employs a skills-based approach that builds upon knowledge through the development of relevant and practical life skills. The program incorporates activities to develop global competencies including:

- Critical Thinking and Problem Solving
- Innovation, Creativity and Entrepreneurship
- Learning to Learn/Self-Aware and Self-Directed
- Collaboration
- Communication
- Global Citizenship and Sustainability

Teachers act as facilitators, helping to prepare students to use these skills in purposeful ways that support positive outcomes and encourages the development of students as global citizens.

Comprehensive cross-curricular integration

"All about food allergy" and its suggested extensions incorporate an integrated approach which addresses multiple curriculum outcomes across a variety of subjects, including:

- **Physical and Health Education Outcomes** emphasize healthy eating/food literacy and personal safety, the physical and mental impacts of food allergy and how to support those with this condition, including policies and procedures for food allergy emergencies and creating a safe social environment that supports emotional well-being and resilience.
- **English Language Arts Outcomes** focus on comprehension and connecting information through reading, listening and viewing and then creating and communicating to share knowledge through a variety of methods to transform ideas and information into appropriate texts for a variety of purposes and audiences.
- **Mathematics Outcomes** highlight reasoning and analyzing to make connections and direct inquiry with data communicated in many ways including pictorial forms, tables, and graphs, ratios, fractions and percentages where appropriate.
- **Science Outcomes** focus on body systems and how they are connected as well as creating investigations, collecting and interpreting data gathered during investigations, drawing conclusions and validating the evidence to support hypotheses or direct further investigation.
- **Arts Education Outcomes** incorporate visual arts and drama including role play in which students will develop authentic character, explore technical elements and expression in a dramatization and make artistic choices to communicate through a narrative.

Teachers provide learning experiences through instruction and activities that allow students to comprehend, make connections and extend critical thinking that they will apply to new situations which will allow both assessment and evaluation of the new learning.



"All about food allergy" program learning experiences

The program is comprised of four modules/learning experiences detailed below. These experiences are designed to be flexible in how teachers engage students in them. The length of time needed to complete each experience is determined by the teacher, based on factors such as students' current understanding and skills, teacher and student identified needs for further learning, and jurisdictional curriculum.

Modules/learning experiences:

1. About food allergy
2. About allergic reactions and anaphylaxis
3. Managing food allergy
4. Being a food allergy ally

Each module/learning experience offers the following content:

- Setting the context
- Learning resources (e.g., short videos, 2-4 minutes in length)
- Guided learning experience (e.g., PowerPoint presentation with scripted notes)
- Instructional activities to support the learning

While all activities are posted at the end of each lesson, the program may be easily varied to allow for the use of activities at the time of a corresponding slide in the PowerPoint presentation. Educators can decide the approach that works best for the needs of their students and their level of engagement.

Note: The pre-assessment should be completed prior to teaching the program and the post-assessment is to be completed after teaching the program.

Order of instruction:

The program has been developed to be presented sequentially in order from Module 1 to Module 4 to build upon knowledge and skills as the program progresses.

If unable to teach all four modules due to time constraints, each module can be taught independently.

If choosing to present out of order or teach a limited number of modules, you may need to allocate additional time to refer back to the PowerPoint, videos and activities presented in earlier modules for comprehension.

Time requirements:

The PowerPoint presentation takes approximately 30 minutes to go through, per module. In total, it is estimated that all four modules will take two hours.

Educators can choose the activities to supplement each module. Suggested timelines are noted for each activity, and it will require additional time to complete them.



Equipment requirements:

- Computer
- Internet access
- Screen technology
- Audio technology
- Printer

Using the “All about food allergy” PowerPoint presentation:

For optimal viewing, use the Slide Show mode to display the slides. Ensure that only you can view the notes or print the notes separately so you can refer to them. View the notes in Normal view. Do **not** use the Notes Page view as the images do not show up. The PowerPoint presentation is formatted so that it may also be opened in Google Slides.

Note: You may receive a pop-up message about external pictures/images being blocked. You can enable the content as the pictures/images included in this presentation are secure.

Future use of the program:

The program can be varied for use in grades 4, 5 and 6 by choosing different activities for the learning modules. It is ideal to teach the program annually.

For educators:

For teacher training, take our 30-minute “Anaphylaxis in Schools” interactive online course at AllergyAware.ca. This free, medically-reviewed course has been developed to help you prevent and manage severe allergic reactions in schools and provides a personalized certificate for successful completion. It’s available in English and French.

★ **Bonus:** After teaching the “All about food allergy” program, please complete an online survey about the program and your class will be eligible for an annual draw for a **\$200 gift card** for your classroom. Your classroom also has a separate opportunity to win an additional \$100 for the class. Find more details at foodallergycanada.ca/AAFAprogram.



The organizations behind this program

Who is Food Allergy Canada?

Food Allergy Canada is a national non-profit charity and Canada's leading patient organization committed to educating, supporting, and advocating for the more than 3 million Canadians affected by food allergy. The organization focuses on improving the daily quality of life of individuals and families by providing education and support needed to effectively navigate food allergy, building informed and supportive communities, and acting as the national voice on key patient issues.



Who is Sweet Caroline Foundation?

The Sweet Caroline Foundation was formed in memory of Caroline Lorette, a New Brunswick teen who passed away after accidentally eating something that contained her allergen. Caroline is the inspiration behind the "All about food allergy" program and elements of her journey navigating multiple food allergies are included in the program content. Her story is shared throughout the modules and can be used at the teacher's discretion.



Prior to Module 1: Meet Caroline

Share slide 3 of the "All about food allergy" PowerPoint presentation with students before teaching Module 1.

This slide prompts you to show a 2-minute video titled "Meet Caroline". In this video, students are introduced to Caroline Lorette of Rothesay, New Brunswick. She is the inspiration for this school program and students will learn more about her throughout the program. Caroline passed away in 2014 when she accidentally ate something she was allergic to.

More context is provided below from the Lorette family. If questions come up from your students about Caroline's story, you can share the details below at your discretion.

Caroline's story was that of a perfect storm of events resulting in her death. There were co-factors involved like recent exercise and hormonal changes; co-factors in general can influence the severity of an allergic reaction to a food. At the time, the advice given to us for treating allergic reactions was to take the antihistamine Benadryl® and only use an epinephrine auto-injector if 100% sure anaphylaxis was occurring.

Today, we know that epinephrine is the recommended first-line treatment for anaphylaxis, not antihistamines. Epinephrine is the only medication that can reverse symptoms of anaphylaxis. Even if unsure about a reaction, the best choice is to use the epinephrine auto-injector and not delay in giving a second dose if needed. This is why this program is so important, so everyone will know the proper way to treat anaphylaxis and save someone's life. Education is key.



Pre/Post assessments

A **K-W-L** chart is included as the formative assessment for this learning, a sample chart is provided on the next page of this document.

Pre-assessment: Before teaching the program

Have students complete the **K** and **W** of the K-W-L Chart to identify what they **know** about food allergy and what they **want to know** prior to this program.

Post-assessment: After teaching the program

Have students fill out the **L** of the K-W-L Chart to identify what they discovered from any of their "want to know" thoughts and what they **learned** about food allergy from this program.

K-W-L Chart: Food allergy

Name:	Date:
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What I <u>K</u> now	What I <u>W</u> ant to Know	What I <u>L</u> earned